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Vol 11 Issue VII

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Dear Readers,

It is July again and children are back to school. With new determinations, new thoughts and new images of the future in their mind, so do the parents. Understanding this mental thoughts of parents, we have decided to introduce a memory booster tonic - BRAHMI in our newsletter this time. Use this serene knowledge to help and improve the concentration of your kid. In addition, Brahmi also can help in increasing their Buddhi (intellect) at all levels like Dhi (grasping), Dhriti (retention) as well as Smriti (recalling).

Some people consumes small amount of the fresh leaves of Brahmi on daily basis for its rejuvenating effect upon the mind. It is not possible for all of us to get this wonderful plant in fresh condition at all times. This is the reason why we have started preparing Brahmi capsules and Brahmi tablets from certified organic source with all quality assurance and responsibility. Kindly consider to try this very important supplement for your kids or for yourself. It works in a wonderful way.

We heartily welcome your suggestion on our newsletter how 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

TESTIMONIAL

Dear Dr. Rajesh Kotecha,

I did read your contribution in Google news. I really appreciate you for promoting Ayurveda globally. Thank you very much for this. I wish you great success.

With Warm Regards,

Dr.G.S.Dehal
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BRAHMI IS GOOD FOR YOUR BRAIN

The Brahmi (Bacopa monnieri) plant, which derives its name from Lord Brahma, has been in use for almost 3,000 years. Ayurveda practitioners claim that Brahmi has dozens of medicinal properties ranging from fighting bronchitis to asthma, and from boosting the intelligence to maintaining the cholesterol levels. The curative list of Brahmi is far more than this. This implies that Brahmi is indeed a divine herb with unparalleled medicinal properties.

Brahmi is perhaps the most important nervine herb used in Ayurvedic medicine. It revitalizes the brain cells, removes toxins and blockages within the nervous system, and at the same time has a nurturing effect upon the mind. It improves memory and aids in concentration. A small amount of the fresh leaves is eaten daily for its rejuvenating effect upon the mind. Brahmi helps awaken the crown chakra and balance the right and left hemispheres of the brain. It calms the heart and guards against heart attack.

Of late, Brahmi has been commercialized with several drug and cosmetic companies launching a number of products. Brahmi hair oil and Brahmi chyavanprash have become quite popular with women and students.

The entire Brahmi plant goes into Ayurveda and Unani formulations. The plant is dried in shade and then powdered for use in herbal formulations. Extracts are also obtained from the fresh plant. The leaves are bitter to taste.

Though recent research studies have shown that Brahmi is absolutely safe as a medicinal herb, doctors often caution against its over consumption. An overdose of Brahmi formulation or its fresh extract creates health complications. Fatigue and headache are the common symptoms of Brahmi over intake of Brahmi.

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

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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.

Otherwise, besides being a major brain tonic, Brahmi has been found to be good in treating health problems like epilepsy, heart diseases, hair loss, ulcers and diarrhea.

USES OF BRAHMI

- It helps in improving mental performance and increasing concentration level as well as learning capacity.
- It is good for patients suffering from insomnia.
- It helps in relieving stress and keeps the patients relaxed.
- Brahmi helps in decreasing anxiety and mental fatigue and promotes freshness in your mind.
- It is also very effective in depression .
- It helps in maintaining lowering blood pressure to the normal level.
- It is very useful in maintaining normal body temperature thus relieving body from hyperthermia and fevers.
- It is also very effective in treating menstrual disorders and painful menses.
- Brahmi is also useful in cough and cold related problem.
- It is used to attain long life while having energy just like a youth. Brahmi works as an antioxidant and retards aging thus keeps the person young and youthful.
- Application of paste of its juice on joints in Amavata, effectively reduces the pain.
- Brahmi juice is considered to be the best natural remedy for those suffering from bouts of epileptic fits, .
- Brahmi oil promotes hair growth, and keep the scalp free of fungal infections like dandruff.
- Application of paste of its juice on wounds helps in quick healing.
- Herbal decoction prepared from Ashwagandha and Brahmi gives quick relief from nagging headaches caused by migraine

IMPORTANT EVENT

Well known Ayurveda Guru Dr. Vasant Lad will be in Paris for a conference on 26th October and a seminar during 29th, 30th and 31st October. We request our reputed readers to contact Ms. Florence Dujarric at f.dujarric@gmail.com. We thank you very much for contacting Ms. Florence.

INTERESTING HEALTH NEWS

Ayurveda digitised to prevent bio-piracy - Indian Weekender news desk



New Delhi: The Department in collaboration with the Council of Scientific and Industrial Research (CSIR), has created the Traditional Knowledge Digital Library (TKDL) in order to prevent the bio-piracy of the Indian Traditional Medical Knowledge said Minister of State for Health & Family Welfare, Dinesh Trivedi said in written reply to a question raised in the Indian parliament on Friday.

Agreements have been signed with the European Patent Office (EPO) and United States Patent Organization (USPO) to provide them access to this library, in order to prevent grant of wrong patents.

Natreon Inc., a US Multinational had filed a patent application titled "Method of Treatment or Management of Stress" on July 27, 2006 through a composition

comprising Withania somnifera plant extract; and a pharmaceutically, veterinary or nutritionally acceptable carrier(s) before the EPO.

The Traditional Knowledge Digital Library submitted evidences to EPO along with references of various texts of Ayurveda, Siddha & Unani.

These evidences established that Ashwagandha (Withania somnifera) is frequently and effectively used through oral administration in the treatment of depression, insomnia, gastritis, gastric ulcer and convulsions which are defined as the causative factors of stress in the patent application.

TKDL evidences also mention the use of Ashwagandha in the treatment of palpitation, excessive perspiration, diabetes mellitus and anemia which have been stated as conditions resulting from stress by the applicant.

After examination of the evidence presented before it, the EPO has observed that, in the light of this document, the subject-matter of claims cannot be considered as novel. Accordingly, the applicant Natreon Inc. withdrew its application on March 25, 2010.

Source: <http://www.indianweekender.co.nz>

CHAKRAPANI PRODUCT OF THE MONTH

Brahmi : A Natural Revitaliser for the nerves and the brain cells. It Improves both short term and long term memory. Extremely helpful in Anxiety and Depression.

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Balamukunda Dasa
The Akshaya Patra Foundation
+91 9799999889 (cell)
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Medicinal uses:

Whole plant is used as a nervine tonic, diuretic and blood purifier. It clears voice and improves digestion. It is cold sweet, astringent, diuretic, laxative and a tonic for heart and nerves. It is indicated in dermatosis, anemia, diabetes, cough, dropsy, fever, arthritis, anorexia, dyspepsia, emaciation and insanity. It helps eliminate excess fluids, decreases fatigue and depression, useful for connective tissue disorders, kidney stones, poor appetite and sleep disorders.

[For Organic Brahmi products please click here](#)

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