



CHAKRAPANI AYURVEDA

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Varsha ritu (Monsoon) and Ayurveda

Dear Readers,

Ayurveda aims at maintaining the health of a healthy individual, this is the main aim of Ayurveda, treating a diseased person is the second aim of Ayurveda. The basic reason for this is that if you eat healthy food and follow the lifestyle for each season you will not get sick. We in India have six seasons and by default we, Indians have a practice to follow different diet and lifestyle schedule in each season which helps us to stay healthy.

Varsha ritu (Rainy season) according to Ayurveda falls in the Uttarayan (northern solstice) and so the general body strength of people is weak. One must follow a specific Diet and lifestyle schedule in rainy season as the chances of having digestive problems is great during this season.

Ayurveda describes aggravation (vitiation) of Vata and accumulation of Pitta in Varsha ritu (Rainy season). This is the major cause of various diseases occurring during the rainy season. The food and lifestyle should thus be such which helps in balancing Vata and Pitta. Use of certain spices definitely helps in boosting the digestive system.

By following certain things mentioned in our newsletter you can enjoy the cool showers without getting sick. So, Keep reading and enjoying the monsoon with chai and snacks.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable.

Best Regards and Namaste.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

Testimonials

Hello,

I really enjoyed this issue especially with all the great info on brahmi. I currently use brahmi oil on my hair for hair oiling and a daily head massage. This article was very informative. With your permission, I would like to add a link from my blog page to your article to give my readers more in-depth information on the used of brahmi. Thanks again for providing such great information.

-Sharron, USA

Dr. Kotecha's Trip to USA

Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India will be visiting USA from Aug 28 to Sep 09, 2010. His program details for the lectures, workshops, personal consultations and Panchakarma at different places are as below.

Aug 28 2010 - Sep 02 2010 - Garry & Sun USA

Contact Karen/Lorrie/ Gary - 775 826 6004 or Toll Free 1 888 98 HERBS (43727)

Sep 02 2010 till Sep 06 2010- Hays Market Pilates & Yoga center, Lincoln, Nebraska

Contact Cary- 402- 477-5101

Sep 07- Sep 09 2010- Omaha Healing arts center, 1216 Howard street, Omaha, Nebraska

Contact: Sandy 1 - 402-345-5078

Monsoon Tips From Ayurveda

The cool showers are refreshing but they bring with them an increased susceptibility to a lot of diseases that are peculiar to the monsoon. Diseases that spread during the season are basically water borne and gastrointestinal.

Typhoid, diarrhea and jaundice are common and so are diseases like malaria, chikunguniya and dengue caused by mosquitoes. Also one comes across cases of viral attacks and coughs and colds.

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For Archives of our earlier published

From the point of view of Ayurveda, the beginning and end of the rainy season are troublesome periods. The initial days of the monsoon can cause problems for the body because of the sudden transition from dry heat to humid rain-soaked days.

During summer, the body weakens due to the heat and it especially affects the digestion. This is further weakened during the rains due to the vitiation of vata (one of the triads that govern physico-chemical and physiological activities of the body in a balanced state) and other doshas.

During monsoon, intestinal functions along with the digestive system become weak, and thus the body is highly susceptible to any kind of infection. Therefore always eat light food.

Panchakola choorna (powder containing dried ginger, long pepper, root of long pepper, piper chava and leadwort), if used with food, is found to aid digestion.

In order to maintain normal digestive power, take old barley, wheat and old rice along with meat and/or vegetable soup. Use honey liberally in your diet. If the days are cooler due to heavy rains, take a diet that is sour, salty and oily. These serve as an effective antidote to the vitiation of vata during the rainy season.

Maximum infections during this season are water borne and hence do not drink water, which is not properly boiled and stored. Drinking water should be boiled at least for 10 minutes and properly filtered. It is best to drink warm water with the meals for easy digestion. Avoid consuming stale food. Remember to cook vegetables well and steam them properly to kill germs.

Diabetic patients need to take extra care of their feet during the monsoon season and should not walk barefoot since the soil almost turns into a reservoir for all types of germs during the rains. A sesame oil massage, especially for the feet is good for diabetics.

Asthmatic patients also need to take special care during monsoon and they should ensure that there is no accumulation and seepage of water in the vicinity of their residence since that will cause severe health problems. They should also ensure that fungus does not grow on wooden furniture and other articles like shoes and leather bags.

Living areas should be made mosquito-free. If water tends to stagnate in your locality or compound, sprinkle a few drops of kerosene or any vegetable oil on the water to check mosquito breeding.

Abstain from sleeping during the daytime; avoid drinking untreated water, and moving about in the sun after a spell of rain. Wear light and clean apparel and try to keep the rooms devoid of humidity.

Thus a little effort on your part coupled with care and caution can really help you enjoy this monsoon to its fullest.

INTERESTING NEWS OF THE MONTH

Ginger Eases Aches And Pains

INDIA, May 2010: Eating ginger can help ease muscle pain caused by heavy exercise, says a latest research. Ginger root has been used as a household remedy for centuries for a variety of ailments, such as cough and colds and upset stomach, but now the study has revealed that ginger is particularly good for staving off muscle pain.

Professor Patrick O'Connor, of the University of Georgia, who led the research, believes this remedy can be better than consuming painkiller drugs. The study showed daily ginger intake reduced the exercise-induced pain by 25 per cent. It is known to contain chemicals that work in a similar way to non-steroidal anti-inflammatory drugs, such as ibuprofen and aspirin.

Source: beta.thehindu.com

CHAKRAPANI PRODUCT OF THE MONTH

Organic Sunthi / Ginger:

It is pungent in taste, digestant, appetizer, antipoisonous. It is used for abdominal pain, anorexia, heart diseases, oedema, indigestion, arthritis, atonic dyspepsia, bleeding, cancer, chest congestion, chicken pox, cholera, chronic bronchitis, cold extremities, colic, colitis, common cold, cough, cystic fibrosis, diarrhoea, difficulty in breathing, dropsy, fever, flatulence, indigestion, disorders of gallbladder, hyperacidity, hypercholesterolemia, hyperglycemia, indigestion, morning sickness, nausea, rheumatism, sore throat, throat ache, stomach ache and vomiting. Ginger forms an important constituent of many Ayurvedic formulations.

Home remedies:

1. In indigestion, its Swarasa along with Nimbu (lemon) Juice and Rock salt is very beneficial.
2. In dry cough, its small roasted pieces should be kept in mouth and their juice should be sucked.
3. In joint disorders powder of Sunthi should be taken along with Ashwagandha Churna .

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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 -
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