



CHAKRAPANI AYURVEDA

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From Desk of Dr. Kotecha

Dear Readers,

This time we have a comprised explanatory briefing of Ayurvedic fundamentals and its relation to the Astrology. The basic relation to the supportive components of life and its relation to Ayurveda. I would like to praise Dr. Peeyush Bhargava for this precise but efficient explanation. He is a good friend and have a deep insight on our ancient knowledge. I just met him in Houston. It was a joyful experience.

To keep your self protected from sunstroke we have also added a special recipe of the month "Keri ka Panna" explaining how and why it saves us from sunstroke.

I want to acknowledge my gratitude for all the help and energy of my dear Mr. Gary Grewal of Garry N Sun, USA who did arrange my just finished travel to USA. Also, thanks from my heart to Dr. Steven Hairfield, Ms. Karen Hairfield, Ms. Ruthanne Hadish, Ms. Sandy Aquilla, Ms. Susi Amendola, Ms. Cary Twomay, Ms. Juliet Trnka and Ms. Shikha Honawar. They all live in different parts of the USA and have helped me to be with the community and be able to serve them. I also want to thank all who did visit my talks or came to see me personally.

So, Read on and enjoy.....

Dr. Rajesh Kotecha

Health, Happiness, and Spirituality in Numbers by Peeyush Bhargava M.D

I have been practicing Yoga for as long as I remember, and in the last decade I have focused on Ayurveda. In this brief article I have tried to summarize classical indian teachings on various aspects of life using a template of numbers from 0 to 9. These observations are based mostly on ancient wisdom and intuition rather than reasoning or evidence. In my free time I provide ayurvedic lifestyle and herbal consultations, and am interested in studying related phenomemon using imaging techniques.

0. Zero represents a cycle / circle. Everything in nature goes in cycles. Day and nights go in cycles; seasons come and go in cycles. Change is the only constant. All that comes into existence has to go into oblivion at some point in time. All that is born has to die. That's an absolute truth. This also means that nothing is permanent even a corpse decomposes indicating that there is change even after death. Psychologically this is very helpful as it tells us that the existing bad (or good) state of affairs will eventually change. So, be patient during tough times and prepare for the trough during good times.

1. GOD is one. He is the Supreme Being, who keeps everything in balance. He is the intelligence which keeps the circle going. We may call him by different names, we may practice different rituals to appease him, we may have different religions and mythologies, but he is ONE. He is the beauty of a flower and the pity of a beggar. He is the glow in the eyes of a child and he is the darkness seen by the blind. He is the hunger in the predator and he is the fear in the prey. My soul, without which this body is useless, is a part of him in me. When my circle completes, the soul will leave my body to become one with him...and that will be heavenly.

2. Number two represents the opposites seen everywhere in this physical world: hot/cold, good/bad, light/dark, light/ heavy, male/female, yin/yang, day/ night etc. God is said to exist in the transition between the opposites – path of moderation. Ayurveda (Indian herbal medicine) is based on twenty qualities (10 pairs of opposites : dry-moist, light-heavy, hot-cold, rough-smooth, dense-flowing, hard-soft, fixed-mobile, dull-sharp, gross-subtle, and clear-cloudy) which are attributed to the five elements and the three energies. It recognizes each persons individual balance according to which the lifestyle changes and herbs are prescribed (presonalized preventative medicine).

3. Number three denotes the three doshas in the body: Vata (energy of movement), Pitta (energy of transformation), and Kapha (energy of mass/inertia), when in balance (one's own constitutional balance) keep the body healthy and their imbalance causes disease. They also correspond physically to derivatives of embryologic foregut (kapha), midgut (pitta) and hindgut (vata). Everyone has their own balance of these three energies (innate constitution) which is established at the time of conception. As long as our lifestyle is

conducive to our constitution we are in good health.

4. Number four represents fourfold purpose of life: Dharma (work), Arth (material), Kaam (physical), Moksha (spiritual). Dharma – to do well/ work honestly in ones' profession. Arth – to earn money by legal means and to enjoy the comforts money can buy. Kaam – to enjoy the pleasures of the physical body. Moksha – work to free ourselves from the bondage of birth and death. Four also signifies the determinants of happiness: We are all seeking happiness in our lives. The one thing that is common to all is that we all want to be happy. But can we generalize the determinants of happiness? A common Indian saying goes like this: Health, Affluence, Dedicated spouse, and obedient child are (in that order) the most important determinants of happiness. So, the most important source of happiness is a healthy body. Most of us are born healthy but during life, health is not guaranteed. We have to make an effort towards health maintenance, based on current evidence, personal experience, and common wisdom. It seems logical that modern medicine should focus on prevention of disease rather than treatment. Because of this misplaced priority of modern medicine, we are stuck with chronic incurable diseases whose incidence is increasing.

5. Number five represents the five elements we are all made up of: ether (space), air, fire, water, and earth. This is likely the order in which they evolved and the order in which corresponding energy chakras are located in the body (see # 7) and on the tips of fingers (mudras). Every element/energy tries to go to its source, so everything solid falls on the ground (we call that gravity). Everything liquid flows to lower grounds, trying to go to the sea (its parent/ source). Fire rises up to try to reach for the sun (source of all fire). Gases mix immediately with the surrounding air. Ether is vacuum which is occupied by everything else and so it's so hard to artificially create it on earth. Number 5 also represents the five senses which feed the brain (eyes, ears, skin, nose, and tongue).

6. Number six represents 6 pillars of health: Eating, Sleeping, Exercise, Cleanliness, Discipline, and Behavior. Alternative systems of medicine (innate to almost all ancient cultures) prescribe a lifestyle during health and disease for both prevention and cure, respectively. Living with nature, in balance with the rhythms/ cycles of nature is considered healthy. Get up early in the morning when the sun rises and to sleep early after sunset. Daytime is when the nature provides us with light and energy to do all that we want, and night time is when we sleep to restore our functions and balance: logic as simple as that. We are physiologically wired to be in tune with the nature. When we continue to disturb this balance, we fall sick.

7. Number seven represents the chakras or energy centers in the body: Mooladhaar (earth element), Swadhishtaan (water element), Manipur (fire element), Anahat (air element), Vishuddhi (ether element), Agya (bodily intelligence), Sahasra (universal intelligence). Kundalini yoga activates the dormant energy in the mooladhaar chakra and channelizes it up the other chakras. Seven also represents the dhatoo types (tissues) in the body: Rus (plasma), Rakta (blood), Mamas (muscle), Meda (fat), Asthi (bone), Majja (marrow), Shukra-Aartav (sperm-ova). They are formed in this order during the process of digestion and assimilation. When Vata / Pitta / or Kapha go out of balance they move outside the gastrointestinal tract and localize in one of the dhatoos creating illness. Ayurvedic treatment balances the three energies and Panchkarma brings the out of balance energy back to the gastrointestinal tract for its proper elimination.

8. Number eight represents the 8 fold path of Aashtang Yoga: Yam (nonviolence, truthfulness, no stealing, discipline/ celibacy, material detachment), Niyam (physical purification – defecation/ urination/ bath, self contentment, meditation, self study, religious studies), Aasan (physical postures), Pranayaam (breathing exercises), Pratyahaar (control over senses), Dhaarna (union of senses with the mind), Dhyaan (union of mind with the soul), and Samaadhi (union of soul with the supreme). Yoga (pronounced as YOG) is a spiritual path leading to the union of self with the supreme (nirvana/ freedom of the soul from the bondage of birth-death cycle). On that spiritual path the devoted aspirant does get blessed with good health and that why yoga (understood by some as just Aasans / postures) has become so popular in the western world. Physical postures are just a part of what is a personal, private and a spiritual practice.

9. Number Nine represents the nine celestial bodies according to Vedic astrology: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Rahu, and Ketu. A navaratna (9 stone) pendant or ring has one stone for each celestial body and brings positive energy from that body: Sun – Ruby, Moon - pearl, Mercury - emerald, Venus - diamond, Mars – red coral, Jupiter – yellow sapphire, Saturn – blue sapphire, Rahu – hessonite, and Ketu – cat's eye. Nine completes the circle of numbers and is also a magical number. Any number when added to nine does not lose its numerological identity [$9 + 6 = 15$ ($1 + 5 = 6$)]. Any number multiplied to nine yields only a nine [$9 \times 569 = 5121$ ($5 + 1 + 2 + 1 = 9$)]. Mantras are spoken in the multiples of nine and a rosary has 27 ($2+7=9$) or 108 ($1+0+8=9$) beads.

By : Peeyush Bhargava M.D
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Recipe of the month



Indian Name: *Keri ka Panna*

Properties of Raw Mango:

Taste: *Amla (Sour), and kashaya (Astringent).*

Quality: *Sheet (cold), laghu (lightness) and ruksha (dryness).*

Potency: *Sheet (cold)*

Post-digestive Effect: *Katu(pungent)*

Medicinal properties of Kheri ka Panna:

Keri ka pana is light and easily digestible. It quenches thirst, cools the body, and gives instant energy, especially in the summer. It is good for hyperacidity, anti emetic, carminative and heat-induced headache.

Dosha Analysis:

Mint leaves are warming in nature and raw mango is cooling in nature. Thus, it is a balanced recipe. Raw mango is boiled and this process also changes the properties of the mango. Keri ka panna pacifies *Pitta, Vata* and *Kapha doshas* if taken in proper quantity. In excessive quantity it increases all three *doshas*. Skin of raw mango has to be removed else it is astringent in taste hence it can reverse a few attributes of the preparation.

Ingredients- Keri (raw mango) -(150gm)
 Pudina juice (mint leaves) -50gm from pudina leaves
 Bhuna jeera -a pinch
 Black salt -pinch
 Salt -1 tsp

Preparation- Boil raw mango in water then remove skin and seed.
 Mash that pulp in 2 liters of water and add salt, black salt and pudina juice.
 Mix all the material with hand blender.

Product of the month: Rasayanaprash Herbal Tea

Rasayanaprash : The indigenous formulation Rasayana Prash is an especially developed herbal food recipe for longevity and to enhance general immunity. Moreover, it possesses anti-stress & anti-fatigue properties. In other words, it provides vigor, vitality and strength if taken regularly for a long duration. The formulation is the outcome of years of therapeutic applications in India.

AKSHAYA PATRA : Good initiative for free food to school going children in India -

The Akshaya Patra Foundation, the world's largest school meal programme currently feeding over one million school children across seven states in the India. Their kitchen in Jaipur, Rajasthan is having state-of-the-art facility and it is equipped to feed 30,000 children everyday.

For donations kindly contact - Shri Balamukunda Dasa
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