



From the Desk of Dr. Kotecha

Dear Readers,

This time we have come up with another perspective of women health care. It is about menopause; an ayurvedic concept on menopause, its causes and probable amendment in diet and lifestyle. To make it all about menopause; we have considered medications that helps in overall management of menopause itself as the product of the month. And more we have added also interesting news to make it more knowledgeable. So read on and enjoy.

The testimonial of this issue is very interesting. Mr. Richard came from Israel for a 5 week of Panchakarma therapy at Chakrapani Clinic in India and was treated for his clinical condition known as Retinitis pigmentosa which is a progressively degenerative disorder of eye as per the conventional medicine and there is no known cure. The results he got after Panchakarma therapy is unbelievable. Please do not forget to read his testimony in his own words.

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:

Apr 01 to Apr 05 2011 - 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 2011 - Ames Yoga Center, 327 Main St, Ames, Iowa-50010 - PI Call Ruthann Hadish Tele: 515 291 9642

Apr 09 - Apr 13 2011 - Omaha Healing Arts Center, Omaha, NE 68104- PI call Amy/Sandy 1 402-345-5078

Apr 15 - 2011- Hay Markset Pilates & Yoga Center,311 N 8th St Unit 210, Lincoln, NE - 68598- Call Cary 1 402-477-5101

Apr 16 - Apr 18 2011 - 5 ElementsYoga Center-824 Main Avenue, Fargo, ND58103 Call-Juliet - 1701-388-2967

Testimonials

Dear Dr. Kotecha,

Thank you for your reply. I forgot to tell you that only the morning that the drugs caused me nausea.

Now, I still take 2 + 2 after lunch and 2 + 2 evening, and I have no problem. I have no nausea. So all is well. Needless to reduce doses.

I went to see the ophthalmologist.

Here are the results:

For the affected eye:

- the bleeding has stopped completely,
- the black spot on the retina became dark gray.
- The black circle has shrunk.
- and the black circle in its outline was also eroded.

To the eye that is not sick:

- My vision is much better.

The doctor felt my condition very good and asked me to see him back in July.

I do not know any doctor in the West able to get the results you got. You're a great doctor and I can not thank you enough.

With all my friendship

Richard

(Thankyou Richard for your words)

Menopause (Rajo Nivrtti)

When a woman is not menstruating for twelve consecutive months, then she has entered into the phase of menopause. It is nature's way at some point in life of every woman to bring down her hormones level below the level required to continue her periods. Once she enters this phase she is no longer fertile. This natural end to reproductive life of a woman occurs in a time period of 45-55 years of age. Unfortunately most of the cases menopause is associated with some troubling symptoms and in few cases it can persist even for years. Every woman would experience the menopause, but the symptoms would be highly individualistic. Only few women are blessed with no disturbing symptoms of menopause. The extent of severity varies significantly from women to women.

The phalagosas (ovaries) are the main source of female hormones which helps to control the development of female sexual body characteristics such as the breasts, body shape and body hair. The female sex hormones play really important role in number of systems of the body. The hormone, estrogens also protect the bone that is why woman tend to develop osteoporosis in later life when her ovaries do not produces adequate estrogens. Estrogens helps reduces heart diseases, and controls LDL cholesterol level in women due to later life that is in the phase of menopause tends to get diseases related to Heart. Progesterone hormones helps in assisting in menstrual cycle that is strengthening endometrial, promotes lipolysis, and that is why during the menopause stage women tends to get obese and prone to diseases like endometrial cancer.

In normal physiology of a female, the phalagosas (ovaries) produces the stree bhija the counterpart of the shukra anu (spermatozoa). By birth in every female will have 2-4 lakhs of immature ovum; and when enters the reproductive life almost 400-450 ovum gets matured. The prathama Arthava srava (first menstruation) starts by the age of 12-14 years then continues till the age of 40-45 years of age and stops this is Rajo nivrtti (menopause). In the beginning of rajo nivrtti, the quantity of fluid lessens in the cycle then it is followed by a heavier period. The irregularity in the pattern and quantity is because in this phase of life the vata dosha is prominent. And when a woman led an unhealthy lifestyle and diet it vitiates the vata doshas to cause the troublesome associating menopausal symptoms.

What causes menopause?

Menopause occurs due to a complex series of hormonal changes. At birth a female child will have about 1-3 million eggs, which are gradually lost throughout life. By the menopause a woman may have fewer than 10,000 eggs. Only small percentage of these eggs is lost through normal ovulation, most of eggs die off through a process called atresia.

Follicle Stimulating Hormone is responsible for the development of ovarian follicle (eggs) in the first half phase of menstrual cycle. As menopause approaches, the eggs turn to be FSH resistant and hence bring down the estrogen production. Since estrogens one of the main hormone that affects the organs blood vessels, heart, bone, breasts, uterus, urinary system, skin, and brain. Its reduction, in near menopause can be the cause for many of the symptoms associated before, during and after the menopause.

For those women who have undergone Hysterectomy will have an abrupt menopause because in this surgical procedure we remove the uterus as whole, and ovaries. Women who have their uterus removed but retain their ovaries do not immediately go into menopause, even though their periods cease. Adult women, who have their ovaries removed however, go immediately into surgical menopause, no matter how young they are.

AYURVEDIC CLASSIFICATION OF SIGNS AND SYMPTOMS:

VATA	PITTA	KAPHA
Prone To Nervousness: anxiety, panic, mood swings, vaginal dryness, loss of skin tone, feeling cold, irregular periods, insomnia, mild or variable hot flashes, constipation, palpitations, bloating and joints aches and pains.	Pitta-Type- Prone to Hot Temper: anger, irritability, feeling hot, hot flashes, night sweats, heavy periods, excessive bleeding, urinary tract infections, skin rashes and acne.	Kapha-Type- Prone to Weight Gain: sluggishness, lethargy, weight gain for no reason, fluid retention, yeast infections, lazy, depressed, lacking motivation, slow digestion

Symptoms of Menopause:

- Hot Flushes and night sweats: About 75-85% of woman experience this symptom; it is a feeling of warmth that spreads over the body and is often in the head and chest. It lasts for 30 seconds to several minutes. They are likely due to a combination of hormonal and bio chemical fluctuations as a resultant of declined estrogen level. Fortunately almost 80% of women get finished with this symptom in 5 years, while 10% of women will sometimes have to live with it for another 10 years. Diet containing hot spicy food, alcohol, caffeine, and stressful lifestyle can cause hot flushes. Sometimes hot flashes are accompanied by night sweats may lead to awakening and difficulty falling asleep again, resulting in unrefreshing sleep and daytime tiredness. As this lifestyle vitiates vata dosha, it takes the ama formed as a resultant of this unhealthy lifestyle and causes srotho rodha (obstruction of Arthava vaha Srotas). So the hot flushes are actually a body’s response to the individual to remind them to slow down the unhealthy lifestyle.
- Irregular Vaginal Bleeding: Menstrual periods may occur more frequently or they may get farther apart. There is no regular pattern during perimenopause and patterns vary from woman to woman. It is important to remember that all women who develop irregular menses should be evaluated by her doctor to confirm that the irregular menses are due to perimenopause and not as a sign of another medical condition. The irregularity in the pattern and quantity is because in this phase of life the vata dosha is prominent. And when a woman led an unhealthy lifestyle and diet it vitiates the vata doshas to cause this irregularity.
- Vaginal symptoms: Occurs as a result of the lining tissues of the vagina becoming thinner, drier, and less elastic as the estrogen level falls. Symptoms may include vaginal dryness, itching, or irritation and / or pain with sexual intercourse.
- Other Physical changes: Many get some degree of weight gain along with menopause, distribution of fat especially in the waist and abdominal region than in the hips and thighs. Mood swings is another common symptom observed.

- Forgetfulness, loss of libido, irregular heartbeats, dizziness, bloating, digestive problems and hair growth on the chin, upper lip, chest and abdomen.

Diet and lifestyle Amendment:

- Should have a routine of exercise to stay fit at least 3-4 days a week. Exercise provides a healthy heart, maintain metabolism, less anxiety and depression, and mild light weight bearing exercises to prevent osteopenia and osteoporosis.
- Diet rich in vegetarian, fruits, essential fatty acids sources in the form sardines and salmon. Another equally healthful source of phytoestrogens are "lignans," compounds found in a variety of whole foods including grains and cereals, dried beans and lentils, flaxseed, sunflower seeds and peanuts, vegetables such as asparagus, sweet potatoes, carrots, garlic and broccoli and fruits such as pears, plums and strawberries.
- Add soy, red kidney bean, nuts, tempeh, tofu, red clover and ginseng to your diet is a good source of phytoestrogen can control hot flushes and night sweats.
- Avoid caffeine, alcoholic beverages, smoking, excess sugar that can limit your ability to metabolize estrogen and impairs the immune systems.
- Intake citrus fruits as they are rich in hesperidin that boosts blood circulation and strengthens the management of fibroid and endometrial tumour along with the medicine. Citrus fruits have vitamin c that decreases capillary fragility.
- Vitamin E helps in decreasing the hot flushes and night sweats.
- Other recommended food articles are dried apricots, dried dates, flax seeds, multi grain bread, garlic, alfalfa sprouts, sunflower seeds and sesame seeds.
- Common herbs and spices such as thyme oregano, nutmeg, turmeric and licorice also have estrogenic properties.

Product of the Month

Chandraprabha Vati : As the name suggests, this formulation works similar to Moon which removes darkness in night. This tablet removes toxins from the body without any harsh impact to it, perfectly gentle like Moon. It is useful for all thee Dosha imbalances. It opens channels and improves mobility of Doshas. More specifically, it is used for genito-urinary ailments, muscular & joint pain, obesity, and cellulites. It is a very good Rasayana (rejuvenation) compound. It balances Doshas and increase good strength in body..

Sundrikalp Vati_: Sundarikalp Yog is an unique formula, Helps to cope with Pre and post menopausal syndrome. This blend is a combination of Sundarikalp Capsules and Sundarikalp Tablet. It is strongly recommended that you should take both (Sundarikalp Capsules and Sundarikalp Tablet) for the optimum outcome as mentioned in the instruction sheet provided with the pack.

Interesting Health News

Yoga May Help Cancer Patients After Treatment

Source: abcnews.go.com

UNITED STATES, May 21, 2010: In the chemotherapy infusion room at the Staten Island University Hospital sit several cancer patients hooked up to IVs. But they aren't leafing through magazines or staring at a talk show and worrying about their health. Instead, their right legs are lifted up in the air, and they're circling their ankles clockwise while breathing deeply under the instruction of their yoga teacher.

A growing body of literature suggests that yoga can be beneficial for multiple serious and chronic health conditions. And now, new research released Thursday ahead of the American Society of Clinical Oncology meeting suggests yoga has beneficial effects on sleep quality, fatigue, and overall quality of life in cancer survivors.

The new study, funded by the National Cancer Institute's Office of Cancer Complementary and Alternative Medicine, was carried out in nine different community sites

around the country. “To my knowledge, this is the largest clinical trial using yoga intervention in cancer survivors [to date],” said lead study author Karen Mustian, an exercise psychologist and physiologist at the University of Rochester.

In the trial, 410 patients who had completed cancer therapy were split into two groups: one that participated in a four-week-long, twice-weekly yoga program, and one that did not. Compared to how they felt beforehand, the survivors who participated in the yoga program afterward reported improvements in sleep quality and fatigue. Yoga participants also used less sleep medication than they did before the program, while non-yoga participants actually increased their use of sleep medication.

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**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

**<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>
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