



CHAKRAPANI AYURVEDA

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HERBAL TEA

Dear Readers,

Last month, it was about the Ayurvedic approach on osteoarthritis, interesting news, recipe and product of the month for a general awareness to our dear readers. To make it more interesting and useful this time we have an article on herbal tea. It can be very useful to our readers even in day to day life. Who can resist a cup of chai tea in this cold November? In Ayurveda we do not say no to craving of chai tea or black tea until it is that grave for him/her because it makes one to lead a mechanical way of living. So we wanted our readers to be Ayurvedic even with their tea also. Along with this article we have added some of the various blends of tea presented by the Chakrapani Ayurveda Clinic And Research Centre. Brewed in total Ayurvedic manner seeming not to lose their efficacy with reasonable prices.

Well we have added also news of Ayurveda becoming global and some developments of this new venture in our interesting news section. In the upcoming events, the top priority is the 4th World Ayurvedic Congress which is to be held in Bangalore, India from 9th to 13th December.

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

Best Regards and Namaste.

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

HERBAL TEA - by Dr. Sijay Dev

No one can deny a cup of tea or coffee with fresh air in the morning is indeed refreshing. In ayurveda anything taken in moderate quantity with due respect to ones, prakriti (physical constitution), the kala (season) and desa (land) he resides will always do good to the person. 2-3 cups of tea a day seems to be normal but do you realize in a long term that is for an year that makes it about 1000 cups of tea or coffee. Both tea and coffee has many health ill effects. So beware addicts.

Did you know that 1 cup of tea have caffeine, little amounts of oxalates and tannin? Caffeine in tea or coffee can cause sleep disorders, anxiety and even irritability. Oxalates have to be feared by tea addicts as it can cause kidney stones. Tannin excess in the body can increase ones susceptibility to oesophageal cancer. Even drinking tea or coffee in steaming temperature makes one susceptible for oesophageal cancer. Drinking tea with milk blocks tea's positive health effect in the cardiovascular disease are because of casein in the milk. Casein in the milk has the property of binding hence it binds with molecules in the tea. Plant based milk like Soy milk which has no casein has no such effect like that of tea with cow's milk.

Coffee is also not backward in health ill effects. It stains our teeth degrades our teeth's color, and damages ones gastrointestinal system. Excess intake of coffee increases blood pressure, increases low density cholesterol that is called as the bad cholesterol in general and increases the susceptibility to iron deficiency anemia. Studies show that, coffee addicts are prone to coronary artery disease, anxiety, sleep disorders, irritability and increased still births. Don't be terrified there are always alternatives. Nobody has to throw cup of tea you have taken with you right now to enjoy the read. Allow me to substitute the mere tea or coffee with you to herbal tea and see want it can do. Though it tastes like a tea and named herbal tea it is not prepared from tea leaves or coffee beans.

Herbal tea is an infusion prefabricated from plant leaves, flowers, seeds, fruit, and even sometimes roots. Herbal tea is known for its good taste and its medicinal effects. There are many different varieties of herbal tea the difference comes from brewing in to different blends. Most of the herbal teas contain a combination of herbs not a single herb.

The advantage of herbal tea is that it provides multivitamins and substitute medicines in small amounts; along with healthy diet it can do wonders. Herbal tea is a safe remedy to detoxify and improve one's blood purification. Detoxification is not new to us, right from the ancient times detoxification was done by fasting and colon cleansing by some of the herbs. Autonomous mechanism becomes astonishingly effective at elimination of waste products and toxins from

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the body and its function becomes enhanced when accompanied by herbal tea that augments body's internal sanitization. When herbal tea bag is brewed in steaming hot water it releases the volatile oils and polyphenols. One of interesting facts about polyphenol is that it limits the growth of bacteria in mouth and hence avoids bad breath.

Every coin has two sides that's like nature's law so is to the herbal teas. That is, some specific herbs do possess toxic/allergic effects. Greatest causes of concern are:

COMFREY: An alkaloid that can cause liver damage.

LOBELIA: A kind of toxin and has similar effect of nicotine.

So, next time check for the ingredients of your herbal tea to see if it has herbs with comfrey and lobelia. Still studies have been conducted to find out the further ill effects of herbal tea.

Chakrapani Ayurveda has a wide varieties of herbal teas based on the body type, age and ailments. Like for example we have Medhohar tea which has prime functions of controlling overweight and maintaining the metabolic functions, we have Rasayana tea that has anti-ageing effect rejuvenates our body and we have Prathisyaya tea that can control counteract the excess histamine produced effect on the body due to the allergens. We also do have tea that is good for one's body constitution that is Vata tea, Pitta tea, Kapha tea and the Tridosha tea. We have tea that alleviates the stress. Have tea that works on to sleep enhancer, and makes the sleep sound without creating drowsiness during working hours the Nidrakar tea. Chakrapani has a special tea called Hridya tea that acts as a cardiac tonic and promotes effective cardiac functioning and more varieties. To know more about our other herbal teas and herbal products more information is posted on our website.

Dr.Sijay Jayan Dev have just joined Chakrapani Ayurveda Clinic & Research Centre. He is from Thrissur District of Kerala and finished his B.A.M.S for Amritha School Of Ayurveda, Kollam and has been working with us as Ayurveda Physician.

Chakrapani's Popular Herbal Tea

[Medohar \(Anti-Obesity\) herbal tea](#) : Helps in natural weight loss, overweight, weight gaining problems. Balances metabolic functions

[Hridya tea \(heart tonic\)](#) : Helps as preventive tonic for heart. Promotes effective cardiac functioning, works as a cardiac tonic.

[Shiroshulhar \(migraine help tea\)](#) : helps to cope with migraine / headaches. helps in reducing intensity and frequency of migraine attacks.

[Sundarikalp \(Menopause help\) tea](#) : Helps to cope with Pre and post menopausal syndrome. Contains natural phyto estrogen like substances and acts as a tonic to the female system.

[Vajikaran \(aphrodisiac\) tea](#) : Helps to promote overall sexual performance, to achieve better orgasm in: male and female and to correct premature ejaculation & erection problems.

[Pachak herbal tea \(Digestive help\)](#): Helps in improving digestion, bloating and acid reflux problems.

[Rasayana \(rejuvenation\) tea](#) : Helps in optimizing physiological functions, rejuvenating the body & mind and slow down the aging process.

[Nidrakar herbal tea \(Sleep enhance\)](#) : Helps to achieve sound sleep without creating drowsiness during working hours.

[Stress alleviation tea](#) : Helps to cope with continuous exposure to stress.

[Shwas herbal tea \(Asthma relief\)](#) : Helps in strengthen lung functions and Asthma related breathing troubles.

[Pratishyaya tea \(cold relief\)](#) : Helps to cope with the common cold, flu syndrome, nose and throat allergies.

[Vata Tea \(Vata balancing tea\)](#) : Balancing Vata

[Pitta tea \(Pitta balancing tea\)](#) : Balancing Pitta

[Kapha tea \(Kapha balancing tea\)](#) : Balancing Kapha

[Tidoshic tea](#) : Balancing Tridosha

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<http://kaunch.in>

Ayurveda Myth :

1. There is no surgery in Ayurveda-This

Sandhivata (Arthritis help) tea : Helps in pain, swelling and disability caused due to arthritis in various joints.

Upcoming Events

The fourth World Ayurveda Congress & Arogya Expo, 2010 will be held in the Palace grounds, Bangalore between December 9 and 13 this year. It is being organized by Department of Ayush, Ministry of Health & Family welfare, Government of India and Vijnana Bharati. Government of Karnataka is the co-organizer of this five-day event. Pre Congress workshops on Scientific Writing, Panchakarma, Kshar Karma, Afforestation of Medicinal Plants, Mental Health and all matters Ayurveda therein, would be the dialogue.

For the Ayurvedic industry there will be an intensive training session on Good Manufacturing Practices, a Buyer Seller Meeting organized by Pharmaceutical Export Promotion Council (Pharmexcil) and a conclave of the Centre for Research in Indian Systems of Medicine (CRISM) will also be organized as a part of World Ayurveda Congress. One can get more information on World Ayurveda Congress at <http://ayurworld.org>.

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myth is true up to a certain level. Sushrut who is known as the father of surgery developed surgery in Ayurveda. Even now, the cataract surgery proved by WHO is being done by the same method as described by sushruta. During that time even plastic surgery was done. Due to the Ahimsa principle in our country earlier and later due to ruler ship under Britishers surgery gradually vanished from ayurveda. Its development gradually stopped with time. Although there has been various researches on this subject too during last 50 year.

2. There is no expiry date for Ayurvedic medicines - In Ayurvedic science the expiry date of all formulations products has been defined very clearly like- herbal powders-6months, tablets-18 months, guggul tablets(2-3 years), Oil-ghee – 2 yrs. Only rasaushadhis, Asavas and Aristhas can be used for long time.

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.

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