



CHAKRAPANI AYURVEDA ISO 9001 & 22000



Vol 10 Issue XII

AYURVEDIC VIEW ON WINTER CARE

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For Archives of our earlier

Dear Readers,

Kindly accept Happy New Year from team Chakrapani. We hope that the year just left us must be very good for all of you.

I want to share few things of Chakrapani Ayurveda, your favorite Ayurveda destination. Last year was full of joy, achievements and happiness here. In the year 2009, we were able to get revalidation of our ISO 9001 certification. Now, we have upgraded our quality management system and now we are certified with ISO 9001:2008 quality standards. We have few more landmarks. We have received ISO 22000, which is also known as HACCP certification for following highest level of food safety standards at our manufacturing facility. Furthermore, we have got GMP (Good Manufacturing Practices) certification from Department of Ayurveda, Government of Rajasthan. OneCert Asia had authorized us to handle organically certified Ayurveda herbs and products in the later part of last year.

All these achievements could not happen without the constant support and encouragement of our clients, visitors of our websites and readers of our newsletter. I should not forget to acknowledge the contribution of my team. We are 35 people on board now. I thank you all of them on this occasion.

The year 2010 is coming with even greater hope. We are commencing construction of our Vedic Ayurveda resort just 22 kilometers from Jaipur city in the nice ambience of countryside. It should be functional by the end of this year. So, your blessing for this new venture is urgently required. Do not forget to email us.

Best regards and many thanks again for your constant support.

Rajesh Kotecha Vaidya, M.D. (Ayurveda)

Director, Chakrapani Ayurveda

TESTIMONIAL

Dear Sir,

You had given me some herbs (Laghusushekar, Avipattikar, Pravalpisthi and Shatpatradi) for acidity + reflux. They have a very positive result or I can say 100% relief. So thanks again. It is my responsibility to tell you about my results so that it can help the other patient.

Thank and regards,
Ajay kumar, Hyderabad, India

(Thanks Ajay ji for your wonderful compliments)

AYURVEDIC VIEW ON WINTER CARE

Ayurveda believes that Nature influences our Body Mind and Soul deeply.

This is the reason Ayurveda has described in detail the Daily as well as Seasonal regimens because the way we live our day and night life in each season influences are life to a great extent.

These Daily regimens are also deeply influenced by the change in weather (seasons). For ex. – A person getting up at 4:00 am in the morning during summer would get up in winters around 5:00 am.

The reason of specification of these regimens is to maintain the health of a healthy individual so as to accomplish the basic aim of Ayurveda.

A human body, according to Ayurveda comprises of three Biological humors Vata, Pitta and Kapha. These hold our body in normal condition and in vitiated condition cause diseases. In order to maintain them in the healthy state and maintain equilibrium between them, one must follow the daily and seasonal regimen. The present edition of our Newsletter brings to you the valued knowledge of Ayurveda regarding the diet and lifestyle for the winter season (Hemant Ritu)

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Kindly visit our recently launched websites on different aspects of Ayurveda as listed below:

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The seasonal regimen or Ritucharya is based on the weather outside the window and not on the months of the calendar. The routine suggested for winter season cannot be suggested without a demand of covering oneself with a sweater.

However this year the winter season has started and here we are with the suggestions for food and lifestyle to be followed during the winter season.

The Sun moves towards South for Six Months during winter season. The food therefore in this season should be rich in sweet sour and salty taste. The digestive fire is high so people can digest things, which would otherwise be difficult to digest.

Milk flavored with Kesar, and milk products are good to eat.

Ghajak – Sweet cakes made of Sesame seeds (til) and Jaggery is very common.

Sweet dishes made of nuts are very common desert.

Always drink warm water. Eat fruits and vegetables rich in water content. Zucchini, lauki squash, asparagus, apples, grapes, oranges and carrots are good.

Halwa (sweet preparation) made of Carrots is good.

Roasted peanuts and other nuts are a good stuff to snack.

Avoid bitter, pungent and astringent tastes.

Start taking the Ayurvedic preparation Chyawanprash. It helps in increasing the immunity power and also very good for the upper respiratory tract infections.

Amalaki Rasayana made of Amla, the richest source of vitamin C and a natural anti oxidant is good to be taken as rejuvenating medicine.

When you deeply need to snack something heavy have warm Pakoras (small vegetable balls smeared in a batter of chickpea flour and deep fried in oil) with the Chai (Indian tea).

Sip warm herbal teas made of dry ginger, black pepper and clove.

Lifestyle :

Since winter season is driven by Vata it may make the skin dry, the feet chap and the lips crack so here are some ways to keep yourself healthy and good looking in the winter season as well.

Keep yourself warm. Always cover yourself with woolen clothes. Wear scarf and

Gloves when you move out of the house. Keep the home temperature as per your comfort and use a humidifier or place a bowl of water on the radiators to add moisture to the air.

Wear a natural lip balm to protect your lips. Ghee (clarified butter) is a good choice.

Enjoy the sun for at least some time in the day.

Massage yourself with warm mustard oil or any medicated oil like the Dashmolabala oil.

Do exercise daily to burn out the excess calories.

Steam treatments are good but avoid Saunas.

Do Udvartana (scrub) at least once a week with fine powder made of barley flour, Turmeric and china clay.

Recipe from Grandma's diary

Sesame Ladoo

Ingredients: Sesame seeds(1 cup), Jaggary (1 cup)

Method : Keep the pan on low flame fire. Melt the jaggary in pan. When jaggary change his colour or it become brownish. It should looks puffy then add the sesame seeds and

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
The Akshaya Patra Foundation
+91 979999889 (cell)
email:-
balamukundadasa@gmail.com

immediately remove pan from the heat. After few minutes make small laddoo of the sesame seeds.

Health benefits of the laddoo:

Jaggary has reach source of carbohydrate and iron. Sesame seeds gives strength to body and prevent moisture to body and keep body warm.

CHAKRAPANI PRODUCT OF THE MONTH

RASAYANA PRASH : The rejuvenator group of herbs traditionally termed as ' Rasayana ' have micronutrients which improve health, immunity, vigor, vitality and give longevity as well as protection against stress. All these actions of certain Rasayana herbs have now been scientifically proved through experimental as well as clinical studies.

CHYAVANPRASH : Chyavanprash is a comprehensive herbal tonic with multiple health benefits, prepared according to an ancient Ayurvedic formula. Used by people all over the world today, it is a proven energizer, immunity booster and pre-emptive tonic

For more details on this product please visit : <http://www.chakrapaniayurveda.com>

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