



- For Panchkarma query & bookings
http://blissayurveda.com/Healthcenter_Home.html
- Order Products Online
www.blissayurveda.com/order-products.html
- Free online Ayurveda Consultation
www.blissayurveda.com/experts_advice.html

In this issue:

Article of the month - LYMPH CLEANSING IN AYURVEDA	2
Herb of the Month - Bauhinia variegata	2
Product of the month - LYMPHOCARE Tablet	3
Bliss News and Events	4



BLISS AYURVEDA HEALTH CENTER



(A Traditional Ayurveda Clinic with modern SPA facilities)

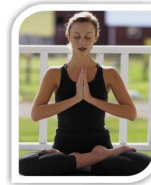
AYURVEDA



PANCHKARMA



YOGA



SKIN CARE



DENTAL



B - 58, Kaushambi, Ghaziabad, India. Tel : 0120 - 4107114, Mobile : +91-9711133683
www.blissayurveda.com

Bliss Ayurveda opened a holistic Ayurveda clinic "BLISS AYURVEDA HEALTH CENTER" in DELHI NCR India, on June 1st 2009. It is a unique center of its kind which provides Ayurveda consultation with Pulse reading, Panchkarma Therapies, SPA Beauty treatments, Wellness Packages, Yoga classes and Mind Body relaxation techniques.

- We provides In-residence Panchkarma program with a very nice accommodation, home made Ayurvedic food, Yoga classes and Ayurveda knowledge program.
- We use our range of Ayurveda products which we manufacture under strict guidelines of US FDA and EU and export exclusively to USA & Europe.
- Our In-residence Panchkarma program includes 40 different types of treatments out of which 2-4 hrs of treatments will be provided to you based on the advise of the Vaidya (Ayurveda Doctor) after a detailed consultation with you. For details of each treatments and its benefits please log on http://blissayurveda.com/Healthcenter_Home.html
- Our Panchkarma packages can be availed in a period of 10,14,21 & 28 days. Tariff of these packages in Euros are -

Package	10 days	2 weeks	3 weeks	4 weeks
Occupancy				
Single occupancy	850 € (85€/day)	1120 € (80€/day)	1638 € (78€/day)	2100 € (75€/day)
Double occupancy	1530 €	2016 €	2949 €	3780 €
(10% total discount)	(-170)	(-224)	(-327)	(-420)

- Facilities provided in these Panchkarma health Packages include
 - Panchakarma treatments for approximately 3 - 4 hrs everyday as advised by an Ayurveda Doctor
 - Personalized attention – each patient will be assigned an Ayurveda Doctor for direct supervision
 - Detailed Consultation with Pulse reading by an Ayurveda Doctor
 - Quality accommodation for the entire treatment period
 - Delicious Ayurvedic Meals
 - Ayurvedic medications and oils for the entire In-residence program
 - Yoga classes with practice of Pranayama (Breathing Exercises) and Mind Body Relaxation techniques
 - Evening knowledge programs twice a week
 - Pickup and Drop facility from Airport

We also have an ultramodern Dental wing "BLISS DENTAL CLINIC" which provides all types of dental treatments by a panel of Dentist specialized in their own streams. So you can solve your Dental problems together with an Ayurveda In-residence program in a clean environment and affordable prize.

LYMPH CLEANSING IN AYURVEDA

The lymphatic system (Lasica tantra) consists of the network of lymphatic channels (Udakvaha Shrotas), lymph nodes (Lasica granthi) and lymph organs (spleen and thymus). Lymphatic channels transport watery clear fluid called lymph. This fluid distributes immune cells and other factors throughout the body. Lymphatic channels (Udakvaha Shrotas) interact with the blood circulatory channels (Raktavaha Shrotas) to drain fluid collected from cells and tissues.

How Lymphatic system helps us?

1. Help maintain fluid balance
2. Defend the body against disease
3. Absorption of fats and fat-soluble vitamins

Long Term Fall Out

Long term fallouts of Malfunctioned Lymphatic system are

1. Weak immune system
2. Prone to infections
3. Tendency to form tumors
4. Lymphoma
5. Malignant tumor
6. Abnormal fat metabolism which may cause liver and heart troubles

Signs and symptoms

1. Localized or generalized swelling in body
2. Glandular enlargement of lymph nodes
3. Inflammation of lymph nodes (Lymphadenitis)
4. Boils
5. Tonsillitis

Management

Management of Malfunctioned Lymphatic system include

1. Healthy life styles, Regular routines
2. Lymph cleansing- Ama detox through lymphatic channels
3. Improving Dhatu-agni (metabolic fire at tissue levels) that dissolves tumors
4. Ayurveda herbs which cleanses toxins and improves functioning of Shrotas
5. Pranayama and meditation

Ayurvedic Herbs and Food in Lymph cleansing:

Bauhinia variegata (Kanchnar), Commiphora mukul (Guggul), Turmeric, Khadir (Acacia), Fennel, Coriander, Cumin, Ajowan, Apple, Ginger, Amalaki, Blueberry, Ghee or Clarified Butter

Herbal Food Supplements for Lymph Cleansing

BLISS AYURVEDA has a safe and effective herbal formulation which helps detoxify Lymphatic system. This synergistic herbo-mineral formula not only eliminate existing impurities from our Lymphatic system but also rejuvenate the body.

LYMPHOCARE Tablet- Combination of traditional Ayurvedic detoxifying herbs. Helps cleanse toxins from Lymphatic system.

Bauhinia variegata

Latin Name: *Bauhinia variegata*

English Name: Mountain ebony, Orchid tree

Hindi Name: Kanchnar

Habitat

Kanchnar is flowering plant in the family Fabaceae, native to northern India, southeastern Asia, from southern China west to India & Viet Nam. This is a very popular ornamental tree in subtropical and tropical climates, grown for its scented flowers.

Habit

Purple orchid tree (usually just called orchid tree) is staggeringly beautiful when in bloom - and it blooms for several months! It is a small to medium-sized tree growing to 10-12 m tall, deciduous in the dry season. Orchid tree grows 20-40 ft (6-12 m) tall and 10-20 ft (3-6 m) wide. The leaves are shaped a little like a cow's hoof. The leaves are 10-20 cm long and broad, rounded, and bilobed at the base and apex. The leaves are shaped a little like a cow's hoof.

The flowers are conspicuous, bright pink or white, 8-12 cm diameter, with five petals. The flowers often make their first appearance in late winter while the tree is bare of leaves. The blooming period then lasts until early summer. The flowers are 3-5 in (7.6-12.7 cm) across and carried in clusters at the branch tips. Orchid tree produces flattened brown woody legumes (pods) up to 12 in (30.5 cm) long. The fruit is a pod 15-30 cm long, containing several seeds.



Pharmacological Actions

It's an astringent tonic contains tannic acid useful in scrofula (lymph nodes of the neck), tumors, Glandular enlargement, prostatic hypertrophy, thyroid enlargement, skin diseases, ulcers, leprosy, diarrhea, dysentery and hemorrhoids. A safe and effective herb known for its anti inflammatory, healing and laxative properties which makes it a natural choice against conditions like fistula in ano, hemorrhoids, fissures etc.

The chemo preventive and cytotoxic effect (on tumor cells) of extract of Bauhinia variegata (EBV) was evaluated in N-nitrosodiethylamine (DEN, 200 mg/kg) induced experimental liver tumor and human cancer cell lines. Oral administration of extract of Bauhinia variegata (250 mg/kg) effectively suppressed liver tumor and decreased the elevated levels of liver enzymes.

Kanchnar in Ayurveda

According to Ayurveda, it is an astringent tonic useful in scrofula (swelling of lymph nodes of the neck), tumors, skin diseases and ulcers. Kanchnar is a safe and effective herb known for its anti inflammatory and healing properties which makes it a natural choice against conditions like fistula in ano, fissures and hemorrhoids.

In ayurvedic texts it is known for its affinity towards lymphatic system as it is found to be useful in infective and inflammatory conditions of lymph glands and due to its preventive action in tuberculosis affecting the lymph nodes of the neck (Scrofula).

The bark is alterative, anthelmintic, astringent and tonic. The juice of the bark is used in the treatment of amoebic dysentery, diarrhoea and other stomach disorders. A paste of the bark is useful in the treatment of cuts and wounds, skin diseases, scrofula and ulcers. The dried buds are used in the treatment of piles, dysentery, diarrhoea and worms. The juice of the flowers is used to treat diarrhoea, dysentery and other stomach disorders. The root is used as an antidote to snake poison. A decoction of the root is used to treat dyspepsia.

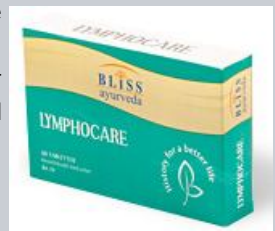
"Benefits of Kanchnar (Bauhinia variegata) can be experienced in:

LYMPHOCARE Tab., PROSTABLISS Tab."

LYMPHOCARE TABLET

LYMPHOCARE is a good supplement based on traditional Ayurvedic principles which reduces all the inflammatory and non inflammatory swellings/enlargements occurring anywhere in the body. It especially cleanses the whole lymphatic system and is one of the best formulations for glandular enlargement including thyroid gland. It helps loose the hard cystic and fibrous swelling and can show cytotoxic and anticancerous effect on few malignant cells.

It uniquely detoxifies at the deepest level and can help reduce the untoward effect of radiation and chemotherapy. Lymphocare can also promote healing mechanism in tuberculosis, hemorrhoids, fistula, ovarian cyst and in uterine fibroids.



HOW IT HELPS

1. Helps cleanse the Lymphatic system.
2. Effective in all inflammatory and non inflammatory Swelling/Enlargement.
3. Useful in Boils and infective & inflammatory conditions of lymph glands and lymphatic vessels.
4. Balances the functioning of Thyroid gland and helps reduce its enlarged size.
5. Helps reduce the harmful effects of radiation and chemotherapy.
6. A good immunomodulator, antioxidant, anti inflammatory and antiviral agent.
7. Recommended as a supportive supplement in Hypothyroidism, Lymphadenitis, Lymphangitis, Benign or Non-malignant tumors, Tuberculosis, Fibroid uterus, Ovarian cyst, Piles (Hemorrhoids), Fistula and Anal fissure.

Recommended Dose: Take 1-2 tablets two times a day after meals with warm water.

Suggested Duration: Take it 1-3 months for best results. For Lymph Cleansing, take 1 tab 2 times a day for 1 month twice a year.

Dietary Advice: Eat fresh fruits and vegetables. Take low fat and high fiber diet. Avoid fast food, canned & frozen food and processed meat & cheese.

Ingredients:

- *Commiphora mukul* (Indian Bedellium) Guggul
- *Bauhinia variegata* (Mountain Ebony) Kanchnar
- Asphaltum (Mineral Pitch) Shilajeet
- *Spheranthus indicus* (East Indian Globe-thistle) Gorakhmundi
- PRAVAL PANCHAMRIT:
 1. *Corallium rubrum* (Coral) Praval
 2. Pearl (Moti)
 3. *Mytilus margaritiferus* (Pearl oyster shell) Mukdashukti
 4. *Turbinella rapa* (Conch Shell) Shankh
 5. *Cypraea moneta* (Cowrie) Kapardik
- *Acacia catechu* (Cutch Tree) Khadir
- TRIPHALA:
 1. *Embilica officinalis* (Indian Gooseberry) Amalaki
 2. *Terminalia chebula* (Chebulic Myrobalan) Haritaki
 3. *Terminalia bellerica* (Beleric Myrobalan) Vibhitaki
- TRIKATU:
 1. *Zingiber officinale* (Dry Ginger) Sonth
 2. *Piper longum* (Long Pepper) Pippali
 3. *Piper nigrum* (Black Pepper) Marich
- *Cinnamomum zeylanicum* (Cinnamon) Dalchini
- *Cinnamomum tamala* - Tejpatra
- *Amomum subulatum* - Badi Elaichi

Dear Friends,

We are glad to give you a good news that we opened our Holistic Ayurveda clinic "Bliss Ayurveda Health Center" in NCR Delhi. It is a unique center of its kind with Traditional Ayurveda Treatments in a modern SPA environment. Our USP is personalized attention by a Vaidya and Ayurveda knowledge program. We invite you to come and get all the benefit of Ayurveda and Yoga to maintain your health and quality of life.

This issue of our Newsletter contain a very important topic LYMPH CLEANSING IN AYURVEDA. We have taken *Bauhinia variegata* as a herb of the month and LYMPHOCARE Tablet as product of the month.

We will appreciate your comments and feedback regarding our Newsletter to serve you better next time.

Thank You.

Best Wishes

Dr Nitin Agrawal & Bliss Ayurveda Team
E-mail: email@blissayurveda.com



Bliss News and Events

Dr Nitin Agrawal at 7th Congress of Yoga & Ayurveda in Milan, Italy

Dr. Nitin Agrawal participated in the 7th Congress of Yoga and Ayurveda at Palasesto, Milan on 30-31st May. He addressed the attendees on "MANAGEMENT OF STRESS AND EMOTIONAL HEALTH IN AYURVEDA".

Dr. Nitin Agrawal's tour of Italy, Norway & Russia

Dr. Nitin Agrawal completed his 3 weeks tour of Italy, Norway & Russia. In Norway he gave Ayurveda Consultations in Oslo, Trondheim, Stavanger and Bergen. He also visited St. Petersburg Russia for promotion of Ayurveda.

Dr Vikram's tour of Norway

Dr. Vikramaaditya Tomar, an Ayurvedic Doctor of Bliss Ayurveda, is visiting various cities of Norway, especially the northernmost part above arctic circle like Tromso, Bodo, Narvik etc. from June 3rd, to spread the knowledge of Ayurveda.

ASK THE DOCTOR – Free Online Consultation

Bliss Ayurveda started free online consultation. Your health concerns are being discussed by our panel of Ayurveda experts and you get free reply. You have to log on Bliss Ayurveda web http://www.blissayurveda.com/experts_advice.html or our blog <http://blissayurvedaindia.blogspot.com>



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