



CHAKRAPANI AYURVEDA

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Vol 10 Issue III

AYURVEDIC VIEW ON METALLIC MEDICINES

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Dear Readers,

We are very much thankful to Dr. Partap Chauhan for his valuable wisdom on the article on metallic medicine in Ayurveda. We are also obliged to get his consent to publish this article of him in this issue of AyurvedaNews.

We have also very important announcement. Recently, the Chakrapani Ayurveda Center has got quality certification on Good Manufacturing Practices (GMP). This is an another feather on the cap of team Chakrapani. We are thankful for the blessings of all our readers, patients and distributors for their trust and support.

We welcome your feedback and suggestions as we are committed to you to serve you better life with the help of Ayurveda. Please don't forget to give your feedback when you visit our websites next time. We invite your views and ideas on the subject matter and content of our feature articles. So please keep us posted with your views, ideas and preferences.

Best regards and thanks.

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

DR. KOTECHA'S VISIT

As we all know that Dr. Kotecha is being invited to different countries for consultation, Panchakarma and workshops on Ayurveda. He has just finished his trip to British Colombia island, Canada and now he is in Reno, Nevada, USA. His schedule of travel in this summer is as below:

2nd April: Ames, Iowa, USA - An Ayurveda Foundation Workshop for Yoga Teachers Training Students at Yoga school of Ruthann O'Brien Hadish:
Contact - rahadish@amesyoga.com Ph. 515 291 9642

3rd April: Consultation at Des Moines, Iowa, USA.
Contact - Mr. Gary of Gary and Sun, gary@garrysun.com Ph. 775 530 9942

4th April to 5th April: Omaha, Nebraska, USA - An Ayurveda Foundation workshop for Yoga Teachers Training Students and interested people at Omaha Yoga School,
Contact - Susi Amendola, 402 345 5078

6th April: Ayurveda Cooking Class at Omaha Healing Arts Center,
Contact - Sandy Aquila, 402 345 5078

7th April to 10 April: Panchakarma and consultations - Omaha Healing Arts Center
Contact - Sandy Aquila, 402 345 5078

13th May to 24th May: Bogotá, Colombia, South America,
Contact: Ms. Gisele Dupuis De Moure
Tel: 635 4579 or 315 779 4421
E-mail: gdupuis@cable.net.co

25 May to 31 May, 2009: Curacao, Aruba and Antilles island,
Contact person: Ms. Soraida Bishop
E-mail : fundashongrupopakomunidat@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/>

AYURVEDIC VIEW ON METALLIC MEDICINES

It is well documented in Ayurvedic texts that metals are used in some Ayurvedic formulations. As in Modern Medicine they describe the adverse effects a medicine can cause to various body systems, similarly harmful effects of metallic medicines are also well documented. For example in "Purva Khand of Bhava Prakash Nighantu" (Dhatu-upadhatu Prakaran: verse 13) it is written, "Consumption of Impure gold 'bhasm' (ashes) or pure gold 'bhasm' consumed improperly may destroy strength, shukra dhatu (reproductive tissue), cause diseases and even death". The antidotes of toxicity or management of adverse symptoms caused due to consumption of metallic medicines are also vastly described.

There is a section of Ayurveda called "Rasa shastra" which describes the use of metals, gems, minerals and poisons for manufacturing special formulations to combat chronic and difficult diseases. Rasa Shastra can be called "Vedic Chemistry". As the modern laboratory chemicals were not invented in the Vedic era (5000 years ago), herbal juices were used instead. Although the methods, of testing these metallic medicines described in Rasa Shastra, sound outdated or unscientific, they seem to be based on some chemical principles. Medicines prepared using these ancient methods are found to be harmless to the body. Not only they are harmless, they have wonderful results in difficult disease conditions or even the 'incurable' diseases. They are considered to

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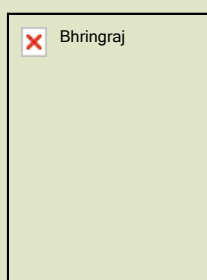
PRODUCTS OF THE ISSUE:

Amalaki Vati: Amalaki is known as the richest natural source of Vitamin C and as an anti-oxidant

Triphala Churna: Cleanses entire GI tract, supporting digestion and regularity.

Amla Hair oil: It stimulates hair follicles thus promoting hair growth and also improves texture of the hair.

BHRINGRAJ



Medicinal uses:

Bhringraj is one of the distinguished medicinal herbs used in preparation of ayurvedic medicines. It is a good rejuvenator. It is good for the hair and skin, expels intestinal worms, cures cough and asthma and strengthens body. For the treatment of intestinal parasites, anemia, hepatitis, skin diseases, night blindness and spleen enlargement.

Bhringaraj oil is famous for making the hair black and luxuriant for removing grayness and reversing balding. It helps calm the mind from excessive activity and promotes sound sleep. In many respects it is similar to Brahmi, or gotu kola in its properties. It combines the properties of a bitter tonic like dandelion (for which it is a substitute) with a rejuvenative tonic. Applied externally it helps draw out poisons and reduces inflammation and swollen glands. It is a good tonic for the mind. Bhringaraj also is good for

be life saving drugs of Ayurveda and work wonders like 'steroids' of modern medicine.

These Ayurvedic metallic medicines pass through extensive processing before they are declared fit for internal use. The metals, gems and minerals are first purified and then burnt several times and converted to 'bhasm' (ash). Each time before burning, the metallic powders are processed with fresh herb juices to neutralize their toxicity. Some of the metals are burnt up to one hundred times to make sure the heaviness or toxic effect of the metal is nullified. Once the 'bhasm' is ready it is tested for toxicity. One of the numerous tests a "bhasm" has to pass through is called 'varitar' which means the 'bhasm', once ready for internal use, floats on water indicating non-existence of heavy metal in it. The 'bhasms' are then transformed to compound formulas by mixing herbal powders. Special herbal juices are used for processing the compound formula. According to Ayurveda, these are no more toxic metals but non-toxic organo-metallic compounds. The modern chemical testing might still indicate the presence of that metal in these compounds but according to Ayurveda, these metals have been transformed to non-toxic form, considered to be safe for internal use.

According to Ayurveda, these lighter forms of metals (bhasm) contained in organo-metallic compounds work as carriers (yogavahi). This means they are able to carry the herbs (mixed with them) faster to the desired site and start the action immediately. They increase the bioavailability of the herbs to the cell. The 'bhasms' act as catalysts. After performing the desired action these harmless light metals (bhasms) are eliminated out of body through our waste excretory systems (urine and stool).

The Ayurvedic multi ingredient compounds are formulated in a way that the ingredients are capable of counterbalancing toxic effects, if any, present in the herbs or metals (bhasm). Besides, the use of these metallic preparations is discontinued after every 12 weeks for a couple of weeks, so that the body can eliminate or neutralize any traces of the metals left in the body. The period after which the use of metallic medicines should be discontinued may differ from metal to metal. In some metals like iron it is not even necessary to discontinue, while in more toxic ones like Arsenic, it is advised to skip one day after every six days. The proper dose of these metallic medicines is also very important. Such medicines therefore should always be taken under the supervision of an expert who knows all methods to ensure zero toxicity and management of complications, if any.

When purified/processed properly and used under an expert's guidance, these metallic medicines seem to be quite safe for internal use. If these medicines were fatal, it would have been evident in thousands of years of their use. Historically, Rasa Shastra an offshoot of Ayurveda developed around the period when Buddha existed (more than 2500 years ago). Ever since, it has been widely used by Ayurvedic doctors in India to treat millions of patients. More than 70 percent Indians still use some form of Ayurvedic medicines for their treatment. If the metallic preparations were not safe, a lot of people would have been affected as a result of taking these medicines in all these years and this could not have gone unnoticed. However the findings are totally opposite. These metallic medicines have been used as wonderful life saving drugs for thousands of years without any noticed adverse effects.

The use of metals, gems or poisons in medicines as described in Ayurveda, is not something unusual, as the use of dangerous/poisonous ingredients is involved in all major medical systems including modern medicine. The contents of antibiotics, steroids, painkillers, tranquilizers and other chemical medicines are well known to everyone. Their adverse effects are well documented exactly as of the metallic medicines documented in ancient Ayurvedic texts. Hundreds of thousand people suffer from complications resulting from drug reactions and surgeries. But we have lots of benefits of modern medicine and surgery especially during emergency and critical conditions. In order to get these benefits, we need to take modern medicines even though we know that they may contain ingredients that can be toxic or create complications.

It has been noted that metallic Ayurvedic medicines can help patients who have tried all other medical system and have lost all hope to recover. That is why they are sometimes called as 'life saving' or 'miracle' medicines. But there can be complications and adverse effects of these medicines too, especially when these metallic Ayurvedic medicines are labeled as 'herbal medicine' or supplements and sold through grocery stores or prescribed by spiritual gurus, yoga teachers, energy healers and unqualified Ayurvedic practitioners. The Ayurvedic metallic medicines should always be taken under the guidance of an expert. Ayurveda is a serious medical system and has well developed systems of diagnosis and treatments. It is not limited to home remedies, diets, oil massage or fasting.

Ayurveda considers each person to be unique and offers personalized Ayurvedic treatment. Two persons suffering from same symptoms may receive different treatment. The treatment is personalized according to the patients physical nature (prakriti), age, immunity, mind power, habitat etc. A customized diet, life style, exercise, emotional support, breathing and meditations techniques also form the part of the treatment. Ayurvedic treatments aim to eradicate the root cause of the disease, which could be located in the body, mind, environment, family or profession. It needs a proper qualification and experience for someone to understand and practice Ayurveda. In addition, like any medicine, Ayurvedic metallic medicines should not be sold over the counter specially those containing toxic metals. There are number of pure herbal products (without metals) of Ayurveda that can be sold over the counter. They are not medicines but supplements (teas, powders, tablets, jams) that help in cleaning the toxins, build up tissues and help in retaining the mind-body balance.

According to Ayurveda, the only way Ayurvedic metallic medicines can have adverse effects is when not taken under the guidance of a qualified doctor or if they are not manufactured as per the instructions given in Ayurvedic texts. Otherwise, Ayurveda is safe, effective and holistic medical system. The basic principles of Ayurveda are pro-biotic – support life and longevity. However there is a need to integrate these ancient principles with modern science to make Ayurveda acceptable to western medical community. Empirical evidences without definitions of the concepts behind the evidences tend to raise questions about the practices that result in the evidence. Even though the current manufacturing processes of Ayurvedic medicines empirically prove that the medicines are non-toxic, there is need for scientific documentation of the manufacturing processes and prove how and why they work in the body. There is a need to set up an International Ayurveda Body that would work towards standardization of Ayurvedic education, practice, principles and manufacturing methods. Ayurveda has been healing the world for more than 5000 years and will continue to do so if proper steps are taken to safeguard the original goal of Ayurveda which is, "swasthasya swastha rakshanama aturasya vikar prashaman cha" – to maintain the health of healthy and to cure those who are sick.

About author - Dr. Pratap Chauhan is World Famous Ayurveda Physician and promoter of Jiva Ayurveda, India. He can be reached by visiting <http://jiva.com>

complexion.

Home remedies:

1. It is useful to nourish the hairs. Its 3gm powder for several days is acts as Rasayana and provides rejuvenating effects.
2. Its juice mixed with black pepper and Mishri is effective in the jaundice.
3. Its powder of dry leaves is effective in weakness of eyesight and also act as a Rasayana.
4. Bhringraj is one of the distinguished medicinal herbs used in preparation of ayurvedic medicines.

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

<http://ariuna.co.in>
<http://ashwagandha.co.in>
<http://bestamla.com>
<http://anantmool.com>
<http://bhringraj.in>
<http://bilva.in>
<http://isabgol.co.in>
<http://mucuna.in>
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<http://shilajeet.in>

AYURVEDA FACE TREATMENT AVAILABLE AT CHAKRAPANI

Herbal cream is applied on face and neck through constant massage movements for 30 minutes. Later, gentle herbal steam is given and different herbal face pack dissolved in rose water is gently applied on the area. This treatment is very good for the toning of face muscles, to induce relaxation and helps getting relief from acne problem.

Different Face Treatment:

- A. Pulp Massage with pack – good for oily skin and acne problems
- B. Shining Cream with pack – good to achieve glow over the face
- C. Nourishing Cream with pack – good for aging skin and anti-wrinkle properties
- D. Beauty Cream with pack - enhances your beauty further

INTERESTING NEWS

Scientific American Publishes "How Meat Contributes to Global Warming"

USA: HPI note: Most publications covering global warming avoid any articles about the irrefutable link between meat consumption and CO2 emissions. It is significant that Scientific American, a respected magazine, finally ran an article about it.]

Producing beef for the table releases prodigious amounts of heat-trapping greenhouse gases. Pound for pound, the greenhouse gases from beef production contribute more than 13 times as much to global warming as do those emitted from producing chicken. For potatoes, the multiplier is 57. Beef consumption is rising rapidly, both as population increases and as people eat more meat. Producing the annual beef diet of the average American emits as much greenhouse gas as a car driven more than 1,800 miles.

According to a 2006 report by the United Nations Food and Agriculture Organization (FAO), our diets—specifically, the meat in them—put more greenhouse gases into the atmosphere than either transportation or industry.

The FAO report found that current production levels of meat contribute between 14 and 22 percent of the world's annual "CO2-equivalent" greenhouse gas production—with beef the worst culprit by far. Producing one pound of feedlot beef generates the equivalent of 14.8 pounds of CO2—vs. 3.8 pounds for pork and 1.1 pound for chicken. And the FAO data imply that the world average emissions from producing a pound of beef are several times those of feedlot-produced beef.

The lesson is clear: we ought to give careful thought to diet and its consequences for the planet if we are serious about limiting the emissions of greenhouse gases.

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