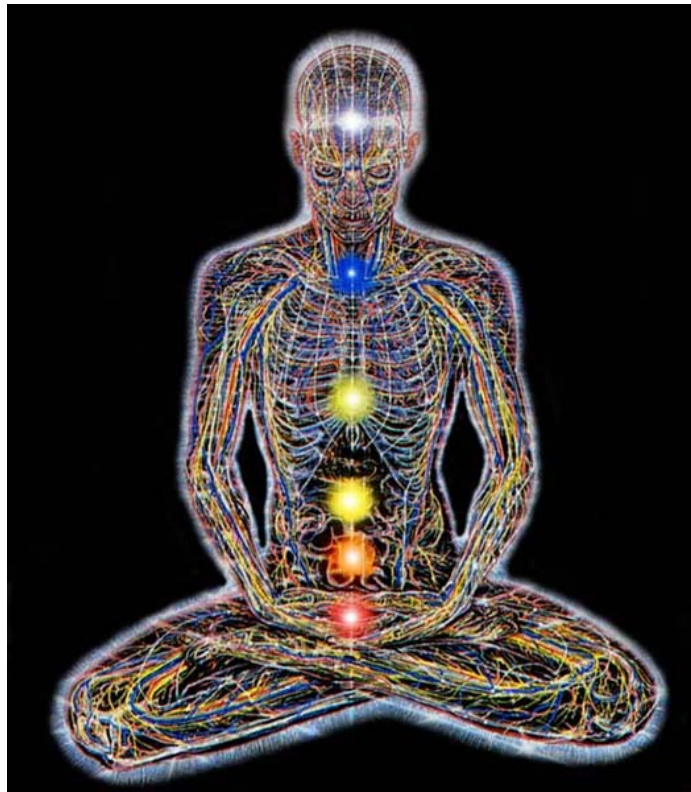


Effects of Medicines on Chakras



By: Farnoosh Fekri

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Introduction:

When I started my path in Yoga several years ago to heal my chronic lower back pain, I do remember that I was always thinking how can I reduce the side effects of pain killers I bear from taking NSAID's such as Brufen. Is it possible by Yoga??? Although it was not a serious side effect, just an upset stomach however this question remained in my mind until I learnt more about Chakras, Energy Centers in the body...

As a pharmacist, I do believe in efficacy of drugs & their important roles in treatment of diseases specially "Life Threatening "diseases & now as a "Yoga Therapist" I do believe in power of mind & the role of energy body, CHAKRAS in healing process.

We learnt about disease & chakras that are affected in each condition. I want to draw your attention to this fact that patients are taking medications for their illness & each medicine may have one or more side effects. These side effects should have impact on chakras. As a yoga therapist it's important you recognize these imbalanced chakras as well & help the clients to have less side effects & more balanced body.

It is not possible to talk about all drugs, that would be thousands pages Pharmacopeia but I have chosen top ten selling drugs in the world in 2008 & I will discuss about them. You may print out this info & use it as a handbook.

I am looking forward to write an easy understanding book about "Effect of Medicines on Chakras "including a complete list of drug categories, useful information & tips.

Namaste,

Farnoosh Fekri, Pharm.D, RYT 500

October 2009

History of Medicine:

Prehistoric medicine incorporated plants (herbalism), animal parts and minerals. In many cases these materials were used ritually as magical substances by priests, shamans, or medicine men. Well-known spiritual systems include animism (the notion of inanimate objects having spirits), spiritualism (an appeal to gods or communion with ancestor spirits); shamanism (the vesting of an individual with mystic powers); and divination (magically obtaining the truth). The field of medical anthropology studies the various prehistoric medical systems and their interaction with society.

Early records on medicine have been discovered from early **Ayurvedic** medicine in the Indian subcontinent, ancient Egyptian medicine, traditional Chinese medicine and ancient Greek medicine. Early Greek doctor **Hippocrates**, who is called the ***Father of Medicine***, and Galen laid a foundation for later developments in a rational approach to medicine. After 750, the Muslim Arab world had Hippocrates' and Galen's works translated into Arabic, and Islamic physicians engaged in some significant medical research. Notable Islamic medical pioneers include polymath **Avicenna**, who, along with Hippocrates, has also been called the **Father of Medicine**, **Abulcasis**, the father of surgery, **Avenzoar**, the father of experimental surgery, **Ibn al-Nafis**, the father of circulatory physiology, and **Averroes² Rhazes**.



The Persian philosopher Avicenna, sometimes called the *Father of Medicine*. His *Canon of Medicine*, written during the Islamic Golden Age, probed the nature of contagious disease, identified anaesthetics and medicinal drugs, introduced quarantine and experimental medicine, and even the idea of clinical trials.

As science and technology developed, medicine became more reliant upon medications. Pharmacology developed from herbalism and many drugs are still derived from plants (atropine, ephedrine, warfarin, aspirin, digoxin, vinca alkaloids, taxol, hyoscine, etc).

Drug:

In pharmacology, drug is "a chemical substance used in the treatment, cure, prevention, or diagnosis of disease or used to otherwise enhance physical or mental well-being." Drugs may be prescribed for a limited duration, or on a regular basis for chronic disorders.

For many people, taking medication is a regular part of their daily routine, and these medicines are relied upon to treat disease and improve health. Although medicines can make you feel better and help you get well, it's important to know that all medicines, both prescription and over-the-counter, have risks as well as benefits.

The benefits of medicines are the helpful effects you get when you use them, such as lowering blood pressure, curing infection, or relieving pain. The risks of medicines are the chances that something unwanted or unexpected could happen to you when you use them. Risks could be less serious things, such as an upset stomach, or more serious things, such as liver damage.

Managing the Benefits and Risks of Medicines

Here are some tips from the Food and Drug Administration and some of its public health partners to help you weigh the risks and benefits when you make decisions about the medicines you use.

Managing Risk

When a medicine's benefits outweigh its known risks, the FDA considers it **safe** enough to approve. But before using any medicine--as with many things that you do every day--you should think through the benefits and the risks in order to make the best choice for you.

There are several types of risks from medicine use:

- The possibility of a harmful interaction between the medicine and a food, beverage, dietary supplement (including vitamins and herbals), or another

- medicine. Combinations of any of these products could increase the chance that there may be interactions.
- The chance that the medicine may not work as expected.
- The possibility that the medicine may cause additional problems.

For example, every time you get into a car, there are risks. You could have an accident, causing costly damage to your car, or injury to yourself or a loved one. But there are also benefits to riding in a car: You can travel farther and faster than walking, bring home more groceries from the store, and travel in cold or wet weather in greater comfort.

To obtain the benefits of riding in a car, you think through the risks. You consider the condition of your car and the road, for instance, before deciding to make that trip to the store.

The same is true before using any medicine. Every choice to take a medicine involves thinking through the helpful effects as well as the possible unwanted effects.

Here are some specific ways to lower the risks and obtain the full benefits of medicines:

Talk With Your Doctor, Pharmacist, or Other Health Care Professionals

- Keep an up-to-date, written list of all the medicines (prescription and over-the-counter) and dietary supplements, including vitamins and herbals, that you use--even those you only use occasionally.
- Share this list with all of your health care professionals.
- Tell them about any allergies or sensitivities that you may have.
- Tell them about anything that could affect your ability to take medicines, such as difficulty swallowing or remembering to take them.
- Tell them if you are or might become pregnant, or if you are nursing a baby.
- Always ask your health care professional questions about any concerns or thoughts that you may have.

Know Your Medicines--Prescription and Over-the-Counter

- the brand and generic names
- what they look like
- how to store them properly
- when, how, and how long to use them
- how and under what conditions you should stop using them
- what to do if you miss a dose
- what they are supposed to do and when to expect results
- side effects and interactions
- whether you need any tests or monitoring
- always ask for written information to take with you.

Read the Label and Follow Directions

- Make sure you understand the directions; ask if you have questions or concerns.
- Always double-check that you have the right medicine.
- Keep medicines in their original labeled containers, whenever possible.
- Never combine different medicines in the same bottle.
- Read and follow the directions on the label and the directions from your doctor, pharmacist, or other health care professional. If you stop the medicine or want to use the medicine differently than directed, consult with your health care professional.

Avoid Interactions

- Ask whether there are interactions with any other medicines or dietary supplements (including vitamins or herbal supplements), beverages, or foods.
- Use the same pharmacy for all of your medicine needs, whenever possible.
- Before starting any new medicine or dietary supplement (including vitamins or herbal supplements), ask again whether there are possible interactions with what you are currently using.

Monitor Your Medicines' Effects--And the Effects of Other Products That You Use

- Ask whether there is anything you can do to minimize side effects, such as eating before you take a medicine to reduce stomach upset.
- Pay attention to how you are feeling; note any changes. Write down the changes so that you can remember to tell your doctor, pharmacist, or other health care professional.
- Know what to do if you experience side effects and when to notify your doctor.
- Know when you should notice an improvement and when to report back.

Weighing the Risks, Making the Choice

The benefit-risk decision is sometimes difficult to make. The best choice depends on your particular situation.

You must decide what risks you can and will accept in order to get the benefits you want. For example, if facing a **life-threatening illness**, you might choose to accept **more risk** in the hope of getting the benefits of a cure or living a longer life. On the other hand, if you are facing a minor illness, you might decide that you want to take very little risk. In many situations, the expert advice

of your doctor, pharmacist, or other health care professionals can help you make the decision.

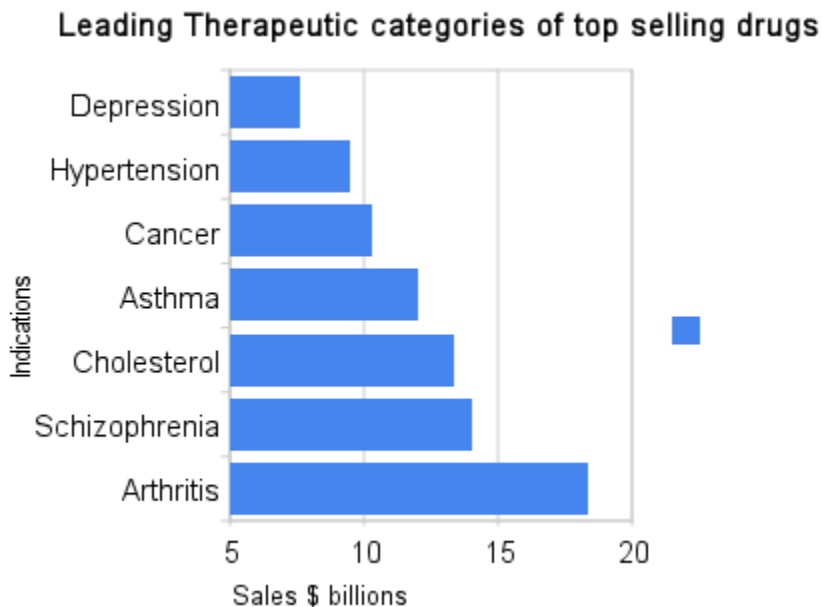
Yoga Therapists:

As yoga therapists, you will be in contact with patients & they will talk to you about the drugs that they are taking. It is necessary to have at least a little knowledge about the drugs that are widely used. It is not possible to discuss about all drugs but I have chosen the top ten selling drugs in the world that you may have heard a lot about them.

As a yoga therapist we can not encourage clients to stop taking a drug because of possible side effects. Remember that it is not your responsibility to talk clients about side effects of the medicines they are taking. Do not try to scare them by talking about whatever you have heard from public about a drug. That information is not accurate & scientific. Remember that as much as they know about the possible side effects, they will experience them more, because they are expecting them to happen!

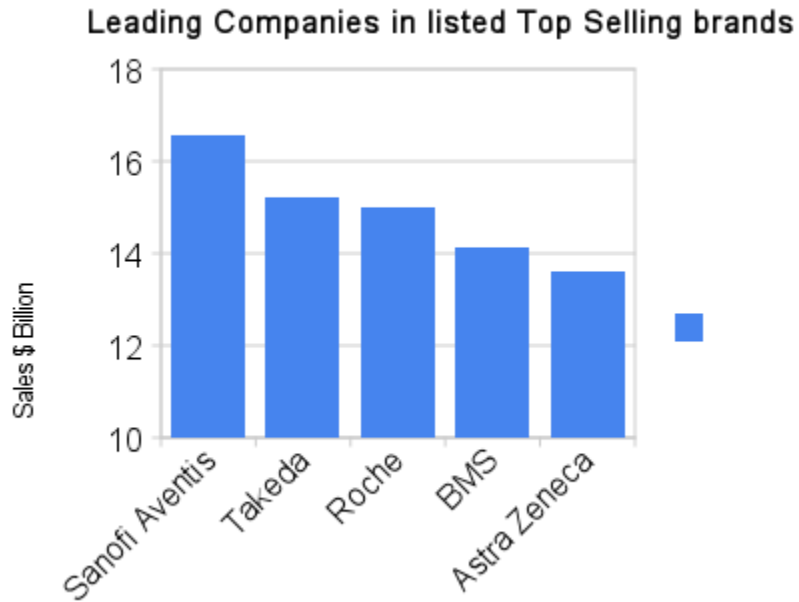
Global Pharmaceutical Market Review & World Top Ten/Twenty Drugs 2008

Top Selling Medicinal Brands by *Therapeutic Use*



The global pharmaceutical market was \$770 billion in 2008 and biotechnology drugs/biologics accounted for \$120 billion and generics for \$80 billion of the global market. The three top therapeutic categories were CNS drugs at \$118 billion, cardiovascular drugs at \$ 105 billion and Cancer drugs at \$70 billion of sales. In biologics the top three categories were monoclonal antibodies at \$33 billion, Vaccines at \$24 billion and TNF inhibitors at \$18 billion sales in 2008. Lipitor still remains the world best selling drug with projected sales of \$13.3 billion as its 12% sales decline in the USA was offset by higher international revenues and weak dollar. It was followed by Plavix and Enbrel. It is the first time that a biologic product has taken the 3rd top selling medicinal brand. Four biologics made the top ten best selling list and seven biologics made the top twenty lists in 2008.

Leading companies in top selling drugs



Top Selling Medicinal Brands 2006- 2008

NHL Non Hodgkin's Lymphoma

RA Rheumatoid Arthritis, JRA Juvenile Rheumatoid Arthritis

JIA Juvenile Idiopathic Arthritis

Ps Psoriasis

PsA Psoriatic arthritis

CD Crohn's Disease

UC Ulcerative Colitis

AS Ankylosing Spondylitis

Generic Name	Brands	Companies	Indications	Sales \$ billion		
				2006	2007	2008 A (P)
Atorvastatin	Lipitor	Pfizer, Astellas	Cholesterol	12.9	13.5	13.35 (13)
				13.6	13.5	13.65
Clopidrogel	Plavix	Bristol Myers Squibb, Sanofi Aventis	Atherosclerosis	5.55	8.2	9.4 (8.9)
				5.8	7.3	8.6
Etanercept	Enbrel	Amgen, Wyeth Takeda	RA, JRA, Ps, PsA, AS	4.4	5.2	7.66 (7.4)
				4.5	5.3	5.7
Fluticasone Salmeterol	Advair	Glaxo Smith Kline	Asthma	6.13	7.0	7.65 (7.5)
				6.3	7.1	7.7
Infliximab	Remicade	J&J, Schering Plough, Mitsubishi Tanabe	RA, UC, CD, Ps, PsA, AS	4.2	5.04	6.2 (6.5)
				3.58	4.23	4.9
Valsartan	Diovan	Novartis	Hypertension	4.22	5	5.74 (5.6)
Rituximab	Rituxan	Roche	NHL, RA	4.7	5.01	5.48(5.6)
				3.2	3.73	4.32
Esomaprazole	Nexium	Astra Zeneca	Ulcers	5.2	5.2	5.2 (5.2)
				6.7	7.2	7.8

Bevacizumab	Avastin	Roche	Colon cancer	2.4 3.93 4.82 (4.7) 1.99 2.87 4.02
Aripiprazole	Abilify	Otsuka, BMS	Schizophrenia	3.24 4.0 4.75 (4.5)
Trastuzumab	Herceptin	Roche	Breast Cancer	3.14 4.4 4.72 (4.8)
Olanzapine	Zyprexa	Lilly	Schizophrenia	4.36 4.76 4.69 (4.6) 4.77 5 5.02
Quetiapine	Seroquel	Astra Zeneca Astellas	Schizophrenia	3.42 4.03 4.64 (4.1) 3.93 4.6 5.4
Adalimumab	Humira	Abbott	RA, Ps, JIA, PsA, AS, CD	2.04 3.06 4.5 (4.4) 1.94 2.86 4.07
Ontelukast	Singulair	Merck	Asthma	3.56 4.3 4.33 (4.3) 3.83 4.46 4.63
Enoxaparin	Lovenox	Sanofi Aventis	Anticoagulant DVT	3.06 3.65 3.99 (4.0)
Venlafaxine	Effexor	Wyeth	Depression	3.7 3.7 3.90 (4.0) 3.98 4.08 4.26
Pioglitazone	Actos	Takeda	Diabetes	2.88 3.65 3.86 (4.2)

Candesartan	Atacand, Blopress	Takeda, Astra Zeneca	Hypertension	1.77 4.5	3.31 4.4	3.78 (4.0) 4.3
Escitalopram	Lexapro, Cipralex	Lundbeck, Forest	Depression	2.7	3.6	3.72 (4.0)
Glatiramer	Copaxone	Teva, Sanofi Aventis	Multiple Sclerosis	3.6	3.6	3.16 (4.0)

Top Ten Medicinal Brands Ranking in 2008 (\$ billion)

Pharmaceutical	Biologics	Sales Increase	Sales Decline
Lipitor 13.35	Enbrel 7.66	Enbrel 2.46	Protonix 2.71
Plavix 9.4	Remicade 6.2	Humira 1.5	Zyrtec 2.1
Advair 7.66	Rituxan 5.48	Remicade 1.2	Fosamax 1.49
Diovan 5.74	Avastin 4.82	Plavix 1.2	Tamiflu 1.29
Nexium 5.2	Herceptin 4.72	Avastin 0.89	Risperdal 1.26
Zyprexa 4.69	Humira 4.5	Diovan 0.74	Aranesp 1.1

Seroquel 4.64	Lovenox 3.99	Erbitux 0.7	Avandia 0.95
Abilify 4.5	Lantus 3.58	Zocyn 0.7	Pravachol 0.92
Singulair 4.33	Aranesp 3.1	Xolair 0.62	Norvasc 0.76
Effexor 3.9	Gardasil 2.8	Seroquel 0.61	Ambien 0.60

1. Lipitor

Generic Name: atorvastatin

Brand Names: *Lipitor*



Lipitor

Generic Name

atorvastatin

Strength(s)

10,20,40,80 mg

Manufacturer / Distributor

Pfizer U.S. Pharmaceuticals Group

Lipitor is a cholesterol-lowering medication that blocks the production of cholesterol (a type of fat) in the body.

Lipitor reduces low-density lipoprotein (LDL) cholesterol and total cholesterol in the blood. Lowering your cholesterol can help prevent heart disease and hardening of the arteries, conditions that can lead to heart attack, stroke, and vascular disease.

Lipitor is used to treat high cholesterol. Lipitor is also used to lower the risk of stroke, heart attack, or other heart complications in people with coronary heart disease or type II diabetes.

Lipitor may also be used for other purposes not listed in this medication guide.

Important information about Lipitor

In rare cases, Lipitor can cause a condition that result in the breakdown of skeletal muscle tissue. This condition can lead to kidney failure. Call your doctor at once if you have unexplained muscle pain or tenderness, muscle weakness, fever or flu symptoms, and dark colored urine.

This medication can cause birth defects in an unborn baby. Do not use if you are pregnant. Use an effective form of birth control, and tell your doctor if you become pregnant during treatment. Do not take Lipitor if you are pregnant or breast-feeding, or if you have liver disease.

Before taking Lipitor, tell your doctor if you have diabetes, underactive thyroid, kidney disease, a muscle disorder, or a history of liver disease.

Avoid eating foods that are high in fat or cholesterol. Lipitor will not be as effective in lowering your cholesterol if you do not follow a cholesterol-lowering diet plan.

Avoid drinking alcohol while taking Lipitor. Alcohol can raise triglyceride levels, and may also damage your liver while you are taking Lipitor.

There may be other drugs that can interact with Lipitor. Tell your doctor about all the prescription and over-the-counter medications you use. This includes vitamins, minerals, herbal products, and drugs prescribed by other doctors. Do not start using a new medication without telling your doctor.

Before taking Lipitor

Do not use this medication if you are allergic to atorvastatin, if you are pregnant or breast-feeding, or if you have liver disease.

Before taking Lipitor, tell your doctor if you are allergic to any drugs, or if you have:

- diabetes;
- underactive thyroid;
- kidney disease;
- a history of liver disease; or
- a muscle disorder.

If you have any of these conditions, you may need a dose adjustment or special tests to safely take Lipitor.

FDA pregnancy category X. This medication can cause birth defects. Do not use Lipitor if you are pregnant. Tell your doctor right away if you become pregnant during treatment. Use an effective form of birth control while you are using this medication. It is not known whether atorvastatin passes into breast milk or if it could harm a nursing baby. Do not take Lipitor without telling your doctor if you are breast-feeding a baby. Lipitor is not for use in children younger than 10 years of age.

Caution:

Avoid eating foods that are high in fat or cholesterol. Lipitor will not be as effective in lowering your cholesterol if you do not follow a cholesterol-lowering diet plan.

Avoid drinking alcohol while taking Lipitor. Alcohol can raise triglyceride levels, and may also damage your liver while you are taking Lipitor.

Grapefruit and grapefruit juice may interact with Lipitor and lead to potentially dangerous effects.

Lipitor side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Stop using Lipitor and call your doctor at once if you have any of these serious side effects:

- muscle pain, tenderness, or weakness with fever or flu symptoms; or
- nausea, stomach pain, low fever, loss of appetite, dark urine, clay-colored stools, jaundice (yellowing of the skin or eyes).

Less serious Lipitor side effects may include:

- mild nausea or stomach pain, stomach upset, heartburn;
- constipation, bloating, gas;
- stuffy nose;
- itching, skin rash; or
- headache

Chakras Affecting:

Manipura, 3rd Chakra

Ajna, 6th Chakra

2. Plavix

Generic Name: clopidogrel

Brand Names: *Plavix*



Plavix

Generic Name

clopidogrel

Strength(s)

75,300 mg

Manufacturer / Distributor

Bristol-Myers Squibb

Plavix keeps the platelets in your blood from coagulating (clotting) to prevent unwanted blood clots that can occur with certain heart or blood vessel conditions.

Plavix is used to prevent blood clots after a recent heart attack or stroke, and in people with certain disorders of the heart or blood vessels.

Plavix may also be used for other purposes not listed in this medication guide.

Important information about Plavix

Plavix keeps your blood from coagulating (clotting) to prevent unwanted blood clots that can occur with certain heart or blood vessel conditions. Because of this drug action, Plavix can make it easier for you to bleed, even from a minor injury. Contact your doctor or seek emergency medical attention if you have bleeding that will not stop.

You may also have bleeding on the inside of your body, such as in your stomach or intestines. Call your doctor at once if you have black or bloody stools, or if you cough up blood or vomit that looks like coffee grounds. These could be signs of bleeding in your digestive tract. Avoid drinking alcohol while taking Plavix. Alcohol may increase your risk of bleeding in your stomach or intestines.

If you need to have any type of surgery or dental work, tell the surgeon or dentist ahead of time that you are using Plavix. You may need to stop using the medicine for at least 5 days before having surgery, to prevent excessive bleeding.

While you are taking Plavix, do not take aspirin or other NSAIDs (non-steroidal anti-inflammatory drugs) without your doctor's advice. NSAIDs include ibuprofen (Motrin, Advil), naproxen (Aleve, Naprosyn), diclofenac (Voltaren), diflunisal (Dolobid), etodolac (Lodine), flurbiprofen (Ansaid), indomethacin (Indocin), ketoprofen (Orudis), ketorolac (Toradol), mefenamic acid (Ponstel), meloxicam (Mobic), nabumetone (Relafen), piroxicam (Feldene), and others.

Caution:

Do not use Plavix if you are allergic to clopidogrel, or if you have any active bleeding such as a stomach ulcer or bleeding in the brain (such as from a head injury).

Before taking Plavix, tell your doctor if you are allergic to any drugs, or if you have:

- a bleeding or blood clotting disorder, such as hemophilia;
- a history of stroke, including TIA ("mini-stroke");
- a stomach ulcer or ulcerative colitis;
- liver disease; or
- kidney disease.

If you have any of these conditions, you may need a dose adjustment or special tests to safely take Plavix.

FDA pregnancy category B. This medication is not expected to be harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether Plavix passes into breast milk or if it could harm a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby.

While you are taking Plavix, do not take aspirin or other NSAIDs (non-steroidal anti-inflammatory drugs) without your doctor's advice. NSAIDs include ibuprofen (Motrin, Advil), naproxen (Aleve, Naprosyn), diclofenac (Voltaren), diflunisal (Dolobid), etodolac (Lodine), flurbiprofen (Ansaid), indomethacin (Indocin), ketoprofen (Orudis), ketorolac (Toradol), mefenamic acid (Ponstel), meloxicam (Mobic), nabumetone (Relafen), piroxicam (Feldene), and others.

Avoid sports or activities that could result in a bruising or bleeding injury. Use extra caution to avoid cuts when brushing your teeth or shaving.

Avoid drinking alcohol while taking Plavix. Alcohol may increase your risk of bleeding in your stomach or intestines.

Plavix side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Stop using Plavix and call your doctor at once if you have any of these serious side effects:

- nosebleed or other bleeding that will not stop;
- black, bloody, or tarry stools;
- coughing up blood or vomit that looks like coffee grounds;
- chest pain or heavy feeling, pain spreading to the arm or shoulder, nausea, sweating, general ill feeling;
- sudden numbness or weakness, especially on one side of the body;
- sudden headache, confusion, problems with vision, speech, or balance; or
- pale skin, easy bruising or bleeding, weakness, fever, and urinating more or less than usual.

Less serious Plavix side effects may include:

- stomach pain;
- runny or stuffy nose, cough, sore throat; or
- mild headache or dizziness.

Chakras Affecting:

Anahata, 4th Chakra

Ajna, 6th Chakra

Manipura, 3rd Chakra

3. Enbrel

Generic Name: etanercept

Brand Names: *Enbrel*, *Enbrel SureClick*

Prefilled syringes



Enbrel works by decreasing a certain protein produced by the immune system. The immune system helps the body fight infections. In people with autoimmune disorders, the immune system mistakes the body's own cells for invaders and attacks them, in more scientific words:

ENBREL is a type of protein called a tumor necrosis factor (TNF) blocker that blocks the action of a substance your body makes called TNF. Tumor necrosis factor is made by your body's immune system. People with immune diseases such as rheumatoid arthritis, juvenile idiopathic arthritis, ankylosing spondylitis, psoriatic arthritis, and plaque psoriasis have too much TNF in their bodies.

Enbrel is used to treat the symptoms of rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, and to prevent joint damage caused by these conditions. Enbrel is also used to treat plaque psoriasis in adults and polyarticular juvenile idiopathic arthritis in children who are at least 2 years old.

Enbrel is not a cure for any autoimmune disorder and will only treat the symptoms of your condition.

Before using Enbrel

You should not use Enbrel if you are allergic to etanercept, or if you have a severe infection such as sepsis (infection of the blood).

Before using Enbrel, tell your doctor if you have ever had tuberculosis, if anyone in your household has tuberculosis, or if you have recently traveled to an area where tuberculosis is common.

If you have any of these other conditions, you may need a dose adjustment or special tests to safely use Enbrel:

- a weak immune system;
- any type of infection including a skin infection or open sores;
- diabetes;
- congestive heart failure;
- a nerve disorder such as multiple sclerosis, myelitis, or optic neuritis;
- epilepsy or other seizure disorder;
- asthma or other breathing disorder;
- if you have ever had hepatitis B;
- if you are allergic to latex rubber;
- if you have recently been vaccinated with BCG (Bacille Calmette-Guerin); or
- if you are scheduled to receive any vaccines.

FDA pregnancy category B. Enbrel is not expected to be harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether etanercept passes into breast milk or if it could harm a nursing baby. Do not use Enbrel without telling your doctor if you are breast-feeding a baby. Children using this medication should be current on all childhood immunizations before starting treatment with Enbrel.

Using Enbrel may increase your risk of developing certain types of cancer such as lymphoma (cancer of the lymph nodes). This risk may be greater in children and young adults. Talk to your doctor about your specific risk.

Do not receive a "live" vaccine while you are being treated with Enbrel, and avoid coming into contact with anyone who has recently received a live vaccine. There is a chance that the virus could be passed on to you.

Avoid being near people who are sick or have infections. Call your doctor for preventive treatment if you are exposed to chicken pox

Enbrel side effects

Get emergency medical help if you have any of these signs of an allergic reaction to Enbrel: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Serious and sometimes fatal infections may occur during treatment with Enbrel. Stop using this medicine and call your doctor right away if you have signs of infection such as:

- fever, sweating, chills, tired feeling;
- feeling short of breath;
- cough, sore throat; or
- flu symptoms, weight loss.

Call your doctor at once if you have any of these other serious side effects:

- shortness of breath with swelling, rapid weight gain;
- chest pain, ongoing cough, coughing up blood;
- easy bruising or bleeding, pale skin, unusual weakness;
- signs of skin infection such as itching, swelling, warmth, redness, or oozing;
- black, bloody, or tarry stools;
- changes in mood or personality (in children);
- numbness, burning, pain, or tingly feeling;
- joint pain or swelling with fever, swollen glands, muscle aches, chest pain, unusual thoughts or behavior, and/or seizure (convulsions); or
- patchy skin color, red spots, or a butterfly-shaped skin rash over your cheeks and nose (worsens in sunlight).

Less serious Enbrel side effects may include:

- nausea, vomiting, diarrhea, stomach pain;
- runny or stuffy nose, cold symptoms; or
- headache.

Chakras Affecting:

Anahata, 4th Chakra

Manipura, 3rd Chakra

Ajna, 6th Chakra

4. Advair

Generic Name: fluticasone and salmeterol (inhalation)

Brand Names: *Advair Diskus, Advair HFA*

ADVAIR® HFA 45/21

(fluticasone propionate 45 mcg and salmeterol 21 mcg*) Inhalation Aerosol

ADVAIR® HFA 115/21

(fluticasone propionate 115 mcg and salmeterol 21 mcg*) Inhalation Aerosol

ADVAIR® HFA 230/21

(fluticasone propionate 230 mcg and salmeterol 21 mcg*) Inhalation Aerosol



Advair contains fluticasone and salmeterol. Fluticasone is a steroid. Advair prevents the release of substances in the body that cause inflammation. Salmeterol is a bronchodilator. It works by relaxing muscles in the airways to improve breathing.

Advair is used to prevent asthma attacks. It is also used to prevent flare-ups or worsening of chronic obstructive pulmonary disease (COPD) associated with chronic bronchitis and/or emphysema.

Advair may also be used for other purposes not listed in this medication guide.

Before using Advair

Do not use Advair if you are allergic to fluticasone (Flonase, Flovent), salmeterol (Serevent), or milk proteins, or if you are having an asthma attack or severe COPD symptoms. Salmeterol has been shown to increase the risk of asthma-related death. It is critical that you use only the prescribed dose of this medicine and follow all patient instructions for safe use of the medication.

If you have any of these other conditions, you may need a dose adjustment or special tests to safely use Advair:

- a food or drug allergy;
- heart disease or high blood pressure;
- epilepsy or other seizure disorder;
- an infection of any kind;
- a weak immune system;
- diabetes;
- glaucoma;
- tuberculosis;
- osteoporosis;
- a thyroid disorder; or
- liver disease.

FDA pregnancy category C. It is not known whether Advair is harmful to an unborn baby. Before using this medication, tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether fluticasone and salmeterol passes into breast milk or if it could harm a nursing baby. Do not use Advair without telling your doctor if you are breast-feeding a baby.

Advair can affect growth in children. Talk with your doctor if you think your child is not growing at a normal rate while using this medication.

Long-term use of steroids may lead to bone loss (osteoporosis), especially if you smoke, if you do not exercise, if you do not get enough vitamin D or calcium in your diet, or if you have a family history of osteoporosis.

Caution:

Do not use a second form of salmeterol (such as Serevent) or use a similar inhaled bronchodilator such as formoterol (Foradil) unless your doctor has told you to.

Advair can lower the blood cells that help your body fight infections. Avoid being near people who are sick or have infections. Call your doctor for preventive treatment if you are exposed to chicken pox or measles. These conditions can be serious or even fatal in people who are using steroid medicines.

Advair side effects

Get emergency medical help if you have any of these signs of an allergic reaction to Advair: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Call your doctor at once if you have any of these serious side effects:

- bronchospasm (wheezing, chest tightness, trouble breathing);
- fast or uneven heart beats, restless feeling, tremor;
- fever, chills, stabbing chest pain, cough with yellow or green mucus;
- blurred vision, eye pain, or seeing halos around lights;
- white patches or sores inside your mouth or on your lips; or
- worsening asthma symptoms.

Less serious Advair side effects include:

- headache, dizziness;
- nausea, vomiting, diarrhea;
- dry mouth, nose, or throat;
- stuffy nose, sinus pain, cough, sore throat; or
- hoarseness or deepened voice.

Chakras Affecting:

Anahata, 4th Chakra

Ajna, 6th Chakra

Manipura, 3rd Chakra

Vishudha, 5th Chakra

5. Remicade:

Generic Name: infliximab

Brand Names: *Remicade*



Remicade reduces the effects of a substance in the body that can cause inflammation.

Remicade is used to treat rheumatoid arthritis, psoriatic arthritis, ulcerative colitis, Crohn's disease, and ankylosing spondylitis. It is also used to treat severe or disabling plaque psoriasis (raised, silvery flaking of the skin).

Infliximab is often used when other medicines have not been effective.

Remicade may also be used for other purposes not listed in this medication guide.

Before you start treatment with Remicade, your doctor may perform tests to make sure you do not have tuberculosis or other infections.

Serious and sometimes fatal infections may occur during treatment with Remicade. Contact your doctor right away if you have signs of infection such as: fever, cough, sweating, tired feeling, or if you feel short of breath.

Some infections are more likely to occur in certain areas of the world. Tell your doctor where you live and where you have recently traveled or plan to travel to during treatment.

Remicade can lower the blood cells that help your body fight infections. This can make it easier for you to bleed from an injury or get sick from being around others who are ill. To be sure your blood cells do not get too low, your blood will need to be tested on a regular basis. It is important that you not miss any scheduled visits to your doctor.

Do not receive a "live" vaccine while you are being treated with Remicade.

Using Remicade may increase your risk of developing certain types of cancer such as lymphoma (cancer of the lymph nodes) or autoimmune disorders (such as a lupus-like syndrome). This risk may be greater in children and young adults. Talk to your doctor about your specific risk.

Before you start treatment with Remicade, your doctor may perform tests to make sure you do not have tuberculosis or other infections.

Serious and sometimes fatal infections may occur during treatment with Remicade. Contact your doctor right away if you have signs of infection such as: fever, cough, sweating, tired feeling, or if you feel short of breath.

Some infections are more likely to occur in certain areas of the world. Tell your doctor where you live and where you have recently traveled or plan to travel to during treatment.

Remicade can lower the blood cells that help your body fight infections. This can make it easier for you to bleed from an injury or get sick from being around others who are ill. To be sure your blood cells do not get too low, your blood will need to be tested on a regular basis. It is important that you not miss any scheduled visits to your doctor.

Do not receive a "live" vaccine while you are being treated with Remicade.

Using Remicade may increase your risk of developing certain types of cancer such as lymphoma (cancer of the lymph nodes) or autoimmune disorders (such as a lupus-like syndrome). This risk may be greater in children and young adults. Talk to your doctor about your specific risk.

You should not use Remicade if you are allergic to infliximab, if you have severe heart failure, or if you are also being treated with anakinra (Kineret).

Before using Remicade, tell your doctor if you have ever had tuberculosis, if anyone in your household has tuberculosis, or if you have recently traveled to an area where tuberculosis is common.

If you have certain conditions, you may need a dose adjustment or special tests to safely use this medication. Before using Remicade, tell your doctor if you have:

- an active or recent infection;
- open sores or skin wounds;
- hepatitis B;
- congestive heart failure;
- epilepsy or other seizure disorder;
- chronic obstructive pulmonary disease (COPD);
- a history of cancer;
- a disease that affects the nerves or muscles, such as multiple sclerosis, myasthenia gravis, Guillain-Barre syndrome;
- if you have recently been vaccinated with BCG (Bacille Calmette-Guerin); or
- if you are scheduled to receive any vaccines.

FDA pregnancy category B. Remicade is not expected to be harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not

known whether infliximab passes into breast milk. Do not use Remicade without first talking to your doctor if you are breast-feeding a baby. Remicade is not for use in children younger than 6 years old.

Treatment with Remicade may increase your risk of certain types of cancer, such as breast, colon, skin cancer, or lymphoma (cancer of the lymph nodes). This risk may be greater in children and young adults. You may also develop an autoimmune disorder (such as a lupus-like syndrome). Talk with your doctor about your specific risk.

Avoid contact with people who have colds, the flu, or other contagious illnesses. Contact your doctor immediately if you develop signs of infection.

Do not receive a "live" vaccine while you are being treated with Remicade.

Remicade side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Serious and sometimes fatal infections may occur during treatment with Remicade. Stop using Remicade and call your doctor right away if you have signs of infection such as:

- fever, sweating, chills, tired feeling;
- feeling short of breath;
- cough, sore throat;
- flu symptoms, weight loss.

Call your doctor at once if you have any of these other serious side effects:

- chest pain, ongoing cough, coughing up blood;
- shortness of breath with swelling of your ankles or feet;
- numbness or tingling;
- weak feeling in your arms or legs;
- problems with vision;
- seizure (convulsions);
- pain or burning when you urinate;
- easy bruising or bleeding, pale skin, unusual weakness;
- red, purple, or scaly skin rash, hair loss, joint or muscle pain, mouth sores; or
- nausea, stomach pain, low fever, loss of appetite, dark urine, clay-colored stools, jaundice (yellowing of the skin or eyes).

Less serious Remicade side effects may include:

- stuffy nose, sinus pain;
- mild stomach pain;
- mild skin rash; or
- headache

Chakras Affecting:

Anahata, 4th Chakra

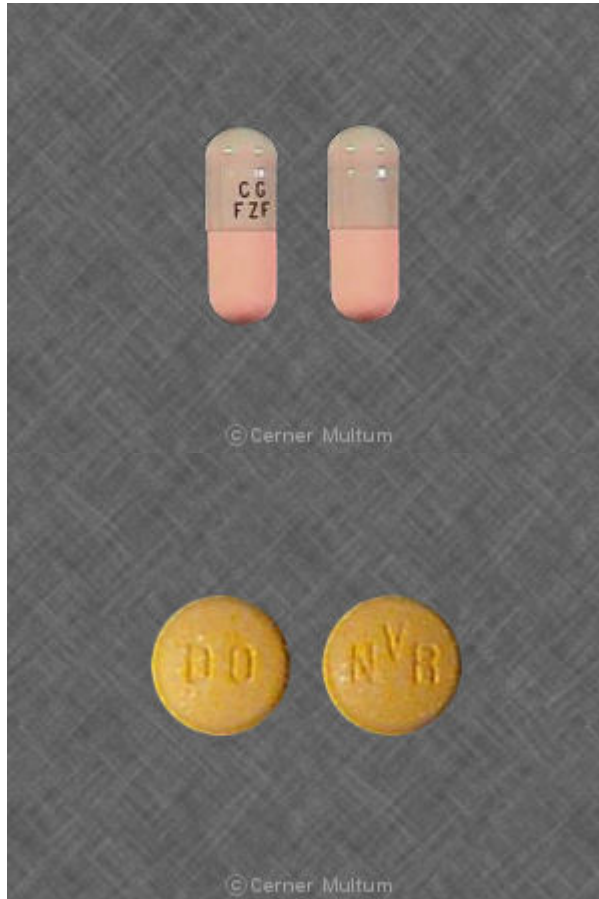
Ajna, 6th Chakra

Manipura, 3rd Chakra

6. Diovan

Generic Name: valsartan

Brand Names: *Diovan*



Diovan

Generic Name

valsartan

Strength(s)

80,160,320 mg

Manufacturer / Distributor

Novartis Pharmaceuticals

Diovan

Generic Name

valsartan

Strength(s)

40,80,160,320 mg

Manufacturer / Distributor

Novartis Pharmaceuticals

Diovan is in a group of drugs called angiotensin II receptor antagonists. It keeps blood vessels from narrowing, which lowers blood pressure and improves blood flow.

Diovan is used to treat high blood pressure (hypertension) or heart failure. It is also used to reduce the risk of death after a heart attack.

Diovan may also be used for other purposes not listed in this medication guide.

Do not use Diovan without telling your doctor if you are pregnant. Diovan may cause injury and even death to the unborn baby if you take it during the second and third trimesters of pregnancy. Use an effective form of birth control. Stop using Diovan and

tell your doctor right away if you become pregnant during treatment. You should not use this medication if you are allergic to valsartan. Avoid drinking alcohol. It can lower your blood pressure and may increase some of the side effects of Diovan. Do not use potassium supplements or salt substitutes while you are taking Diovan, unless your doctor has told you to.

To be sure Diovan is helping your condition, your blood pressure will need to be checked on a regular basis. Do not miss any scheduled appointments.

Keep using this medication even if you feel fine. High blood pressure often has no symptoms.

In rare cases, Diovan can cause a condition that results in the breakdown of skeletal muscle tissue, leading to kidney failure. Call your doctor right away if you have muscle pain, tenderness, or weakness especially if you also have fever, nausea or vomiting, and dark colored urine

Before taking Diovan

You should not use Diovan if you are allergic to valsartan.

Before using Diovan, tell your doctor if you are allergic to any drugs, or if you have:

- kidney disease;
- liver disease;
- congestive heart failure; or
- if you are dehydrated.

If you have any of these conditions, you may need a dose adjustment or special tests to safely take this medication.

FDA pregnancy category D. Diovan can cause harm to an unborn baby. Diovan may cause injury and even death to the unborn baby if you take it during the second and third trimesters of pregnancy. Do not use Diovan without your doctor's consent if you are pregnant. Use an effective form of birth control. Stop using this medication and tell your doctor right away if you become pregnant during treatment. It is not known whether Diovan passes into breast milk or if it could harm a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby.

Diovan side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. In rare cases, Diovan can cause a condition that results in the breakdown of skeletal muscle tissue, leading to

kidney failure. Call your doctor right away if you have muscle pain, tenderness, or weakness especially if you also have fever, nausea or vomiting, and dark colored urine.

Call your doctor at once if you have any other serious side effects such as:

- feeling like you might pass out;
- chest pain, fast or pounding heartbeats;
- numbness or tingly feeling; or
- swelling, weight gain.

Less serious Diovan side effects may include:

- runny or stuffy nose, sore throat, cough;
- back pain;
- diarrhea, constipation;
- dry mouth, stomach pain, loss of appetite;
- mild itching, skin rash;
- sleep problems (insomnia);
- headache, dizziness, anxiety;
- tired feeling;
- weakness; or
- impotence, loss of interest in sex, or trouble having an orgasm.

Chakras Affecting:

Anahata, 4th Chakra

Ajna, 6th Chakra

Manipura, 3rd Chakra

Svadhistana, 2nd Chakra

7. Rituxan

Generic Name: rituximab

Brand Names: *Rituxan*



Rituxan (rituximab) is a cancer medication that interferes with the growth of cancer cells and slows their growth and spread in the body. (It is a chimeric monoclonal antibody against the protein CD20, which is primarily found on the surface of B cells.)

Rituxan is used in combination with other cancer medicines to treat non-Hodgkin's lymphoma. It is also used in combination with another drug called methotrexate to treat symptoms of adult rheumatoid arthritis.

Rituxan may also be used for purposes other than those listed here.

Before receiving Rituxan

Do not receive Rituxan if you have ever had a severe allergic reaction to rituximab, or if you are allergic to mouse protein.

Before receiving Rituxan, tell your doctor if you are allergic to any drugs, or if you have:

- liver disease or hepatitis B (or if you are a carrier of hepatitis B);
- kidney disease;
- systemic lupus erythematosus (SLE);
- lung disease or a breathing disorder;
- a history of heart disease, angina (chest pain), or heart rhythm disorder; or
- a recent or active infection, including herpes, shingles, cytomegalovirus, or any infection that keeps coming back or does not clear up.

If you have any of these conditions, you may not be able to use Rituxan, or you may need a dosage adjustment or special tests during treatment.

FDA pregnancy category C. It is not known whether Rituxan is harmful to an unborn baby. Before you receive this medication, tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether rituximab passes into breast

milk or if it could harm a nursing baby. Do not take Rituxan without telling your doctor if you are breast feeding a baby.

Older adults may be more likely to have side effects from Rituxan, causing breathing difficulty or heart rhythm problems.

Rituxan side effects

Some people receiving a Rituxan injection have had a reaction to the infusion (when the medicine is injected into the vein). Tell your caregiver right away if you feel dizzy, weak, nauseated, light-headed, itchy, or if you have a fever, chills, muscle pain, sneezing, sore throat, trouble breathing, or pain in your chest or shoulders. Infusion reactions often occur within the first 24 hours after the start of your Rituxan infusion.

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Rituxan increases the risk of a serious viral infection of the brain that can lead to disability or death. This risk is higher if you have a weak immune system or are receiving certain medicines. Call your doctor right away if you have symptoms such as change in your mental state, problems with speech or walking, or decreased vision. These symptoms may start gradually and get worse quickly.

Call your doctor at once if you have any of these serious side effects, even if they occur several months after you receive Rituxan, or after your treatment ends.

- sudden numbness or weakness, especially on one side of the body;
- confusion, dizziness, loss of balance, blurred vision, and problems with speech or walking; or
- chest pain or heavy feeling, pain spreading to the arm or shoulder, nausea, sweating, general ill feeling;
- uneven heartbeats, wheezing or trouble breathing;
- urinating more or less than usual;
- fever, chills, cough, body aches, flu symptoms;
- easy bruising or bleeding;
- a red, raised, blistering, scaly, itchy, or peeling skin rash;
- severe constipation or stomach pain;

- black, bloody, or tarry stools; or
- nausea, stomach pain, low fever, loss of appetite, dark urine, clay-colored stools, jaundice (yellowing of the skin or eyes).

Less serious Rituxan side effects may include:

- pain where the IV needle is placed;
- headache, back pain;
- mild stomach pain, nausea, or diarrhea;
- swelling in your hands or feet;
- muscle or joint pain;
- runny or stuffy nose; or
- night sweats.

Chakras Affecting:

Anahata, 4th Chakra

Ajna, 6th Chakra

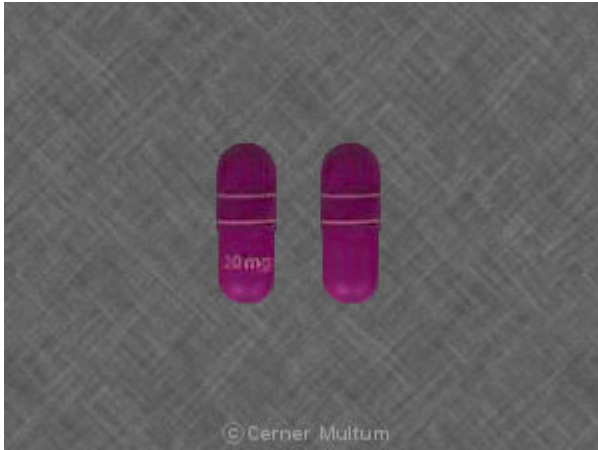
Manipura, 3rd Chakra

Muladhara, 1st Chakra

8. Nexium

Generic Name: esomeprazole

Brand Names: *Nexium*



Nexium

Generic Name

esomeprazole

Strength(s)

20, 40 mg

Manufacturer / Distributor

Astra-Zeneca Pharmaceuticals

AstraZeneca

Nexium decreases the amount of acid produced in the stomach.

Nexium is used to treat symptoms of gastroesophageal reflux disease (GERD) and other conditions involving excessive stomach acid such as Zollinger-Ellison syndrome. It is also used to promote healing of erosive esophagitis (damage to your esophagus caused by stomach acid).

Nexium may also be given to prevent gastric ulcer caused by infection with helicobacter pylori (*H. pylori*), or by the use of nonsteroidal anti-inflammatory drugs (NSAIDs).

Nexium may also be used for purposes other than those listed in this medication guide.

Before taking Nexium

Do not use Nexium if you are allergic to esomeprazole or to any other benzimidazole medication such as albendazole (Albenza), or mebendazole (Vermox). Before taking Nexium, tell your doctor if you have ever had liver disease or any type of heart disease. You may need a dose adjustment or special tests during treatment.

Some conditions are treated with a combination of Nexium and antibiotics. To best treat your condition, use all of your medications as directed by your doctor. Be sure to read the

medication guide or patient instructions provided with each of your medications. Do not change your doses or medication schedule without advice from your doctor.

FDA pregnancy category B. This medication is not expected to be harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether Nexium passes into breast milk or if it could harm a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby.

Nexium side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Other less serious Nexium side effects are more likely to occur, such as:

- headache;
- diarrhea;
- nausea, stomach pain, gas, constipation; or
- dry mouth.

Chakras Affecting:

Vishhudha, 5th Chakra

Ajna, 6th Chakra

Manipura, 3rd Chakra

9. Avastin

Generic Name: bevacizumab

Brand Names: *Avastin*



Avastin is a cancer medicine that interferes with the growth of cancer cells by blocking the formation and growth of new blood vessels in the tumor which slows their growth.

Avastin is used to treat a certain type of brain tumor as well as cancers of the kidney, colon, rectum, lung, or breast. It is usually given as part of a combination of cancer medicines.

Avastin may also be used for purposes other than those listed here.

Before using Avastin

Treatment with Avastin may cause you to have problems with wound healing, which could result in bleeding or infection. Before receiving Avastin, tell your doctor if you have had any type of surgery within the past 4 weeks. You may need to wait until your incision is completely healed before you are treated with Avastin.

If you have certain conditions, you may need a dose adjustment or special tests to safely use Avastin. Before this medicine, tell your doctor if you have:

- liver disease;
- kidney disease;
- heart disease or high blood pressure;
- a history of stroke or blood clots;
- if you have an open wound; or

- if you are receiving chemotherapy or medications to prevent anemia (lack of red blood cells).

If you have any of these conditions, you may not be able to use Avastin, or you may need a dosage adjustment or special tests during treatment.

FDA pregnancy category C. It is not known whether Avastin is harmful to an unborn baby. Before receiving this medication, tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether bevacizumab passes into breast milk or if it could harm a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby. Older adults may be more likely to have side effects from Avastin.

Avastin can affect a woman's fertility (ability to have children). Talk to your doctor about your specific risks.

Avastin side effects

Avastin can cause a rare but serious neurologic disorder affecting the brain. Symptoms include headache, confusion, vision problems, feeling light-headed, fainting, and seizure (blackout or convulsions). These rare symptoms may occur within hours of your first dose of Avastin, or they may not appear for up to a year after your treatment started. Call your doctor at once if you have any of these side effects.

Some people receiving a Avastin injection have had a reaction to the infusion (when the medicine is injected into the vein). Tell your caregiver right away if you feel dizzy, nauseated, light-headed, sweaty, itchy, or have a fast heartbeat, chills, wheezing, or chest pain during the injection.

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Call your doctor at once if you have any of these serious side effects:

- stomach pain with vomiting or constipation;
- black, bloody, or tarry stools;
- vomit that looks like blood or coffee grounds;
- sudden numbness or weakness, especially on one side of the body;
- sudden headache, confusion, problems with vision, speech, or balance;
- chest pain or heavy feeling, pain spreading to the arm or shoulder, nausea, sweating, general ill feeling;
- increased blood pressure (severe headache, blurred vision, trouble concentrating, chest pain, numbness, seizure);
- feeling short of breath, even with mild exertion;
- swelling or rapid weight gain;
- feeling like you might pass out;
- urinating less than usual or not at all;

- fever, chills, body aches, flu symptoms;
- unusual bleeding such as nosebleeds, bleeding gums, or any bleeding that will not stop; or
- white patches or sores inside your mouth or on your lips.

Less serious Avastin side effects may include:

- diarrhea, stomach pain, loss of appetite;
- dry mouth, increased thirst;
- dizziness; or
- hair loss.

Chakras Affecting:

Manipura, 3rd Chakra

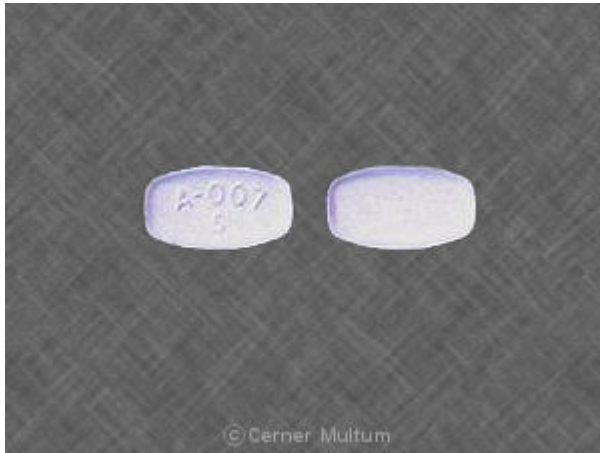
Ajna, 6th Chakra

Anahata, 4th Chakra

10. Abilify

Generic Name: aripiprazole

Brand Names: *Abilify*, *Abilify Discmelt*



Abilify

Generic Name

aripiprazole

Strength(s)

2,5,10,15,20,30 mg

Manufacturer / Distributor

Bristol-Myers Squibb B/M Squibb/Otsuka

Abilify (aripiprazole) is an antipsychotic medication. It works by changing the actions of chemicals in the brain.

Abilify is used to treat the symptoms of psychotic conditions such as schizophrenia and bipolar disorder (manic depression). It is also used together with other medications to treat major depressive disorder in adults.

Abilify may also be used for other purposes not listed in this medication guide.

Before taking Abilify

Abilify is not for use in psychotic conditions that are related to dementia. Abilify may cause heart failure, sudden death, or pneumonia in older adults with dementia-related conditions.

Before taking Abilify, tell your doctor if you have:

- liver or kidney disease;
- heart disease, high blood pressure, heart rhythm problems;
- a history of heart attack or stroke;

- a history of breast cancer;
- seizures or epilepsy;
- a personal or family history of diabetes; or
- trouble swallowing.

If you have any of these conditions, you may need a dose adjustment or special tests to safely take this medication.

The liquid form (oral solution) of this medication may contain up to 15 grams of sugar per dose. Before taking Abilify oral solution, tell your doctor if you have diabetes. The orally disintegrating tablet form of this medication may contain over 3 milligrams of

phenylalanine per tablet. Before taking Abilify Discmelt, tell your doctor if you have phenylketonuria.

Abilify may cause you to have high blood sugar (hyperglycemia). Talk to your doctor if you have any signs of hyperglycemia such as increased thirst or urination, excessive hunger, or weakness. If you are diabetic, check your blood sugar levels on a regular basis while you are taking Abilify.

FDA pregnancy category C. It is not known whether Abilify is harmful to an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment. Abilify can pass into breast milk and may harm a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby.

What other drugs will affect Abilify?

Before you take Abilify, tell your doctor if you regularly use other medicines that make you sleepy (such as cold or allergy medicine, narcotic pain medicine, sleeping pills, muscle relaxers, and medicine for seizures, depression, or anxiety). They can add to sleepiness caused by Abilify.

Also tell your doctor if you are taking any of the following medicines:

Before taking Abilify, tell your doctor if you are taking any of the following medicines:

- a medication to treat high blood pressure or a heart condition;
- carbamazepine (Tegretol), phenobarbital (Luminal, Solfoton), or phenytoin (Dilantin);
- rifabutin (Mycobutin) or rifampin (Rifadin, Rimactane, Rifater);
- ketoconazole (Nizoral), itraconazole (Sporanox);
- quinidine (Cardioquin, Quinaglute); or
- fluoxetine (Prozac), fluvoxamine (Luvox), or paroxetine (Paxil).

This list is not complete and there may be other drugs that can interact with Abilify. Tell your doctor about all the prescription and over-the-counter medications you use. This

includes vitamins, minerals, herbal products, and drugs prescribed by other doctors. Do not start using a new medication without telling your doctor.

Abilify side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Stop using Abilify and call your doctor at once if you have any of these serious side effects:

- fever, stiff muscles, confusion, sweating, fast or uneven heartbeats;
- jerky muscle movements you cannot control;
- sudden numbness or weakness, headache, confusion, or problems with vision, speech, or balance;
- increased thirst or urination, loss of appetite, fruity breath odor, drowsiness, dry skin, nausea, and vomiting
- seizure (convulsions);
- thoughts of hurting yourself;
- feeling like you might pass out;
- jaundice (yellowing of your skin or eyes); or
- urinating less than usual or not at all.

Less serious Abilify side effects may include:

- choking or trouble swallowing;
- dizziness, drowsiness, or weakness;
- constipation, mild stomach upset;
- headache, anxiety;
- sleep problems (insomnia); or
- weight gain.

Chakras Affecting:

Manipura, 3rd Chakra

Ajna, 6th Chakra

Sahasrara, 7th Chakra

Chakras

Chakras are energy centers of the body that govern our spiritual, psychological and physiological functions. This Sanskrit term means wheel or disk. Thus the chakras are wheels in our bodies that radiate energy in a circular motion through the vital centers of the spine. Most yoga schools identify seven major chakras located either along, or just in front of the spine following the central Sushumna nadi. The seven chakras start from the base of the spine and finish at the top of the head.

The chakras vitalize the body, sending the prana (life energy) flowing between them. Balancing the chakras leads to a feeling of well being. Once all these channels are opened and balanced, the Kundalini Shakti (dormant cosmic energy) which is said to reside at the base of the spine rises upwards piercing the knots or blocks along the way. When this central channel is opened and energy flows freely through the body, both your mental and physical faculties become balanced and the mind is calm. The blockage or hyper activity in any of the chakras is believed to lead to disorders of the mind and the body. Thus good health and well being is achieved by a balance and opening of all these centers.



1st Chakra: Muladhara (Root)

TO HAVE

Location: Base of spine, coccyx

Color: Red

Endocrine: Renal (elimination)

Function: Physical survival, instincts

Underactive: Fear of death, fear of change, stress, insecurity, lack of groundedness, need to shop or hoard to feel safe

Overactive: Feelings of aggression, impulsive and reckless actions

Affirmations: I am safe at the center of my being. I trust in the natural flow of life. I take my natural place in the world, content in the knowledge that all I need will come to me in the right time and space. I am secure and grounded and give thanks to Mother Earth for the nourishment, shelter, and stability She gives me. I accept my instinctual nature, the part of me which is purely animal. I am grounded and stable.



2nd Chakra: Swadhistana (Sacral)

TO FEEL

Location: Pelvic floor, reproductive organs

Color: Orange

Endocrine: Reproductive glands (reproduction)

Function: Genetic survival, relationships, emotional self

Underactive: Fear of intimacy, fear of abandonment, disconnected from sexuality, shyness, feeling repressed

Overactive: Constant drama, rocky relationships, overly lustful

Affirmations: I am a sensuous being that flows with the rhythms of life. I celebrate the creative exchange of sexual energy in the universe. I honor the union and integration of the masculine and feminine principles as I recognize and integrate these principles within myself. I give and receive freely from the wellspring of life. I am creative and have happy relationships. I accept my emotional nature, my need for pleasure and nurturing.



3rd Chakra: Manipura (Solar Plexus)

TO ACT

Location: Solar plexus, above navel

Color: Yellow

Endocrine: Adrenal (stress hormones, digestion)

Function: Social survival, self-esteem

Underactive: Low self-esteem, need to live up to others'™ expectations

Overactive: Overinflated ego, overly competitive, stored rage

Affirmations: I am at peace with myself and my surroundings. I express my identity without imposing my will upon others. I see the differences in others as unique expressions that contribute more color and fragrance to the world. I am energized by the light and heat of the sun. I am powerful and energetic. I am in harmony with all I see. I am unafraid.



4th Chakra: Anahata (Heart)

TO LOVE

Location: Heart

Color: Green

Endocrine: Thymus (immune system)

Function: Love, compassion

Underactive: Resentment, anger, depression, stinginess, suppressed feelings

Overactive: Service to others at expense of self, martyr syndrome

Affirmations: I am vulnerable and I open myself to the universe. I cultivate the

quality of compassion for myself and all sentient beings. I have the courage to love unconditionally. I am compassionate, loving, and balanced. I accept myself totally, exactly as I am now. I am.



5th Chakra: Vishuddha (Throat)

TO SPEAK

Location: Throat

Color: Sky blue

Endocrine: Thyroid (metabolism, hormones)

Function: Creativity, communication

Underactive: Excessive rationality, lack of creativity, inability to find a life vision, lack of communication, unvoiced feelings

Overactive: Criticizing of others, negative talk

Affirmations: I am free to express my creativity with unrestricted enthusiasm and joy. I give voice to my feelings and communicate with clarity and openness. I am a unique being, my opinions are of great value, and I share them fearlessly. I am imaginative and colorful in all I do. I communicate freely and am truthful with myself. I accept my creative nature.



6th Chakra: Ajna (Third Eye)

TO SEE

Location: Third eye, between brows

Color: Indigo

Endocrine: Hypothalamus and pituitary

Function: Connection with higher self

Underactive: Disconnection from soul, inability to focus and stay centered, lack of intuition, rigid beliefs, overanalyzing

Overactive: Oversensitive, feeling spaced out

Affirmations: I create my own reality. All experiences that I come into contact with are a reflection of my own projected thoughts and emotions. I develop my inner senses. I am open to new ideas and spiritual concepts. My intellectual mind recognizes my intuitive perception. I am open to my intuition. I accept my wisdom, my understanding of reality.



7th Chakra: Sahasrara (Crown)

TO KNOW

Location: Crown of head

Color: Violet

Endocrine: Pineal gland (master gland of endocrine system)

Function: Unity consciousness

Underactive: Separation from universe, lack of bliss, inability to see larger picture, inability to surrender to flow of life
Overactive: Disconnection from earth and reality

Affirmations: I contemplate the impermanent nature of reality. I release attachment, recognizing that it is the source of all suffering. I develop emptiness so that I may experience union with the universal consciousness and merge with the oneness of all creation. I live in the present moment. I am Divine.

Balancing the Chakras

Each of these chakras relates to a different aspect of our being. They also correlate to certain colors, sounds, elements, body functions, emotions, gem stones and oils.

Different methods are used to unblock and energize the seven chakras. The twisting and turning during yoga asanas are said to unblock these energy vortexes. Specific asanas unblock specific chakras.

Color Therapy and **Light therapy** aim to balance and enhance the chakras by using the seven colors of the light spectrum, each of which corresponds to a chakra. This in turn helps to stimulate the body's own healing process.

Meditation, **sound therapy** and **Reiki** are also used to cleanse and energize these centers.

Acupuncture attempts to free the energies of several minor chakras that also exist in the body.

All these disciplines attempt to unblock or activate the various centers. It is when this intricate network of subtle energy channels are cleansed, that energy flows freely throughout the whole system.

Yoga Asanas for Balancing Chakras:

1st Chakra (Muladhara):

In hatha yoga, strengthening exercises, standing postures, and poses which open the pelvic area stimulate the first chakra:

- Warrior I
- Warrior II
- Triangle
- Tree Pose

2nd Chakra (Swadhistana) :

Exercises that move the synovial fluids of the joints and stretch the connective tissues help move **second chakra** energy in the body. Movement in the hips and lower abdomen encourage liberation of the second chakra area and should be the focus of a second chakra practice. Improving ease of movement in this area will produce a graceful and easy going attitude.

- Side stretch
- Dancer pose
- Half moon pose
- Pigeon
- Grasshopper pose (Salabasana)
- Cobra
- Upward facing dog
- Paschimottanasana
- Seated Wide Angle Pose (Upavista Kona Asana)

3rd Chakra (Manipura):

In Hatha yoga, poses and movement which stimulate the solar plexus and build heat within the body stimulate the third chakra. Sun Salutations are best for warming the body. Warrior poses and back bending postures done with vigorous breathing stimulate the solar plexus. Balancing postures such as the Eagle and the Crow engage the abdominal muscles and direct energy to this chakra center.

4th Chakra (Anahata):

Asanas that enliven the heart chakra include passive chest openers in which we arch gently over a blanket or bolster, shoulder stretches such as the arm positions of Gomukhasana and Garudasana (Eagle Pose), and backbends. Being an even-numbered, feminine chakra, the heart center naturally yearns to release and let go. Doing backbends develops the trust and surrender we need to open the heart fully. When we feel fearful, there is no room for love, and our bodies show contraction. When we choose love, the fear melts away, and our practice takes on a joyful quality. In many backbending poses, the heart is positioned higher than the head. It's wonderfully refreshing to let the mind drop away from the top position and instead lead with the heart.

5th Chakra (Vishuddha):

Poses, or asanas, which open the throat chakra:

- Fish pose
- Camel pose
- Plow pose
- Shoulder stand

6th Chakra (Ajna) :

In hatha yoga, balancing exercises help cultivate the discipline of balancing these energies. Standing poses such as:

- tree pose
- dancer_pose
- headstand
- shoulder stand

Balancing postures quiet the mind and bring the energies of the body into the central line of the Sushumna, around which Ida and Pingala spiral.

7th Chakra (Sahasrara) :

The yoga of Sahasrara is Mantra Yoga. The seventh chakra is closely related to sound, which both science and yoga show to have dramatic effects on the entire being.

The word *mantra* in Sanskrit translates loosely to "the liberation of the mind." In practice, mantra is the repetition of a sound formula or affirmative phrase. It can be said silently or aloud, sung, or even written, which is called *japa* in Sanskrit. While Sanskrit mantras have a positive vibrational effect on the body chakras (The Sanskrit language is an ancient science of sound in the yoga tradition), the meaning of the words is just as important. Mantras said in one's native tongue, English, for example, also have a positive impact on mental well-being.

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