



# CHAKRAPANI AYURVEDA

## ISO 9001 & 22000



Vol 9 Issue VIII

PSORIASIS

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Dear Readers,

The feature article of today on Psoriasis is an outcome of a suggestion of such topic from Ms. Sandra Shotton of Canada. She did send us a beautiful testimonial about her experiences at Chakrapani Center. We have posted her testimonial below in related section. Kindly do not miss it to read. She wrote the whole letter from her heart. Thank you very much Sandra.

Do let us know about your views on this issue of newsletter. I shall eagerly await for your words which will work as tonic for our everyday hard work. We need it because we are trying to do best in all the aspects of Ayurveda and your encouraging words will help us to achieve this goal.

So, take care and we meet again after two weeks.

Best regards and thanks,

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

### TESTIMONIALS

Dear Dr. Kotecha,

So often I think of all of you at Chakrapani and with such warmth!

Back in Canada now for more than 6 months and still digesting and assimilating all of the changes that my time and training in India brought.

Your newsletters have been very informative and enjoyable and I would like you to know how much I value my experience at your center. The Panchakarma process was exceptionally beneficial for my health and the Ayurvedic training also finds its way into my personal habits and lifestyle as well as being a perspective I am able to share through my work as a Yoga Therapist. Jaipur feels like another home for me, your kindness and the warmth of your staff gave me a sense of belonging there.

My plan is to return and continue training with you and I will discuss that in a future letter. I have recommended your Center to many people with total confidence. I found the facility to be clean and beautiful, the staff open and helpful and the instructors wonderfully knowledgeable and generous. I am also most grateful for your skill, kindness and intuitive ability as a Vaidya and to Dr. Neha for her thoroughness as a trainer and for being such a shining example of professionalism and health.

Your article on arthritis was very timely for a few of my clients. Do you have recommendations also for psoriasis?

As I am getting settled into my routines here I look forward to communicating with you more in the future. Please send my love to all of your staff.

Respectfully  
Sandra Shotton  
[www.islandyogavista.com](http://www.islandyogavista.com)

### FEATURE OF THIS ISSUE

Psoriasis is a chronic inflammatory disease of the skin with red raised lesions characterized by severe itching, dryness of the skin and white silvery scales. It is a non infectious disease which may go in remission for years and may become worse at times. Common sites of lesions are elbow, scalp, knees and lower back. Pitting of nails is very common. Ayurveda explains psoriasis as the disorder named KITIBHA and it is a form of vitiated Vata and Kapha. These affect the skin, blood tissue and water element of that area making the skin discoloured, thin and scaly.

### VAIDYA TALK - PSORIASIS

Psoriasis affects both sexes equally and can occur at any age, although it most commonly appears for the first time between the ages of 15 and 25 years.

The prevalence of psoriasis in Western populations is estimated to be around 2-3%. The prevalence of psoriasis among 7.5 million patients who were registered with a general practitioner in the United Kingdom was 1.5%. A survey conducted by the National Psoriasis Foundation (a US based psoriasis education and advocacy group) found a prevalence of 2.1% among adult Americans. The study found that 35% of people with psoriasis could be classified as having moderate to severe psoriasis.

Around one-third of people with psoriasis report a family history of the disease, and researchers have identified genetic loci associated with the condition. Onset before age 40 usually indicates a greater genetic susceptibility and a more severe or recurrent course of psoriasis.

### Causes of Psoriasis

Ayurveda believes that it is caused due to vitiation of Vata and Kapha Doshas. The causes of vitiation of these Doshas are:

them about it.

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Herb : Neem

Sanskrit Name: Nimb

Latin Name: Azadirachta indica

A powerful blood purifier. Excellent antiseptic for teeth, gums & skin. Lowers levels of blood sugar and cholesterol.

Neem has strong antiparasitic qualities & is a **powerful blood purifier**. As such it also clears the digestive tract of parasites and toxins. It has a long history of outstanding results for all kinds of skin problems, even leprosy. Neem leaf powder helps to prevent diseases like diabetes and hypertension. It is an excellent antiseptic for the teeth & gums. It is analgesic and antipyretic. It cleans away all foreign and excess tissue, and possesses a supplementary astringent action that promotes healing.

1. Consuming foods that should not be eaten together ( eg. Milk and radish, salt and milk, fish and milk)
2. Excessive intake of black beans, sea food, jaggery, yogurt, sour and salty food
3. Excess exposure of stresses or psychological trauma
4. Taking day time naps
5. Bathing with cold water immediately after doing any kind of strenuous physical exertion
6. Controlling natural urges
7. Eating too salty or too sour or too heavy food (which is difficult to digest) .
8. Smoking and use of alcohol

According to modern medicine the exact cause of psoriasis is unknown but throat infections, trauma, burns, bruises, hereditary are certain factors that trigger Psoriasis.

**Treatment of Psoriasis at Chakrapani :** We aim at detoxifying the body through the process known as Panchakarma .

1. Vamana and Virechana : Consumption of medicated ghee (Snehapanam) considering the condition of person for 5 to 7 days followed by induction of vomiting and / or purgation using certain herbs.
2. Takradhara : Dripping of medicated buttermilk on the forehead (dhara).
3. Lepamam : Application of medicated paste or ointments on the affected area.
4. Basti : medicated enemas are given for a recommended time duration.
5. Yoga and meditation : to achieve a calm mind.
6. Internal medicines that include : Manjisthadi ghan Vati, Bakuchi capsules, Arogyavardhini tablets.
7. External application of 777 oil, Psorayog ointment, Psorolin soap

#### Tips from Chakrapani for Psoriasis

1. Avoid all factors that trigger Psoriasis.
2. Do not prick or peel the skin .
3. Do not use soap for bathing as it dries the skin . Instead use chick pea flour (besan ) or use any medicated soap.
4. Avoid day time naps.
5. Have a bath daily as it helps in removing scales and inflamed skin .
6. After the bath pat dry the skin , do not rub vigorously
7. Expose your skin to small amount of sunlight which helps in improvement of lesions but a larger amount may worsen the condition.
8. Avoid excess use of sour, salty and acidic food.

Kindly visit <http://chakrapaniayurveda.com> for more details on these Ayurveda products.

#### FROM GRAND MAA'S DIARY

Neem leaf paste is useful in acne

Neem leaf powder + Amla churna taken internally in the dose of 1/2 tsp. twice a day with normal water cures acne.

Neem oil is beneficial in curing skin itching.

Neem oil is good for dandruff.

#### CHAKRAPANI PRODUCTS OF THIS ISSUE

- [Psorayog Ointment](#) : External application in combination with **777 Oil** / separately at morning and or night over affected areas.
- [777 oil](#) : Application after bath as a thin coating over affected surface.
- [Arogyavardhini Tablets](#) : The word Arogya means good health and Vardhini means improver, so the formulation which improves good health is known as Arogyavardhini
- [Manjisthadi ghan vati](#) : Manjistha is probably the best blood-purifying herb in Ayurveda

#### INTERESTING NEWS OF THE ISSUE

##### [UN Agency Suggests Eat Less Meat to Curb Global Warming](#)

Source: <http://www.guardian.co.uk/environment/2008/sep/07/food.foodanddrink>

UNITED NATIONS, September 7, 2008: People should have one meat-free day a week if they want to make a personal and effective sacrifice that would help tackle climate change. So said the world's leading authority on global warming, Dr Rajendra Pachauri, chair of the United Nations Intergovernmental Panel on Climate Change, which earned a joint share of last year's Nobel Peace Prize. His comments are the most controversial advice yet provided by the panel on how individuals can help tackle global warming. Pachauri said diet change was important because of the huge greenhouse gas emissions and other environmental problems - including habitat destruction - associated with rearing cattle and other animals. It was relatively easy to change

eating habits compared to changing means of transport, he said.

The UN's Food and Agriculture Organization has estimated that meat production accounts for nearly a fifth of global greenhouse gas emissions. These are generated during the production of animal feeds, for example, while ruminants, particularly cows, emit methane, which is 23 times more effective as a global warming agent than carbon dioxide. The agency has also warned that meat consumption is set to double by the middle of the century. "In terms of immediacy of action and the feasibility of bringing about reductions in a short period of time, it clearly is the most attractive opportunity," said Pachauri. "Give up meat for one day [a week] initially, and decrease it from there," said the Indian economist. However, he also stressed other changes in lifestyle would help to combat climate change. "That's what I want to emphasize: we really have to bring about reductions in every sector of the economy."

Pachauri can expect some vociferous responses from the food industry. Chris Lamb, head of marketing for pig industry group BPEX, said the meat industry had been unfairly targeted and was working hard to find out which activities had the biggest environmental impact and reduce those. "Climate change is a very young science and our view is there are a lot of simplistic solutions being proposed," he said

#### UPCOMING EVENTS

**(1) 10th International Ayurveda Symposium 2008 in Birstein on 6 - 7 September 2008.**

For more details Log on to [Ayurveda symposium 2008](#)

**3rd world Ayurveda congress & Arogya 2008 in Jaipur from 16-21 December 2008.**

For details Log on to [www.Ayurworld.org](http://www.Ayurworld.org). Tel.+ 91- 141-2634613 E- mail: [niawac2008@gmail.com](mailto:niawac2008@gmail.com)

**(2) A NATIONAL AYURVEDIC CONFERENCE IS GOING TO BE HELD AT AGRA ON 15-16-17 TH NOVEMBER 2008**

FOR REGISTRATION FORM / ABSTRACT FORM / MORE INFORMATION, PLEASE VISIT at <http://www.nacon2008.co.in>

For Trade inquiries e-mail at - [info@nacon2008.co.in](mailto:info@nacon2008.co.in) [nacon2008agra@gmail.com](mailto:nacon2008agra@gmail.com)

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