

CHAKRAPANI AYURVEDA

ISO 9001 & ISO 22000



Volume 3 Issue 11

MAY-2011

From the desk of Dr. Kotecha

Dear Readers,

Summer season; after the sudden transition from winter to summer is one among the grave reasons for the skin disorders in most of the individuals. As per ayurved the skin can also be categorized to Kapha, Pitta or Vata skin. The Kapha skin on exposure to sun due to excess of natural oils; will be more oily in the summer season, Pitta skin gets rashes gets affected with ailments like urticaria, and Vata predominant skin gets more dried. Even sweating a thermoregulatory process of the body is also on the basis of dosha predominance of the skin. So this time, we give you the summer skin care tips one should follow to get that healthy and glowing skin. Drinking ice cold water after getting away from the sun is an unhealthy approach so we are happy to introduce one of the common and natural remedies called Keri ka Panna (a drink made from raw mango). This is a traditional drink made in homes of hot North Indian regions to get relief of angry Sun God.

We have added one of the most common ayurvedic preparation that are used as skin rejuvenators and blood purifier.

So read on and enjoy.

Best Regards,
Dr. Rajesh Kotecha

Skin care tips for Summers

Skin is like a mirror to an individual's overall body health. It is the largest organ in the body, it serves protective barrier to the entire body. It acts as an excretory organ, eliminating in the form of sweat. It has great significance in nervous functions as it is the organ for tactile sensation and is heavily supplied by the peripheral nervous system.

No people are alike, so are not even their skin. That is; if observed some people will have the perfect baby skin while others skin wont even respond to any of the cosmetics known by the man. Some people posses skin that is dry, with then pores, cool and fragile. Also people with these skin will be prone to wrinkles and cracks. The skin of such people are chiefly **vata dosha** predominant in nature. Those individuals with **pitta dosha** in predominance have skin that is sensitive to heat and warm to touch. Their skin is very prominent to pimples, freckles, rashes and acne. Those individuals with **kapha dosha** in predominance have skin that is lustrous, cool to touch, thick, oily, water retention, and fatty accumulation. According to ayurveda skin is the resultant formed from the rasa (trans cellular fluid and lymphatics) and mamsa (muscle tissues) dhatu. That is the first six layers are formed from the mamsa dhatu and the last layer is formed from the rasa dhatu. According to ayurveda for complete metamorphosis of the skin would take a period of 27 days. So for to maintain a good skin in the summer you not only should take care of cosmetics but also in the diet.

Here is the list of some highly beneficial fruits specially in summers.

- 1) Watermelon:** Watermelon is the best cooler for the body specially in summers as it is high in water. It is rich in Calcium too. The word "watermelon" itself brings water in our mouth.
- 2) Apples:** Apples are one of the best source for fiber. Besides that, skin of the apple has antioxidant flavonoids which reduces free radical damage.
- 3) Muskmelon:** Muskmelon with its unique property of rehydrating of body is considered one of the best fruits for summers. Besides being rich in water, it also provides body with Vitamin A, Vitamin C, Iron, Sodium and Potassium.
- 4) Berry family** is always high on the list of fruits for summer. This family is again high in fibers and vitamin C. Strawberries, raspberries, blueberries, blackberries come under the wide roof of berry family. They are also good for diabetics too. Also, they aid in Weight Loss.
- 5) Mangoes:** No one can resist Mangoes in summer. They would be undoubtedly the king of summer fruits. They are rich in fiber, beta-carotene and vitamin C.
- 6) Banana:** Last but not the least: Banana helps keep your system cool. Prefer taking bananas in breakfast.

To maintain the skin health, this summer we provide some natural, easily available and effective skin care remedies.

To maintain and nourish the skin there are a few basic things that have to be noted. That is to maintain the skin health we cleanse, tone and moisturize the skin. All the three components are important but generally people tends to miss the toning part. Actually missing the toning is one of the reason for getting sagging of the skin.

Cleanser:

Cleansers are used to remove the dirt impurities, removes dead cells and maintain the oil build up. Always use cleansers on the basis of the skin type. If not it might do the reverse effect like tears apart the natural oils. The cleansers are used to remove dirt and dead skin else they would broaden the pores.

For dry skin:

- Honey and egg white are mixed and applied on the face for 10 – 15 minutes. Then it is washed off with luke warm water.
- Cucumber juice is mixed with 2 Tsp of oatmeal and 2 Tsp of curd and applied.

For oily skin:

- Lemon juice is mixed with grape juice is applied on the face and it is then removed after 10 – 15 minutes.
- Any citrus fruit based cleansers are effective for oily skin.

Carrot juice is useful in removing the blemishes and scars.

Exfoliation:

What is exfoliation and why? Exfoliation is a procedure of cleansing the skin. Skin sheds at an amazing rate. The skin sheds even without doing nothing, this is actually good because the dead skin is dry and coarse. So as skin sheds it is replaced by new skin that will be supple, smooth, and radiant. As we age, the layer of dead cells tends to build up, creating a rough layer of skin which obscures the fresh, young skin underneath. Exfoliation is important to remove these excess dead cells. So sometimes the dead skin does not get removed easily and exfoliation enhances the removal of dead skin and optimizes the blood supply of the integumentary system.

Scrubbing materials used should not be having coarse granules, as skin has tiny pores that might get obstructed and can cause uneven pigmentation when you are outside in the sun. Scrubbing should be done every 2 – 3 times at least in a week. Prior to scrubbing brushing is done to enhance a better blood circulation and facilitate the scrubbing effectively to the skin in a greater degree.

After brushing, then we scrub. Scrubs is also of two kinds like dry skin and sensitive skin. When the scrubs are selected we should observe the ingredients of the scrub material that is whether it suits us. If the patient has dry skin he should use scrubbers customized for dry skin. If the patient has sensitive skin he should for scrubbers that are unscented and hypo allergic. The scrubbing should be done in circular movements.

Some of the natural scrubs are:

- Take 2 - 3 teaspoons raw oats (not the pre-cooked type) and crush into smaller bits either by hand or in a grinder. Mix the dry oats with pure honey and 1/4 teaspoon of apple cider vinegar until it forms a smooth mixture. Add more honey as needed. Then add 1 drop of basil oil to the mixture.
- Combine about an ounce of natural clay powder with three tablespoons of distilled water and 1 teaspoon of glycerin. Spread this mixture over the skin in a thin layer and allow it to rest until it dries. Remove the mask with cool water and a wash cloth.

Tonning:

It is the next procedure to the cleansers and helps removing grimes and excess oils. It restores the skin pH and readies the skin for moisturizing. It tonifies the facial components henceforth diminishes the appearance of wrinkles and free lines.

Homemade Astringents, Tighteners & Toners

1) Here is how you can make a toner at home. For quickly refreshing your skin, grate a cucumber. Then use a wash cloth and apply the cucumber juice to your face. Cucumber juice is a natural astringent. It can tone and tighten skin.

2) Egg white Toner : Clean face thoroughly using any natural cleanser. Apply raw egg whites to the skin and leave on for at least 15 minutes. Wash off with tepid water.

3) Elderflowers, lavender, orange flower water and rosewater are all classic toners for all skin types. Make a strong infusion of any of the above, refrigerate and use within 3 days.

4) Lecithin Toner :Dissolve lecithin granules in jojoba or almond oil. Apply to face and throat as a day or night cream.

5) Lemon is a strong astringent, dilute with water before using, being careful to keep away from eyes.

6) Lemon Toner : 1/2 cup lemon juice, 1 cup distilled water, 2/3 cup witch hazel. Combine all ingredients. Pour into a clean bottle or decorative cosmetics container. Shake well before using. Apply with a clean cotton ball.

Moisturizers:

To keep the skin healthy and supple slather a layer of moisturizer. It prevents flaking and cracking of the skin should be done after bath. Sometimes gentle cleansers can also strip the natural oils of the skin then it has to be moisturized.

Most recommended moisturizers are water based especially in this summer season. A few homemade natural moisturizers

Recipes:

1. Mix ¾ cup of rose water, ¼ cup glycerin, 1 tsp. of vinegar and ¼ tsp. of honey and keep it in a bottle. Use it regularly after cleansing.
2. Mix honey, milk and any vegetable oil. This mixture is a good moisturizers for dry skin. Apply this mask for 10 minutes, then wash off with cold water.
3. Mix 1 medium sized apple (grated), one tablespoon lemon juice and 2tsp honey. Apply this paste to face and wait for 10 minutes, and then wash off with tepid water. This mixture is a good moisturizer for oily, acne-prone skin.
4. Lemon juice or orange juice blended with olive oil is a time-tested keep-it-supple skin moisturizers or moisturizer.

Recipe of the month



Indian Name: *Keri ka Panna*
Properties of Raw Mango:

Taste: *Amla (Sour), and kashaya (Astringent).*

Quality: *Sheet (cold), laghu (lightness) and ruksha (dryness).*

Potency: *Sheet (cold)*

Post-digestive Effect: *Katu(pungent)*

Medicinal properties of Kheri ka Panna:

Keri ka panna is light and easily digestible. It quenches thirst, cools the body, and gives instant energy, especially in the summer. It is good for hyperacidity, anti emetic, carminativeand heat-induced headache.

Dosha Analysis:

Mint leaves are warming in nature and raw mango is cooling in nature.

Thus, it is a balanced recipe. Raw mango is boiled and this process also

changes the properties of the mango. Keri ka panna pacifies *Pitta, Vata* and *Kapha doshas* if taken in proper quantity. In excessive quantity it increases all three *doshas*. Skin of raw mango has to be removed else it is astringent in taste hence it can reverse a few attributes of the preparation.

Ingredients- Keri (raw mango) - (150gm)
Pudina juice (mint leaves) - 50gm from pudina leaves
Bhuna jeera - a pinch

Black salt - pinch
Salt - 1 tsp

Preparation- Boil raw mango in water then remove skin and seed.
Mash that pulp in 2 liters of water and add salt, black salt and pudina juice.
Mix all the material with hand blender.

Product of the month :

Manjistha : Manjistha is probably the best alternative or blood-purifying herb in Ayurveda. It cools and detoxifies the blood, dissolves obstructions in blood flow, and removes stagnant blood. It is having healing action, thus helpful in erosions of gums and bleeding gums. In Ayurvedic medicine, it is used as an immune regulator. Its antioxidant properties are also being investigated. Its role in supporting heart health is evidenced by studies that show that it regulates blood pressure, blood vessel constriction and the tendency of blood to form clots . For more on this [click here](#)

Experience personalized Ayurvedic Healing Products

Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site <http://garrysun.com>

Want Free Consultation on Ayurveda? [Click Here](#)
Want your body type analysis? [Click Here](#) Want Free Consultation on Ayurveda?
Want your body type analysis? Wish to procure our products? Kindly contact as detailed below:
France:
S.I.E.T.P.A.
<http://massages-ayurvedique.com> U.K.
Ayurvedic Herbal Products
www.ayurherbalproducts.com Colombia
Ms. Gisele Dupuis
gdupuis@cable.net.co Curacao
Ms. Soraida
<http://curvedic.org>

Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, [click here](#)

For Archives of our earlier published Newsletters, please [click here](#)

Subscription Information:

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by [Clicking here](#)

Stop Subscription: If you wish to stop your subscription [Click here](#)

CONTACT US

Chakrapani Ayurveda Clinic Research Center,
8, Diamond Hill, Behind Birla Temple,
Tulsi circle, Shanti Path, Jaipur-302004, India.
Phone: +91-141+2624003 Fax: +91-141-2620746
e-mail: info@chakrapaniayurveda.com

<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>
<http://garrysun.com> , <http://PanchakarmaEquipment.com> , <http://ayushkar.com>,
<http://panchakarmaworld.com>