



CHAKRAPANI AYURVEDA

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From the desk of Dr. Kotecha

Dear Readers,

This month is the period of transformation. From the chilled winter to the moderate climate and the Kapha dosha inclined and stored in the winter season slightly gets liquefied. This transformation greatly compromises one's Agni. Once the Agni is compromised, it affects the Vyadhikshamatva or immune system of an individual. The people around is most susceptible to the allergic issues. The most alarming allergy form is Hay Fever. Considering the seasonal variation we have come up with Hay Fever this time. Also, we have put few home remedies that can be done easily. We have also put up the product of the month useful to the present season. Interesting health news this time explains why Ayurvedic science should be integrated and developed in genome studies.

Best Regards and Namaste.

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

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Testimonials

Dear Doctor Kotecha.

Spending 2 weeks at Chakrapani has opened my eyes on various issues related to health and well being. I was a total novice at ayurveda.

Every moment spent at the clinic was a pleasure. Loved the cleansing, massages, yoga classes and introduction to better eating.

Everyone there was kind and caring.

I arrived at the clinic with no major ailment other than some extra kilos and left feeling better, relaxed, a little lighter, with a softer skin and basically the eye opening concept that I had to take better care of myself and be in charge of my too often scattered life.

Cannot wait to return.
All the best to you and your team,

Christiane Michels
www.aphotographerinparis.com

Ayurvedic Approach To Hay Fever : Dr. Sijay Dev

Hay fever is an allergic inflammation of nasal airways. It occurs when an allergen is inhaled and pollens are the allergen here. Pollens are fine powder from the plants; from its flower produced for the purpose of fertilization. It first affects the children then teenagers and lastly the adults. The reason for this is, children are naturally prone as they are mostly in the active zone. They play around and are careless due to unawareness due to which they are more prone to this ailment. Moreover they are also in the growing phase and they do not possess a very strong immune system.

It occurs when an allergen is inhaled by an individual who possess a weak immune system, triggers the antibody production. The specific antibody is immunoglobulin E (IgE) which binds to mast cells and basophils, which contains histamine. When the symptoms are mild, it can be treated by us.

Symptoms of hay fever can vary on the basis of individualistic constitutions. As the cells that comprises of the inner lining of eyes and nose, do release chemical called histamine. It is this chemical that as a part of bodies reaction produces the inflammation and other symptoms. As a result of this patient is likely to get symptoms like inflammation of eyes which is called conjunctivitis. And inflammation of nose which is called rhinitis. Depending upon the severity at

which immune system is compromised the presentation of the disease varies. In some cases only nose is effected but in some cases both eye and as well as nose is affected. In the symptom conjunctivitis, the patient will have itchy, reddish, burning and watery eyes. In rhinitis, the patient will have itchy and running nose and also sometimes even blocked. In some cases the patient have itchy and sore throat. In even, worse condition the sinus is also affected. In asthmatic patients, hay fever is affected more badly. Some patients have a tendency to get general dullness and heaviness, as well as congestion and repeated sinus infection. Other less common symptoms are headache, pain in the face, and sweating profusely.

Prakriti or physical constitution of an individual matters the response of the immune system of the body. The immune response also greatly depends on the current status of one's dosha. Ayurveda the traditional medicine of India has its own way of explaining the Hay fever concept. Each biological components of the body has their own role in manifestation of the disease. Ayurveda says, vata, pitta and kapha are the three basic biological components. There is another concept in Ayurveda; the theory of panchamahabhuta. According to Ayurveda the whole universe is made up of five basic elements namely earth, water, fire, air, and space or ether.

Vata is responsible for the change of the season; due to which the immune system becomes more vulnerable to allergies and also produces the hypersensitivity of nervous system which, the vata governs. The involvement of the vata also manifests more symptoms like headache, insomnia, cough and sometimes anxiety.

The health of an individual according to Ayurveda is based upon the digestive fire or Agni. Ability of an individual to digest your food and convert nutrients in to a form that is circulated to the body is the fundamental to your immunity. Food is digested in the body on the basis of jataragni. As jataragni is the seat of pitta dosha it also plays a significant role in manifestation of the disorder, when impaired. Pitta dosha vitiation is the prime cause for affecting the eyes. Because in Ayurveda it is said that eyes is the site of pitta dosha. The claim is justified by the argument that eyes absorb light and it is another form of the fire. Fire is the predominant panchamahabhutik component in pitta dosha hence eyes are considered as the seat of pitta.

The kapha dosha vitiation is shown in the form of general dullness, heaviness, congestion and repeated sinus infection. Other symptoms of kapha dosha vitiation are running nose, nasal block and itching sensation.

Ayurvedic management of Hay Fever:

Establishing strong and effective digestion is a key part in curing hay fever. This can be attained with herbal supplements that boost or normalize digestive action as well as cleanse the gastro intestinal tract of accumulated toxins.

We are happy to introduce the HAY FEVER HELP FORMULA:

A customized herb based capsule developed after years of trials. Ayurveda uses a wide range of herbs alleviate hay fever. Herbs may be chosen for their action within the respiratory system to reduce Kapha, for their cooling properties to reduce pitta or for their action on the digestive system to address the root cause for the allergic response. Others may be chosen for detoxification of the GI tract, blood and liver and to improve general immunity. It consists of trikatu a mixture of three pungent drugs namely Zingiber Officinalis, Piper longum, and Piper nigrum. It is indicated in asthma, cough, burning eyes and chronic rhinitis in Ayurvedic textbooks it is explained that trikatu is given to clear congestion in the gastro intestinal tract and lungs and removes accumulated toxins. Purpose of choosing this compound in the capsule is to help correct the nasal symptoms of hay fever. We have added PUSHKARAMOOLA (Inula racemosa), VASA (Adhatoda vasaka), and TULSI (Ocimum sanctum), as the herb acts an expectorant, tonify the lungs and bronchodilation clears the airway and alleviates cough, pleurisy, throat infection and breathlessness. These three drugs act to pacify the vata dosha and kapha dosha. We have added GUDUCI to this capsule as it is antiseptic, anti-inflammatory, and anti-secretory, cardio tonic and haemopoetic. We also have added choornas sitopaladi and yashtimadhu as a component to the capsule because they are expectorant, anti-inflammatory, bronchodilator and contains natural histamines. Also we have added GHRIT HARIDRA. It is a wonderful blood purifier, reduces the itching sensation, anti inflammatory, analgesic and finally even enhances complexion.

The purpose of adding guduci and turmeric to the capsule is also to cleanse and detoxify the liver to correct the immune response of the individual.

Apply ANU TAILAM in your nostrils by your fingertips for 3 to 4 times a day. This is an oil preparation and the purpose of this application is to form a barrier for the nasal lining against the allergens. Other than this, anu oil does an excellent strengthening to the parts above the shoulders. It improvises the performance of the sense organs, helps in correcting the problems

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related prematuring balding, hair fall and premature greying too.

Try Shavasana (one type of Yogasana for averting stress) for up to 5 minutes a day. The Virechana and Nasyakarma among panchakarma therapy will be very much helpful in curing this ailment.

Avoid cheese, yoghurt, ice cream, food with artificial sugars, red meat, fish, caffeine, other stimulants, hot spices, staying awake in the night for long, less sleep, avoid deep fried foods, and fast foods.

Choose a diet consists of fresh, seasonal foods, plenty of green leafy vegetables, carrots, asparagus, lettuce, green beans, and sprouts. Minimize heavier grains like rice and wheat and include more barley, and rye. Spices such as coriander, cumin, basil, parsley, and fenugreek are beneficial.

Product Of the Month

Laghusutshekhar : Indications: Anti pitta, skin ailment, skin ailments, hyper acidity

Sanjivani Tablet : As the name suggests, this formulation works in so many ailments. Mainly it is being used for Vata and Kapha disorders. It works as a catalytic agent for the optimum impact of other herbs if given with those herbs. More specifically, it is used for neurological ailments, tinnitus, hearing impairment, chronic pulmonary disorders, chronic disorders of digestive system including indigestion, lack of appetite, chronic constipation, mal-absorption syndrome etc.

Sanshamani Vati : Useful for acidity and fever.

For more details on these Products : [Click here](#)

Interesting Health News

Genome studies, Ayurveda should be integrated: Experts

[Anuradha Mascarenhas](#) Posted: Sat Jun 26 2010, 04:03 hrs Pune: Indian Express

A decade after the key Human Genome Project milestone was reached, the promises are yet to be realized, according to Dr Madan Thangavelu, a genomics researcher from Cambridge University who visited the city on Thursday to interact with Ayurveda researchers. June 26 marks the first decade of the completion of human genome-mapping.

“There was tremendous excitement but the desire to extrapolate was dangerous. We were trying to find cures for diseases like cancer by looking at genes. Scientists found there were thousands of variations in the human genome. What have we achieved by sequencing it?” said Thangavelu. The integration of ancient systems of medicine with genomic biology is crucial, he said. “We are considering collaborations with Ayurveda institutes in Pune, Bangalore and Kerala in this regard,” Thangavelu said. “It is ironic that after so much research, we have come full circle, back to the 3,000-year-old ancient system of medicine,” he added. Dr Bhushan Patwardhan, director designate, Institute of Ayurveda and Integrative Medicine, Bangalore, said new horizons have opened up for research, as there is a genetic connotation to ‘prakriti.’ Dr Kalpana Joshi, principal investigator for the Ayu-Genomics project —which is supported by the office of the Principal Scientific Advisor — said researchers are working on the genetic basis of ‘prakriti’ at three levels.

Scientists have found that Ayurveda also responds to variations in humans. “Individual responses to drugs vary. If we learn which gene is responsible, personalized medical treatment will be possible,” said Joshi.

CONTACT US

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