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Vol 10 Issue II

Ashwagandha - Withania somnifera

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Dear Readers,

Chakrapani Ayurveda proudly announce its first franchise at **Bandhavgarh Tiger Reserve Madhya Pradesh, India**. This is a beginning of new horizon of our activity. Soon, we are launching more franchises in India and abroad. For more details, please visit us at <http://www.chakrapaniayurveda.com>

There is a great news for all people who have interest on Ayurvedic herbs, Popular formulation, properties and different aspect of Ayurveda and diseases. As Chakrapani Ayurveda Clinic and Research Center is launching 89 new websites on it. All these websites give you detailed information and knowledge. You can get answers to any of your queries related to the Ayurvedic herbs and diseases just at one click. This is another feather in the cap of Chakrapani. There are 89 websites planned of which 35 are already introduced on the web. To have a view on all the websites, please [click here](#)

We are growing with your blessings. We request you to send us your valuable feedback which will help us to expand further. Thank you all.

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

Dr. KOTECHEA'S VISIT

Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India will be visiting USA, Canada, Colombia, Curacao and different countries of Europe. His tentative program for the lectures, workshops, personal consultations and Panchakarma at different places is as below. We invite our readers from above countries to attend any of his events to be organized during below said period. To get the details of his travel and to register for an appointment with him, kindly call / contact at below country specific contacts.

20 March to 11 April, 2009 : US and Canada

Contact person: Mr. Gary
E-mail : gary@garrysun.com
Website: <http://garrysun.com>
Toll Free: 1 888 98 HERBS

13 May to 24 May, 2009 : Bogotá, Colombia, South America

Contact person: Ms. Gisele Dupuis
E-mail : gdupuis@cable.net.co

25 May to 31 May, 2009 : Curacao, Aruba and Antilles island

Contact person: Ms. Soraida Bishop
E-mail : fundashongrupopakomunitat@yahoo.com
Website: <http://curvedic.org>
Tel: +5999 5181223.

18 June to 25 June, 2009 : France

Contact person: Mr. Fernard
E-mail : sietpa.sarl@gmail.com
Tel. 0556 959 523
Website: <http://massages-ayurvedique.com/>

25 June to 28 June, 2009 : Rome, Italy

Contact person: Ms. Sophie Marland
E-mail : sophiemarland@hotmail.com

Possible visit to Switzerland in June / July 2009

Contact person: Ms. Dolly Patt E-mail : dolly.patt@bluewin.ch Tel. 0041 78 7657116

FEATURE OF THIS ISSUE

Ashwagandha has a long medicinal history stemming back 4000 years. Ashwagandha is a vital drug in Ayurveda. This particular herb was used to treat various infectious diseases as well as tremors and inflammation especially arthritis.

Ashwagandha is a beautiful delicate plant native to India, Pakistan, and Sri Lanka. Defined by deep green leaves, branched limbs, and topped by seeded yellow flowers. Ashwagandha is a stunning in appearance and of vital importance in Ayurveda or Indian Medicine.

Ashwagandha is one of the main herbs for promoting Ojas and rejuvenating the body. It is a well-known semen promoter and it treats impotency and infertility. It increases physical endurance and improves sexual function. It is a rejuvenative general tonic, which stimulates immune system. Increases physical endurance & promotes Ojas. It regenerates hormonal system, has anti stress properties. It is used in many general tonics and preparations, such as Chyavana Prash.

Sanskrit Name : Ashwagandha- Means 'the smell of a horse' as its fresh root smells like a horse's urine, and also perhaps because it is renowned for imparting the sexual stamina of a horse.

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PRODUCTS OF THE ISSUE:

Bala Ashwagandha Oil:

Helps in baby massage oil

Rasayana Prash : A herbal sood for immunity production

For more details on this product please [click here](#):

Recipe form grand maa's Diary

Herbal Recipe :

Khichadi is a simple, easily digested food for everybody.

Ingredients:

2 part basmati rice, soaked for at least 1/2 hour and drained
1 part mung dal, soaked in water for at least 1 hour and drained
1 part vegetables, such as green beans, carrots, spinach and other green vegetables
6 parts water, Salt according to taste and turmeric, 2 tsp pure cow ghee, cumin seeds, mustard seeds, asfoetida

Method:

Heat ghee (clarified butter) or olive oil in a pan over moderate heat.

Add cumin, mustard seeds and asfoetida

As the seed starts popping add mung dal, vegetables, and rice, and then add water. Add the 1 teaspoon of turmeric powder and salt as per taste.

Cook in pressure cooker till 2 whistles appear. Do not take out the steam. Open 5 minutes after the gas is turned off.

Serve this dish with ghee and chopped fresh coriander leaves.

Latin Name : Withania somnifera (somniafer means "sleep-bearing" in Latin, indicating it was considered a sedative, but it has been also used for sexual vitality and as an adaptogen)- Solanaceae

Common Name : Winter cherry (Eng.)

Bio energetics : Rasa (Taste)- Tikta (Bitter); Katu (Pungent); Madhura (Sweet)

Guna (Characteristics)- Laghu (Light); Snigdha (Unctuous) Veerya (Potency)- Ushna (Warm) Vipaka (Post digestion effect)- Madhura (Sweet).

For more details on this please visit <http://ashwagandha.co.in>

VAIDYA TALK - ASHWAGANDHA

Ashwagandha is especially beneficial in stress related disorders. It act as sedative, a diuretic, an anti-inflammatory agent, aphrodisiac and an immune booster. It is also a rejuvenating herb. It is used to cure many diseases such as arthritis, hypertension, diabetes, general debility, etc. It has also shown impressive results when used as stimulants for the immune system. It is considered as an adaptogen that stimulates the immune system and improves the memory.

Ashwagandha increases the count of white blood cells and prepares the body to produce antigens against various infections and allergies. It is also considered as a tonic for the heart and lungs as its regular intake controls the blood pressure and regulates the heartbeat.

It has a strong nourishing and protective effect on the nervous system. It is bitter in taste, hot, germicidal, aphrodisiac, and diuretic and alleviates of Vata, Kapha. It cures ulcer, fever, cough, dyspnea, dropsy, impotence, rheumatism, toxicosis and leukoderma. It improves physical strength and is prescribed in all cases of general debility. It helps to stabilize the fetus. It regenerates the hormonal system, promotes healing of tissues.

ASHWAGANDHA PRODUCTS

Here is the best collection of Ashwagandha supplements. Our R & D team has put tremendous efforts to provide you best ashwagandha herbal products with lowest prices. Our aim is to help you minimize your searches and save your time. Below are an exclusive range of ashwagandha herbal products .

HERB POWDER : It works as a Rasayana i.e. a substance that helps in preventing early aging and rejuvenates whole body to provide youth. t works as powerful immune booster that helps in fighting any foreign invasion in the body. Daily intake of root powder of Ashwagandha provides Rasayana effects in the body and prevent from premature ageing.

ASHWAGANDHA CAPSULES : It works as an aphrodisiac agent, increases the sperm count, It relieves stress due to presence of vata suppressant properties which helps in nurturing nervous system.

For more details on this products please visit <http://ashwagandha.co.in>

HEALTH BENEFITS OF ASHWAGANDHA

- It is a powerful aphrodisiac, thereby helps in enhancing the sexual powers and long lasting endurance.
- It also helps in increasing sperm count and also the quality of sperms.
- Ashwagandha revitalizes body and decreases untimely fatigue caused due weak body strength accumulation of negative energies in the body.
- It helps in providing nourishment to the brain for its better function and greater ability to work.
- It improves mental ability, helps in gaining retaining power and improves mental concentration.
- It works as anti-inflammatory substance therefore helps in reducing swellings and restoring blood supply.
- It helps in promoting calmness and mental satisfaction in mind due to its good penetrating powers, which helps to counter negative adaptogens.
- It has an excellent healing properties therefore has great effects in healing wounds and injuries. It helps in relieving from the feel of numbness and burning sensation in extremities.
- It gives good results in leucorrhoea, as it possesses the properties that suppress Kapha. It is also useful in Upper Respiratory Tract Infection (URTI) and in asthmatic conditions.
- Its Ksheerapaka, is so effective to increase the breast milk in child feeding females, it should be prepared with Vidarikanda and Madhuyasti in the proportion of 3:2:1.

- To increase the semen and sexual potency, its root powder should be taken in a dose of 3-5gm daily with milk.
- A rejuvenative general tonic which stimulates immune system. Increases physical endurance & promotes Ojas. Regenerates hormonal system. Has anti stress properties.

RESEARCHES ON ASHWAGANDHA

In a series of pre-clinical animal studies conducted by AIIMS, researchers have for the first time demonstrated how Ashwagandha (*withania somnifera*) strengthens heart muscles, protecting it from an attack and significantly increasing its power of endurance and survival.

The herb extract has shown signs that it can stall Necrosis — accidental death of cells and living tissues caused during a heart attack.

It also stalls the harmful release of chemicals by cells that die by Necrosis causing damage to other cells.

The team, led by D. S. Arya, associate professor of pharmacology at AIIMS, is now planning to undertake human trials on 100 subjects — those who have suffered a heart attack once, those who are prone because they have hypertension and diabetes and those who have suffered stroke several times — to see if Ashwagandha extract provides them protection.

Therapy with Ashwagandha, also known as winter cherry, has been advocated for centuries by most of India's ancient systems of medicine, against illnesses like arthritic inflammation, insomnia, respiratory disorders, asthma, coughs and nervous disorders.

But the AIIMS study has, for the first time, revealed the herb's heart protective properties. According to researcher Shirish Ojha, rats were fed three doses of Ashwagandha extract for four weeks.

Tests then revealed that the rats which were fed Ashwagandha extract survived longer. Subsequent blood tests and examination of their heart muscles under a microscope found that the rats that had received Ashwagandha prior to ISP injections had their heart muscles intact compared to rats that did not receive Ashwagandha extract.

The rats also displayed lower levels of inflammation. Arya told TOI: "Recently, we found how Tulsi protected heart against coronary diseases. Now, Ashwagandha looks even more potent. A year-long human trial, being planned, will show how effective it is on humans."

Source: Times of India

CONTACT US

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