



CHAKRAPANI AYURVEDA

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From the desk of Dr. Kotecha

Dear Readers,

The pattern of the winter is different from the last year. It has a great variation which is more unpredictable. The effectivity of dryness though; have been more rougher on the skin than the previous season. We thought of providing more useful information for this season hence it is 'Skin care for the winter'.

We have incorporated a few simple home remedies that can help you tackle the impact of harsh weather on our dear readers. And we have a steaming recipe for this cold month and means to get your customized oil formulation. The alarming health news "Wi-Fi radiation killing trees" is worth knowing in interesting health news section. We also have more news update on the 4th World Ayurveda Congress And Arogya Expo 2010. Read on to know more.

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

Best Regards and Namaste.

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Skin care in winters by Dr. Sijay Dev

Skin is the largest organ in the body and is the outer covering of the body that bears the external environment, and feels the sensation of the body. In summers the body gets subjected to heat as result get sunburns, and sweats as a result gets dehydrated. As a result the skin requires nourishment and rejuvenation in the winter. Though felt good in beginning, winter when it takes its true impact it again dries our skin and makes it scaly. Humidity also gets reduced too the least in some areas that it cracks our heels and chaps our lips. Most of us buys a heater and switch it on in room to keep ourselves warm but unfortunately that again worsens the condition. When the heater is switched on it takes in the remaining traces of moisture left in our skin and further dries up our skin. This skin which is cracked, chapped, and dry skin then becomes a portal of skin infections. So the skin has to be rejuvenated and care should be taken to nourish the skin to make it soft, smooth, moist and supple.

In Ayurved a year is having two solstices called as aadana kala (sun solstice) and visarga kala (moon solstice). The two solstices are based upon the Mother Nature's impact. In aadana kala the sun is very powerful and absorbs the nutrients and moisture.

While in visarga kala moon is powerful and it gives back the nutrients and moisture. Even the digestive fire is stronger in visarga kala and weaker in the aadana kala. In winter season the body has stronger digestive fire and our body has a counter mechanism to maintain warmth within the body and skin being the barrier to the environment which is colder outside. For the working of this mechanism our body requires more energy. More energy means more food that is why in winter one is hungrier than in summer. When one doesn't take sufficient food required by the body then it depletes the nutritive source in the body leading to vata dosha vitiation causing coldness, dryness and roughness. Henceforth the skin that has to be taken care of gets diseased in this season. But some places just taking the amount of food needed alone seems to be ineffective owing to the dryness and sub zero temperatures.

So to tackle such extremes this time we have come up with simple home remedial measures and few dietary and daily regimens that has to be followed. The skin appears lack of luster loses its brightness, there is redness of skin, and skin becomes dry and tight. Patient gets dry and even wrinkled skin at the early ages if not taken care.

Do's and Don'ts

- Bath should be in lukewarm water, because hot showers in winter feels good but there's nothing like it that can remove natural oil and sebum from the skin. 2 drops of olive oil can be added to water to induce mild moisture to the water. Not more than 3 minutes should be taken to bath. The sebum is

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produced from the microscopic glands - sebaceous glands. Sebum is a secretion, an oily/waxy matter, to lubricate the skin and hair of mammals. In humans, they are found in greatest abundance on the face and scalp, though they are distributed throughout all skin sites except the palms and soles.

• **Scrub:** The purpose of using scrubbers is to remove the dead skin and to remove the cosmetics that remain after cleaning with water. So a good scrubber should have exfoliated ingredients too. Beware of face packs though they claim to remove dead skin but it also rips off the live skin too. 1 tbsp sea salt in warm water and can keep legs dipped in can remove the dead skin.

• **Moisturizer:** Recommended to apply 4 times a day. When applied immediately after bath it helps in trapping moisture more. Oil based moisturizers are good as the oil in general are warm. Almond oil, green tea oil and Shea butter are a few good moisturizers. Massage using rose water and glycerin twice a week as it can tone your skin and draws moisture. One should use petroleum jelly to moisturize the parts with hard sin areas like heel, soles and palm.

• **Water intake:** In winter generally one does not get thirsty as he gets in summer season. So that also becomes one among the ingredients to dry skin. Normally an individual should take 8 - 10 glasses of water to keep his skin soft and supple.

• **Diet:** Should include almonds that moisturizes body both external and internally. Should use nuts, legumes, eggs, soya, rice, carrots and fishes. It is said fish eaters have good skin as fish is a good source of Omega fatty acids.

• **Sleep** should be 7-8 hrs would be mandatory for a healthy skin.

TIPS

- 1 tsp of lemon and avocado is mixed well and applied is good for dry skin.
- Half tbsp of honey when mixed with 1 tbsp of rose water applied and washed on just before drying can tone ones skin.
- 1 egg yolk, half tsp of milk powder, and honey is good for dry skin and it has to be applied for 10 to 15 minutes and washed with cold water.
- Cucumber and cream of milk when mixed and applied is good for dry skin in winters.

Recipe of the month- Mung Bean Soup

You will need:

- 1/2 cup mung dhal (split hulled mung beans),
- 4 cups water
- 1/2 tsp turmeric
- 1/2 tsp cumin seed
- 1/4 tsp Hing (Asafetida)
- 1 tsp chopped fresh corriander
- 2 tbsps ghee
- Rock salt to taste

Method : Wash the mung daal. Add water and the turmeric and salt cook until daal is tender. Stir occasionally and remove any scum that forms on top. Puree in a blender to a smooth consistency.

Heat the ghee until it is clear. Add the cumin seed, currypatta, Hing (Asafoetida) and stir briefly to release aroma and flavor. Remove from heat. Pour the ghee-spice mixture over the soup. Stir. Garnish with corriander and serve hot.

Products of the Month

According to Ayurveda, no two people are the same. An individual has three basic biological components in the body called as humors or doshas namely Vata, Pitta and Kapha Our Ayurveda physicians and therapists will be able to offer you customized oil formula in this cold season suitable for your body type. We are happy to customize the Panchkarma procedures suitable for your body type too.

For more detail on this please visit <http://panchakarmaworld.com> or <http://www.chakrapaniayurveda.com/panchakarma.html>

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4th world Ayurvedic congress

The 4th world Ayurvedic congress was held at Bangalore from 8th to 12th December. About 4000 delegates from 42 countries took part in this 5 day event. The complete event was based on the theme "Ayurveda for all". Chief Minister of Karnataka Mr. B.S. Yedyurappa spoke in the opening ceremony mentioning about promoting ayurveda as a community medicine also introduce about an upcoming university. December 12th is being proposed as "World Ayurveda Day" by the learned people who came for the World Ayurveda Congress. An impressive collection of events was focused on Ayurveda that brought the leaders from industries, academic, government officials, health care and many other relevant sectors. Over 1250 scientific papers of international standards were presented in 60 multi tracking scientific sessions. It was a show-case of how Ayurveda can be safe, cost efficient and effective in healthcare for all. As per view of organizers the event served the purpose of standardizing and integrating health and tourism. Also created a global market for Ayurveda.

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Interesting Health News

Wi-Fi radiation killing trees: Source: www.thehindu.com

LONDON, U.K., November 24, 2010: Radiation from Wi-Fi networks which enable our burgeoning online communications may be killing off magnificent trees. Trees planted close to a wireless router had bleeding bark and dying leaves, says a Dutch study. The revelation will raise fears that Wi-Fi radiation may also be having an effect on the human body and supports parents who have campaigned to stop wireless routers being installed in schools, the Daily Mail reports.

The city of Alphen aan den Rijn in the Netherlands ordered the study after officials found unexplained abnormalities on trees. Researchers took ash trees and for three months exposed them to six sources of radiation. Trees placed closest to the Wi-Fi source developed a 'lead-like shine' on their leaves which was caused by the dying of the upper and lower epidermis - the leaf's skin.

In the Netherlands, 70 per cent of all trees in urban areas show the same symptoms, compared with 10 per cent five years ago, the study found. Trees in densely forested areas are not affected, according to a Wageningen University statement. The Dutch health agency issued a statement, stressing that "these are initial results and they have not been confirmed in a repeat survey".

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. For donations kindly

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