



VOL 12 Issue II

FEB.2011

### From the Desk of Dr. Kotecha

Dear Readers,

This month we have a very interesting article about Ayurveda approach for Care in Pregnancy. For years the topic has been a matter of debate, though it is a complicated topic the author have taken care to make it simpler. Well done Dr. Pallavi, keep up the work. Dr. Pallavi is a new Vaidya (Ayurveda physician) joined recently with team Chakrapani.

We also have different and quite interesting health news for you this time; that is "Walking Prevents Loss of Cerebral Mass". Do enjoy interesting readings in every issue of AyurvedaNews.

We heartily welcome your suggestion on our newsletter 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

### Have a Date with Ayurveda !

Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India will be visiting USA from April 01 to April 18, 2011. He is again invited to the community in the West and mid West of USA to give lectures, Panchakarma therapy, consultations and conduct workshops. We invite our visitors of USA to attend any of his events to be organized during above said period. To get the details of his travel and to register for an appointment with him, kindly call Mr. Gary at 1-888-98-HERBS (43727).

His tentative program for the lectures, workshops, personal consultations and Panchakarma at different places of West coast and Mid-West,USA is as below:

USA:

Apr 01 to Apr 05 2010 - Garry & Sun, 3195 Mill St, Reno, NV 89502- Call Karen/Gary - 7758266004, Toll Free-1 888 98 HERBS (43727)- We do accept phone and skype consultations

Apr 06 - Apr 08 2010 - Ames Yoga Center, 327 Main St, Ames, Iowa-50010 - PI Call Ruthann Hadish Tele: 515 291 9642

Apr 09 - Apr 13 2010 - Omaha Healing Arts Center, Omaha, NE 68104- PI call Amy/Sandy 1 402-345-5078

Apr 15-Apr 15 2020- Hay Market Pilates & Yoga Center,311 N 8th St Unit 210, Lincoln, NE - 68598- Call Cary 1 402-477-5101

Apr 16 - Apr 18 2010 - 5 Elements Yoga Center -824 Main Avenue, Fargo, ND 58103 Call- Juliet - 1 701-388-2967

### AYURVEDA APPROACH FOR CARE IN PREGNANCY



A mother is a woman who has conceived, given birth to, or raised a child in the role of a parent .Because of the complexity and differences of a mothers' social, cultural, and religious definitions and roles, it is challenging to define a mother to suit a universally accepted definition.

Ayurveda system of medicines lays utmost emphasis on pregnancy care and calls it Garbhini paricharya. It aims at providing the most valuable environment both for mother

and child. Garbhini paricharya describes ahara (diet), Vihara (life style), vichara (thought process) to be followed by the mother throughout the period of pregnancy as these have a direct bearing on the health of the child.

Proper care of woman during pregnancy is the key factor to achieve a healthy child. Ayurveda has very minutely observed the facts and finalized a specific protocol for better antenatal care. According to the Ayurvedic principles, the diet consumed by a pregnant woman is utilized for three purposes- one part is used for nourishing the woman's body, second one for the fetus developing in her, while the third one for the development and production of breast milk. Therefore, the diet consumed by the pregnant woman should be planned carefully. Ayurvedic guidelines in this regard are mentioned here.

#### DO's IN PREGNANCY

- Remain Happy and contented.
- Take a bath daily.
- Should wear light ornaments & white dress.
- Follow the rules of good conduct.
- Diet: Consist of pleasant, liquid, sweet, nourishing food items
- Bed should be soft.
- Should worship God

#### Don'ts IN PREGNANCY

- DIET : Remaining hungry, fasting, eating hot, pungent, constipating, dry, stale, irritating diet & alcohol.
- ACTIVITY: Sex in excess, exercise, keeping awake at night, exertion, traveling,
- PSYCHOLOGICAL: Fear, sorrow, getting angry, hearing & reading irritant stories.
- TREATMENT: Weight reduction, oil massage, emesis, purgatives, and enemas.
- Suppression of natural urges.
- Unclean habits.

#### MONTH WISE REGIMEN FOR PREGNANT WOMAN

Besides the regular schedule, the pregnant woman should follow, the following additional measures for better development of the fetus/child

#### FIRST MONTH CARE

- Cold milk, a sweet, cold and liquid diet and to which she is used to.
- Powder of dried black grapes, Glycerrhyza and white & red sandalwood with cow's milk.
- Paste of Nilotpala(Nymphaea nouchali), Bala(Sida cordifolia), Shrangataka(Trapa natans) Kasheruka(Scirpus grossus) prepared in cold water along with cow's milk.

#### SECOND MONTH CARE

- Milk medicated with sweet medicines, e.g. Kakoli group (Phaseolus trilobus, Teramnus labialis, Glycerrhyza etc.) and sweet, cold and liquid food items.
- Ashmantaka(Ficus rumphii), Sesame, Pippali(Piper longum), Manjishtha(Rubia cordifolia), Shatawari(Asperagus racemosus).
- Paste of Nagakeshar (Colopfiyllum inophyllum), Tagar(Valeriana wallichii), Kamal(Nelumbo nucifera), Bilva(Aegle marmelos)& Camphor prepared in goat's milk.

#### THIRD MONTH CARE

- Milk with Ghrita and honey, sweet cold and liquid food items and milk with rice.
- Nagakeshara (Colopfiyllum inophyllum) and sugar in cow's milk.
- Paste of Padmaka (Prunus cerasoides), Chandan (Sandal), Bala(Sida cordifolia), and Padmanal (Nelumbo nucifera) prepared in cold water along with cow's milk.

#### FOURTH MONTH CARE

- Milk with an oz. of butter (directly prepared from milk), rice with curd and other pleasing food items.
- Paste of Ananta(Fagonia cretica), Sariva(Hemidesmus indicus), Rasana(Pluchea lanceolata), Bharangi(Clerodendrum serratum) and Glycerrhyza with milk.

#### FIFTH MONTH CARE

- Milk with Ghrita, Rice with milk and Ghrita.
- Paste of Pomegranate leaves and sandalwood in curd and honey.

- Paste of Nilotpala(Nymphaea nouchali), Nagakeshara(Colopfiyllum inophyllum),and Padmaka (Prunus ccerasoides) in water.

#### SIXTH MONTH CARE

- Milk medicated with sweet medicines, e.g. Kakoli group (Phaseolus trilobus, Teramnus labialis, Glycerrhyza etc), rice with ghrita, Kanji medicated with Gokshura(Tribulus terrestris).
- Paste of Prishnaparni (Teramnus labialis ), Bala(Sida cordifolia),Shigru(Moringa oleifera),Gokshura(Tribulus terrestris), Mandukaparni(Centella asiatica), and Glycerrhiza.
- Cold water medicated with gairika, black earth, Sandalwood and sugar.

#### SEVENTH MONTH CARE

- Milk medicated with sweet medicines,e.g. Kakoli group (Phaseolus trilobus, Teramnus labialis, Glycerrhyza etc.).
- Shringataka (Trapa natans), Grapes, Musta(Cyperus rotundus), Glycerrhyza and sugar
- Powder of Ushir (Vetiveria zizanioidis), Gokshura (Tribulus terrestris), Musta(Cyperus rotundus), Samanga(Mimosa pudica),Nagakeshar(Colopfiyllum inophyllum), and Padmak (Prunus cerasoides) with honey.

#### EIGHTH MONTH CARE

- Rice Kanji boiled in milk with ghrita . Mutton soup.
- Milk medicated with roots of Kapittha(Feronia limonia), Brihati(Solanum indicum), Bilva(Aegle marmelos), Patola(Trichosanthes dioica), Nidigdha(Solanum surattense) and sugarcane juice.
- Powder of Lodhra(Symplocos racemosa), and Pippali(Piper longum) with honey and milk.

#### NINTH MONTH CARE

- Rice Kanji boiled in milk with honey and mutton soup.
- Glycerrhiza, Sariva(Hemidemus indicus), Ananta(Fagonia cretica), Kshiravidari(Ipomoea digitata)
- Asthapan basti (Enema) with Badara(Plum) juice, Bala(Sida cordifolia), Atibala(Abutilon indicum), Shatapushpa(Anethum sowa), Milk, curd, oils, salt, & Madanphala(Randia spinosa), Honey and Ghrita.

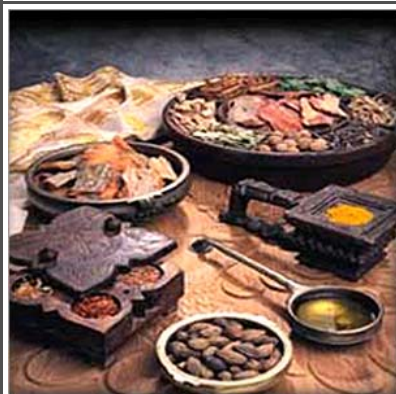
#### TENTH MONTH CARE

- Rice Kanji boiled in milk with honey and mutton soup.
- Milk medicated with Ginger & Kshiravidari (Ipomoea digitata) or with Ginger, Glycerrhyza and Devadaru(Cedrus deodara).
- Anuvasan basti: Tampon soaked in medicated oil (with Phaseolus trilobus, Teramnus labialis, Glycerrhyza etc.) should be kept in the vagina.

#### ADVANTAGES OF MONTHLY REGIMEN

- During first trimester the regimen prevents from dehydration, provide nourishment the drugs have anabolic effect.
- Use of meat soup provides the supply of protein in more congenial way.
- By the end of second trimester the tendency of accumulation of fluid is prevented by use of drugs.
- Basti maintains better functioning of Vata for easy delivery.
- Tampon of oil destroy pathogenic bacteria of vaginal canal & prevent puerperal sepsi.

#### Product of the Month



**SHATAVARI GHRIT** : It is useful in treating all diseases related to feminine weakness, menopause, miscarriages, metrorrahgia, epilepsy, asthma, cough, tuberculosis and hysteria.

For more details [click here](#) :

**Dhatri Lauha Tablet**: It is very good for peptic ulcer syndrome, pain in abdomen, hyper acidity, anemia and Pitta imbalances. It is also useful as a regular supplement after first trimester of pregnancy and lactating mothers. The action of these roots is balancing three doshas in body. More specially this formulation used for vata, kapha disorders, like Pain in body, filling of hay, numbness, stiffness, Ama disorders etc. For more details [click here](#) :

#### Interesting Health News

### Walking Prevents Loss of Cerebral Mass, Study Shows

USA, February 1, 2011: Science knows that not just the mind, but the physical structure of the brain declines among all adult humans. After age 60, the rate of mass loss increases. But the solution might be simple: aerobic exercise, or specifically, walking.

In a study published on January 31 in 'The Proceedings of the National Academy of Sciences,' researchers randomly assigned 120 healthy but sedentary men and women (average age mid-60s) to one of two exercise groups. One group walked around a track three times a week, building up to 40 minutes at a stretch; the other did a variety of less aerobic exercises, including yoga and resistance training with bands.

After a year, brain scans showed that among the walkers, the hippocampus had increased in volume by about 2 percent on average; in the others, it had declined by about 1.4 percent. Since such an annual decline is normal in older adults, 'a 2 percent increase is fairly significant,' said the lead author, Kirk Erickson, a psychologist at the University of Pittsburgh. Both groups also improved on a test of spatial memory, but the walkers improved more.

[HPI note: According to this study, there was no discernible cognitive or intellectual difference between men aged 60 or 64, though the latter group had smaller brains. Evidence indicates that, initially, the lost brain matter come from areas that are not being used.]

### Experience personalized Ayurvedic Healing Treatments

Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site <http://garrysun.com>

Want Free Consultation on Ayurveda? [Click Here](#)  
 Want your body type analysis? [Click Here](#)

Wish to procure our products? Kindly contact as detailed below:

France:

S.I.E.T.P.A.

<http://massages-ayurvedique.com>

U.K.

Ayur Herbal Products

[www.ayurherbalproducts.com](http://www.ayurherbalproducts.com)

Ireland:

The Samadhi Centre

<http://thesamadhicentre.com>

Colombia:

Ms. Gisele Dupuis

[gdupuis@cable.net.co](mailto:gdupuis@cable.net.co)

Curacao

Ms. Soraida

<http://curvedic.org>

Germany:

Dr. Ramin Mobasser

[www.dr.mobasser.de](http://www.dr.mobasser.de)

- Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, [click here](#)

-

For Archives of our earlier published Newsletters, please [click here](#)

- **Subscription Information:**

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by -[Clicking here](#)

Stop Subscription: If you wish to stop your subscription [Click here](#)

### **[CONTACT US](#)**

Chakrapani Ayurveda Clinic & Research Center,  
Chakrapani Global Center for Training & Research in Ayurveda  
8, Diamond Hill, Behind Birla Temple,  
Tulsi circle, Shanti path,  
Jaipur-302004, India.

Telefax: +91-141+2624003 Phone : +91-141-2620746

e-mail: [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com)

<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>  
<http://garrysun.com> , <http://PanchakarmaEquipment.com>, <http://ayushkar.com>