



## OCTOBER NEWSLETTER

October 10, 2009

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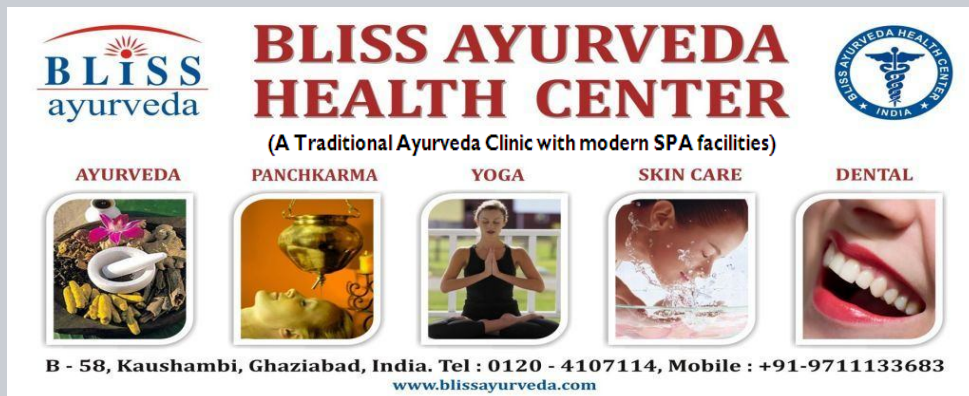
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**BLISS ayurveda** **BLISS AYURVEDA HEALTH CENTER**

(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**  
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### EAT RIGHT FOR A HEALTHY LIFE-AN AYURVEDIC PERSPECTIVE

Our diet is an essential factor for the formation of our body. It is clearly mentioned in an Ayurvedic classic 'Charak Samhita' that consuming improper diet in improper way is the main cause of 'Disease'. Charak Samhita says, "An appropriate and suitable diet in a disease is equivalent to hundred drugs and any quantity of drug hardly compares to good results in disease without following proper dietetic regimen."

Ayurveda says digestion is a key indicator and determinant of good health. If the digestive Agnis (fires) are functioning effectively, the food we eat get completely digested, absorbed and assimilated by your body, with the wastes regularly flushed out. An efficient digest-absorb-assimilate cycle leads to enhance Ojas. Ojas is the finer essence of all the seven Dhatus (body tissues) known as end product of supreme digestion. It is the central co-coordinator between mind and body. It maintains the functional and structural integrity of body and mind when in proper state.

On the other hand, imperfect digestion leaves behind a residue that Ayurveda call Ama. Ama, if left to accumulate in the physiology, eventually turns toxic, and difficult to flush out. Ama in the physiology offers fertile soil for disorders to take root and flourish.

Ayurveda mention following principles for living full span of life with perfect health.

- 1. Timing of food:** A person should take meal when he feels hungry. Lunch should be taken early between 12 and 1P.M. this coincides with the peak Pitta period, Pitta is responsible for the digestion. Ayurveda recommends that the lunch should be the largest meal of the day. Dinner should be between 6-7 pm and should be lighter than lunch.
- 2. Quantity of food:** Generally half of the capacity of stomach should be filled with solids, ¼ th with liquids and rest kept empty for the free movements of body humors.
- 3. Sequence of consuming food:** Madhur (sweet) rasa food are advisable to take in the beginning of meal, food with Amla and Lavana (sour and salty) rasa in the middle and Katu, Tikta, Kashay (bitter, astringent and pungent) foods should be taken at the end of meal
- 4. One should be in a habit of taking all six 'Rasa' (tastes) in order to prevent nutritional deficiency disorders.**

So according to Ayurveda if we follow proper diet regimen with proper food at proper time in a proper way we can lead healthy long life.

## GINGER

Latin Name : *Zingiber officinale*  
English Name : Ginger  
Hindi Name : Adrak (Fresh) Sonth or Shunthi (Dried)

Ginger is a perennial herb. It has irregular, underground, branched stems, which are juicy, shiny, yellowish, unevenly thick and tough. It has a characteristic fragrance when shredded or cut. It can be used in fresh or dried form. Fresh ginger is called *Adrak* and dried ginger is *Sonth*.



Ginger is known for its medicinal properties from ages and has being in use as a medicine in India. Ginger is used in carminative and anti-flatulent mixtures. It is routinely used in Indian recipes as a spice where it serves both flavoring as well as medicinal purposes.

Ginger has major role in treatment of dyspepsia i.e. indigestion, tastelessness, loss of appetite, distension of abdomen i.e. flatulence, intestinal and biliary colics, nausea, vomiting etc. A small piece of fresh ginger with salt/rock salt (*Saindhav*) sprinkled on it, if eaten prior to meal helps in digestion and assimilation of food. Shredded fresh ginger mixed with lemon juice and honey is a famous combination used in digestive tract problems especially in nausea and vomiting. Dried ginger powder combined with Piper longum (*Pippali*) and Piper nigrum (*Kali mirch*) is called *Trikatu* and works well on digestive tract in general and also used in food intolerance.

Dried ginger is an effective remedy for acute/chronic cough, common cold and fever. Here it helps in digesting *Ama* (accumulated toxins in body) which is cause of these troubles. A decoction or herbal tea prepared from ginger works excellent in catarrhal infections like allergic rhinitis, sinusitis, acute and chronic bronchitis where accumulated secretions is the irritating factor. Herbal tea prepared out of fresh/dried ginger also gives prophylaxis from respiratory troubles in cold weather and seasons. In influenza and other viral fevers, its decoction or herbal tea induces sweating and reduces fever.

To summarize; ginger is a very common medicinal herb, which has place in kitchen as well as medicinal cupboard. It is commonly used in digestive disorders like dyspepsia and flatulence, respiratory troubles like cough and cold, painful conditions like headache, toothache and muscular spasms. It also has proved its role in conditions like impotency and menstrual disorders.

*"Benefits of Ginger can be experienced in: DIGESTOBLISS, RESPIBLISS, ALLERFLU GARD & GUGGULMAX Tab.*

## DIGESTOBLISS TABLET

This digestive heat or Agni is a unique parameter used in ancient Ayurvedic text to assess the health of digestive system. If this fire goes imbalanced, it can create a variety of digestive troubles ranging from mild bloating to serious gastro-intestinal troubles. Low digestive fire produces an incompletely digested toxic material called Ama. If this toxic Ama stays in a body for longer time, it can produce serious health hazards.

DIGESTOBLISS is a well balanced formula to pep up mechanism of digestion. It kindles the digestive fire called 'Agni' in Ayurveda. DIGESTOBLISS efficiently removes Ama and strengthens each and every factor responsible for digestion. It is a natural source of digestive enzymes like Papain from Papaya that helps to properly digest food. DIGESTOBLISS assists the body to produce enough digestive juices and enzymes.



### HOW DIGESTOBLISS HELPS

1. Helpful in Gas, Bloating, Flatulence, Dyspepsia and Gastritis.
2. Best in indigestion after overeating and heavy meals and eases pain and heaviness after meals.
3. Natural carminative, improves appetite, good in Loss of Appetite (Anorexia)
4. Kindles weak digestive fire (Low Stomach Acid) and pep up whole process of digestion.
5. Promotes optimum secretion of gastric juice and digestive enzymes.
6. Balances the pH of digestive tract and enhances the process of absorption and assimilation.

## Ingredients

1. *Zingiber officinale* (Dry Ginger) Sonth
2. *Trachyspermum ammi* (Ajowan) Ajowain
3. *Foeniculum vulgare* (Fennel Sweet) Saunf
4. *Terminalia chebula* (Chebulic Myrobalan) Haritaki
5. *Carica papaya* (Papaya) Papita
6. *Mytilus margaritiferus* (Pearl Oyster Shell) Muktaashukti Bhasma
7. Sodii chloridum impura (Rock salt) Saindhav Lavan
8. *Cuminum cyminum* (Cumin) Jeera
9. *Piper nigrum* (Black Pepper) Marich
10. *Piper longum* (Long Pepper) Pippali
11. *Citrus limon* (Lemon) Nimbu satva
12. *Ferula narthex* (Asafoetida) Hingu

**Suggested Dosage & Duration:** Take 1-2 tablets two times a day after meals preferably with warm water. Take it for 1-3 months. In acute digestive discomfort take 2 tablet 2 times a day after meals for 1- 2 weeks.

**Dietary & Lifestyle Advice:** Meals should be taken in quiet, calm and stress free environment. Food should be neither too hot nor too cold and should be chewed well. Emphasize more on seasonal and fresh food. Avoid overeating, prolonged fasting, stale, putrid and processed food.

## Bliss News and Events

### Bliss Ayurveda Health Center's unique In-Residence Panchkarma Packages

Bliss Ayurveda Health Center started In-Residence Panchkarma package for persons coming from abroad. Uniqueness of the program are Personalized attention by Vaidya, 2-3 hours daily treatment, Quality air-conditioned accommodation, Home made Ayurvedic Food & complementary Yoga classes & Knowledge programs. BAHC follows Traditional Ayurveda approach with modern SPA facilities.

For details log on [http://www.blissayurveda.com/Healthcenter\\_Inresidenceprogram.html](http://www.blissayurveda.com/Healthcenter_Inresidenceprogram.html)



Panchkarma treatment at Bliss Ayurveda Health Center

### Italian group visited Bliss Ayurveda Health Center in India

Bliss Ayurveda's Indian center is frequented by many prominent personalities of Ayurveda & Yoga practitioners, Health and Wellness industry people.

Mr. **AMADIO BIANCHI**, President, **World Movement of Yoga and European Yoga Federation**, and Ms. **EMY BLESIO**, President of International Yoga Confederation, Italy visited Bliss Ayurveda Health Center with their team in September 2009. They appreciated the initiative of Bliss Ayurveda in promoting Ayurveda especially various Panchkarma programs and Wellness packages provided at Bliss Ayurveda Health Center at New Delhi India.

Mr. Amadio Bianchi and Ms. Emy Blesio were enthusiastic that their students and members at various centers of Yoga Federation Worldwide can now benefit from the Holistic combination of Ayurveda and Yoga that would enhance their Mind-Body equation towards better health and greater peace of mind.

Dr. **STEFANO DALLARI**, President, **La Casa del Tibet, Italy** also visited Bliss Ayurveda Health Center with his team. They appreciated the balanced way in which Bliss Ayurveda is presenting this ancient wisdom of Ayurveda in the modern perspective. "This traditional life enhancing wisdom is rendered in such a way that people can benefit from it in a practical manner" they said.

## BLISS AYURVEDA participated in Trade Fair at MUNKEBJERG, DENMARK on 19 - 20 Sept. 2009



Hallvard Reiso and Dr. Raghubansh Singh at Bliss Ayurveda stall

Bliss Ayurveda India participated in the Trade Fair with Veda Nor its Danish distributor and Bliss Ayurveda AS its Norwegian distributor at MUNKEBJERG, DENMARK on September 19 & 20, 2009, organized by HELSAM A/S.

In the Trade Fair Bliss Ayurveda's Consultant Physician Dr. Raghubansh Singh provided Pulse Reading to more than a 100 persons. The whole range of Bliss Ayurveda products were displayed & sold at the Trade fair. Lots of people had shown interest in Ayurveda & Ayurveda products especially Pulse reading.



Bliss Ayurveda Doctor doing Pulse reading

Dear Friends,

**Wish you very HAPPY DIWALI – An Indian festival of Light.**

**May Goddess Lakshmi bless you with Health & Wealth in the year to come.**

BLISS AYURVEDA HEALTH CENTER is a Holistic center, provides Traditional Ayurveda Treatments in a modern SPA environment. Our USP is personalized attention by a Vaidya and Ayurveda knowledge program. BAHC started its unique In-Residence Panchkarma packages for people coming from abroad. For details log on [http://www.blissayurveda.com/Healthcenter\\_Inresidenceprogram.html](http://www.blissayurveda.com/Healthcenter_Inresidenceprogram.html)

This issue of our Newsletter introduces about the concept of **EAT RIGHT FOR A HEALTHY LIFE - AN AYURVEDIC PERSPECTIVE**. You will also get information about **GINGER** as the herb of the month and **DIGESTOBLISS** 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](mailto:email@blissayurveda.com)



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A-98, Kaushambi, Ghaziabad, 201010, UP, India

Tel & Fax: +91-120-4122112, Mobile: +91-9711133683,

Email: [info@blissayurveda.com](mailto:info@blissayurveda.com)

Website: [www.blissayurveda.com](http://www.blissayurveda.com)

