



CHAKRAPANI AYURVEDA

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Vol 11 Issue I

FOOD FOR LATE WINTER AND SPRING SEASON

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**For Archives of our earlier
published Newsletters,**

Dear Readers,

Time flies.....,it was 2009 a month before and then came the NEW YEAR-2010 with lots of new developments, resolutions, determinations and ideas to stay healthy. The New Year has added another feather into the cap of Chakrapani as we make the announcement of launching '**Chakrapani Ayurveda Village**', a 3 star Ayurveda Resort in a nice countryside ambience close to Jaipur.

In every edition we try to give you practical lifestyle suggestions, news items, event listings, product offers and more with an aim to give you the practical knowledge and how to stay healthy with the timeless wisdom of Ayurveda.

Our article for this edition is based on the Ayurvedic principles of diet. Food has been considered a SACRED THING IN AYURVEDA. According to Ayurveda food is considered as an offering to Jatharagni-the Divine Fire in the stomach, by whose grace we digest the food. One can attain good health by replenishing and nourishing the dhatus through proper diet and regimen. This implies the importance of Diet in Ayurveda. Ayurveda, teaches us to eat primarily sattvic food. Sattvic food is defined as food that is vegetarian, fresh, cooked in the appropriate manner, and not overly spiced or oily.

Ayurveda sees medicine and diet as complementary rather than separate. No one can expect to retain vitality or recover from disease without the appropriate knowledge of dietetics.

So dear Readers, here we are to share the values of Ayurvedic dietetics with all of you and in order to make a move towards healthier you ,us and the whole world.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable.

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

CHAKRAPANI AYURVEDA VILLAGE -- (CAV)

Indian culture & civilization from ancient times has been based on the wisdom of the Vedas. **AYURVEDA**, the science of life, stems from this Vedic civilization of India and stands as the most ancient and comprehensive health system in the world.

For a deeper experience to this unique and divine science of healing we are creating '**Chakrapani Ayurveda Village**', a 3 Star Ayurveda Resort in a nice countryside ambience close to Jaipur. We wish it to be functional by the end of this year and your blessings for this new venture will be of great significance.

This Ayurveda Village will be situated in the heart of rural India just 22 kilometers from Jaipur city (12 kms from Airport) in Rajasthan, India. Through eco-friendly construction and by further enhancing the flora & fauna of the region we wish to put up a world class Ayurveda wellness place in its purest form. However in this Sattvic Resort non-vegetarian food, alcohol & smoking will not be allowed within the premises.

Authentic Ayurveda rejuvenation treatments and the pure environment in and around '**CAV**' will refresh you and make your stay pleasurable and a memorable one. We welcome Dr. Agneesh Roy to Chakrapani family who has just arrived to take care of this project.

To materialize this Project in a splendid manner we humbly request the invaluable support and encouragement from all our clients, well-wishers and the growing Chakrapani family.

DR. KOTECHA'S ITINERARY - 2010

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

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Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India will be visiting Italy, USA, Brazil, Colombia, Netherlands Antillis (Curacao island), France and different countries of Europe during the year 2010. 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 to the respective countries and to register for an appointment with him, kindly call / contact below.

18th Feb-2010 to 25th Feb-2010 – Rome, Italy

Contact person: Ms. Sophie Marland
 E-mail : sophiemarland@hotmail.com
 Phone No: 00395803856

30th-2010 March to 18th April-2010– USA

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

6th May-2010 to 15th May-2010 – Rio, de Janeiro, Brazil

Contact - Mr. Jorge Farias
 E-mail: fariasjh@hotmail.com Ph: 212-509-5713

15th May-2010 to 28th May-2010 – Bogota, Colombia

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

28th May-2010 to 3rd June-2010 – Curacao

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

19th June-2010 to 25th June-2010 - France

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

AYURVEDA FOOD: LATE WINTER AND SPRING SEASON

SHISHIR RITU (LATE WINTER)

The cold is still more severe in Shishir than in Hemant (early winter) and accumulation of Kapha starts during this period.

Though it is the starting season of Adankal, still the body-strength is good and other doshas are in balanced condition (samyavastha). The agni is still optimum, but one should take cognizance of severe cold in the atmosphere.

Most dietary advices remain the same as that for Hemant Ritu, the only change in the selection should be about the potency of food items. Instead of cold potency, the food products of hot potency (heat generating) should be selected, to counteract the excessive cold. These include stuffed brinjals (bharta), rice with moong dal and chapatti's stuffed with jaggery and sesame seeds. The bhakris made of bajra with large amounts of butter or ghee are ideal at this time. Jaggery and sesame (Tila) are unctuous (snigdha) and hot (ushna) in attributes. The non-vegetarians should enjoy and relish with mutton, eggs and meat. In general, diet should be heavy (guru), unctuous and hot in attributes.

Hot water bath is preferred and drinking water should also be hot. One should protect with warm clothing, room-heaters and should practice heavy exercises.

VASANTA RITU (SPRING)

Uttarayana already sets in with Shishir, and in Vasanta, the day becomes longer than night. Obviously, gradually the strong sun-shine begins to liquefy the accumulated kapha which then starts its work of vitiating the digestive power of its host. The atmosphere becomes full of fragrance, with the blossoming of various flowers.

Heavy foods like eggs, chicken, sweetmeats and milk, bananas & dry fruits now should be avoided. To avoid kapha, instead of rice, wheat should be consumed more. The

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 9799999889 (cell)
email:- balamukundadasa@gmail.com

fresh food grains aggravate kapha and cause blockades in the channels (srotasas), hence bitter, pungent and astringent tastes should be added, to curb the effect of kapha. Incorporation of ginger, black pepper, cinnamon, garlic, asafoetida, chilly and mustard in daily diet will be beneficial to stoke agni and alleviate kapha. Oils should be preferred over ghee. Buttermilk and milk will be better than curds. Intake of honey is advisable. Therapeutic fasting is recommended in this season. Boiled and then cooled water should be used for drinking. Optimum amount of mild wines (Drakshasava) are beneficial. In general, moderate amount of diet, avoiding sleep during the day and practicing moderate exercise is recommended.

Asthma, influenza, sinusitis, cough and cold like kapha disorders are commonly sought during this season. At the onset of Vasant ritu, prophylactic emesis (vaman), one of the procedures of panchakarma is advocated to get rid of kapha, Nasal administration Nasya of Vacha taila is recommended to keep the sinuses clean.

CHAKRAPANI PRODUCT OF THE MONTH

Amalaki : Detoxifies the body and regulates digestion. Helps to increase lean body mass & reduce fats. A natural source of Vitamin C.

Arogya Vardhini Tablet :The word Arogya means good health and Vardhini means improver. It means that the formulation which improves good health is known as Arogyavardhini.

For more details on these products please visit: <http://www.chakrapaniayurveda.com/>

CONTACT US

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