

The Radiant YOU™
Program

Self-Healing Guide

***Natural, Ayurvedic Self-Care for a Healthy,
Youthful and Fulfilling Life***

with

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Disclaimer: The information in this booklet is intended for educational purposes only. It is NOT for the use in the diagnosis, prevention or cure of any disease. The information in this booklet is given for educational purposes only and should not replace the advice of your physician. Before making any changes to your diet or exercise routine please check with your own personal physician. This booklet does not take the place of a medical consultation and all recommendations should be checked with your health care provider to ensure suitability for you. The statements in this booklet regarding products have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.

If you have any serious, acute or chronic health concern, please consult a trained health professional who can fully assess your needs and address them effectively.

Introduction from Nancy Lonsdorf M.D.

In this booklet I have drawn upon all my experience of the last 25 years, including more than twenty thousand patients, to structure a practical, effective introduction to the healing principles of Maharishi Ayurveda. Getting healthy requires self-effort. This booklet is for those who wish to take more control of their health in their day-to-day life. If you are ready to be proactive for your health, then you are ready for Ayurveda. I believe this booklet will provide you with the knowledge you are searching for to naturally and systematically fulfill your health goals.

There are two principles that guided me in organizing this Ayurvedic knowledge for you.

1. The knowledge must relate to your personal life at every step.

Each section is personalized for you through questionnaires that help you assess your state of balance or health, and shows you how that aspect of Ayurvedic knowledge can deeply influence your health and well-being. Once you understand your symptoms more deeply, and what lifestyle factors are causing them, it is easier to make changes. I feel it is important to have personal questionnaires at each step to inspire you to move away from the symptoms of imbalance and toward the experience of health.

2. The knowledge must sequentially lead you through steps of regaining health that I would use if you were a client in my office

Many books on Ayurveda overwhelm readers with too much information, provided in a sequence that is not practical for implementation in daily life. My patients have educated me over the years as to what recommendations have priority and how much a person can reasonably do in his or her life.

Given that we may not have the pleasure and advantage of working directly together in person, this booklet is my best attempt to share this health-giving knowledge with you. I am glad you are a seeker of health and wish you the happiest, healthiest life possible. With these tools to guide you, I firmly believe you can be very healthy indeed.

Wishing you the best of health!

Dr. Nancy Lonsdorf

Ayurveda--to Heal Yourself, *Naturally*

What Is Ayurveda?

Fondly referred to as “The Mother of Medicine,” Ayurveda (EYE yur VAY duh) has been around a very long time—over 5,000 years to be exact. It’s a “time-tested,” natural health approach that originated in the Vedic civilization of ancient India, and has been in continuous use ever since.

The modern restoration of Ayurveda in the West called Maharishi Ayurveda,* acknowledges and draws its source of wisdom from the tradition of yogis, rishis or “seers,” whom Ayurvedic texts say cognized or intuited the entire knowledge of Ayurveda in seed form at it’s inception, thousands of years ago.

Maharishi Ayurveda is based on the premise that consciousness is the basis of health, and of life itself. Maharishi Ayurveda is “consciousness-based Ayurveda” and provides the basis for the Ayurvedic approaches of the Radiant You™ program and those presented on this website.

What Can Ayurveda Do for You?

Ayurveda is sometimes referred to as the “missing manual” for the mind-body system. It gives us a new angle on understanding ourselves that is very comprehensive, simple, natural and powerful—and easily translated into a highly *personalized* approach to our health.

Despite its foreign-sounding name, Ayurveda is as simple and intuitive as knowing your own self. Most people quickly find that the concepts and guidelines of Ayurveda “make sense” and that Ayurveda starts to explain their symptoms and tendencies—how and why certain foods, habits, stressors, personalities, environments, seasons and weather make them feel either better or worse.

Nature’s Own “Personalized Medicine”—Healing According to Your Mind-Body Type

Based on your own unique symptoms and tendencies, you will be guided in choosing foods, herbs, exercise, and lifestyle choices specifically for your needs, to help heal chronic imbalances and to optimize your health so you feel at the “top of your game” every day.

Ayurveda is fun, easy to use, deeply nurturing and soothing, rejuvenating and beautifying. It’s safe, effective, and scientifically validated by a growing body of research.

What is Ayurveda About?

Ayurveda is about YOU and your health! Literally meaning “Knowledge of Health,” Ayurveda drills down to the origins of our mind-body functioning—the “software program” that governs all our physiological functions and lies beyond the physical material of the body. Ayurveda describes that the software program runs via three *doshas* (DOE-shuz)—or aspects of the body’s intelligence—that are charged with keeping everything in the body integrated and functioning healthily.

How Is Ayurvedic Healing Different?

First let’s briefly consider how health and healing are usually approached today. Conventional medicine looks at the body as a kind of sophisticated machine with a number of systems that operate basically autonomously—the nervous system, the digestive system, the musculoskeletal system, the cardiovascular system, etc. Conventional medicine assigns a different type of doctor for each system.

Our chronic health problems get treated by several doctors, each diagnosing and prescribing medications for our various symptoms, all too often leaving us feeling worse, not better, as drugs interact to create new symptoms, which are treated with even more drugs...in a vicious, downward cycle.

This fragmented approach can be life saving in emergencies, but for chronic, non-life-threatening problems, our bodies tend to get a lot of treatment, but not a lot of healing.

How Does Ayurvedic Healing Work?

Rather than look at the body as a collection of systems and treating each one separately, Ayurveda looks at what is common to *all* of the systems, and identifies three basic functions common to every system, organ, tissue and cell. And these three basic functions are those that are essential for life at any level: 1) movement and flow, 2) digestion and metabolism and 3) physical structure and substance.

Each of these three functions of movement, metabolism, and structure are governed by an inner program—or intelligence—that guides their normal functioning. These three “body-guides”—traditionally called or *vata* (VAH-tuh), *pitta* (PIH-tuh), and *kapha* (KAH-fuh)—are not only the functions themselves and their activity, but also the inner intelligence or “software program” of the body that guides them.

The Three Doshas and Your Health

When the three basic functions, or *doshas*, are doing their job perfectly, then we have good health. If not, the body starts to go out of balance, and eventually symptoms appear that can develop to outright disease if not corrected.

Rather than wait for disease to start, Ayurveda teaches us how to keep our bodies in balance through proper diet and lifestyle suited to our individual nature, and how to correct imbalances early—*before* they develop into disease.

Creating Health Right Where You Are, Whoever You Are

While Ayurveda offers preventative health care, it is relevant and useful to everyone. If you already have a significant health problem, Ayurveda will help you identify the imbalances underlying your disorder, and help correct them to promote true healing. When you learn about Ayurveda, you will learn what specific aspects of your diet and lifestyle are contributing to your imbalances, and what adjustments to make to help your body heal.

Chapter 1

Daily Routine

Health is won or lost in how we live day-to-day life. It is our patterns of eating, sleeping, work, exercise and what we do to rejuvenate ourselves daily that determines whether we stay healthy or fall sick and how gracefully we age.

Health is a choice. We are creating our physiology anew with every action we perform throughout the day. We cannot live a life of health mistakes that create imbalance and then expect the doctor to save us with a "magic bullet" from her drug armamentarium. Imbalances, symptoms and diseases grow from seed form into gross pathology over many years. They are caused by unhealthy choices made day after day. To remove the problem we just cannot avoid having to address its true cause- our lifestyle.

Even modern medicine is now recognizing that lifestyle and diet are the keys to prevention of disease and can actually reverse many disorders. Studies on osteoporosis, cardiovascular disease and mental function are showing in many cases that diet and lifestyle outperform the top drug therapies while creating many side-benefits instead of side-effects. I believe that as modern science continues it's investigation over time, it will increasingly find that fundamentals of Ayurvedic daily routine discussed in this chapter are the true fundamentals for prevention of disease and restoration of health. Already, hundreds of studies have verified Ayurvedic principles of health, from the benefits of Transcendental Meditation to those of various dietary habits, herbs and spices, exercise and our sleep habits.

While some of the Ayurvedic terms may be new to you at first, as you continue with the booklet you will quickly see how powerful the Ayurvedic description of physiology can be for helping you determine what imbalance you have and what to do about it.

Following is the first questionnaire on **Lifestyle and Daily Routine**. I highly recommend you spend three to five minutes and check yes/no answers to the questions. Each of the questions addresses a behavior and lifestyle choice that has significant health ramifications. The "yes" answers are the right answers from an Ayurvedic perspective so you can see the "no" answers you have and quickly pinpoint the areas for focus and improvement.

I suggest you mark your answers in pencil so you can come back time and again, turn "no's" into "yes's" and document your progress while reminding yourself of the areas you could still improve. Remember, every aspect of daily routine that you improve will bring you greater energy and mental clarity, a more positive mood and will help resolve any symptoms you may have. The discussion of daily routine that follows is sequenced to match the items in the questionnaire for your easy reference.

Just to help keep your sanity as you read these many do's and don't's, remember that this is NOT a "To Do" list per se, but rather a list to check your progress as you live your life more and more in tune with the rhythms and flow of Nature's intelligence, the key to living a healthy life.

Lifestyle and Daily Routine Questionnaire

Yes answers reflect healthy behaviors from the Ayurvedic perspective. Target the behaviors you respond "no" to and keep changing you lifestyle little by little turn your “no’s” into “yes’s!”

The last columns contain information as to what the "no" behavior is aggravating. Vata, Pitta, Kapha or Ama. A "Y" in the column means that principle is aggravated by a "no" answer. A * by the letter means the unhealthy effect is very strong. If as you go through the booklet you find you have the symptoms of imbalance in Vat, Pitta, Kapha or Ama you can return to this chart and by looking in the appropriate column you can see which behaviors it is most important for you to focus on to remove the imbalance.

Evening Routine	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Increases Ama
Do you lie down in bed to sleep before 10:00 PM?			Y*	Y*		Y*
Do you AVOID activities that activate the mind like watching TV or reading in the 45 minutes before you start sleep?			Y			
Do you only use natural fabric sleeping clothes and bedding?			Y			
Do you go to bed at about the same time each evening?			Y			
Is your bedroom only used for sleeping i.e. do you avoid working or watching TV in the bedroom?			Y			
Do you take an evening walk after dinner?					Y	Y
Morning Routine	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama
Do you normally awake before 6:00 AM?			Y		Y*	
Do you usually have a bowel movement within 1 hour of awakening?					Y	Y
Do you drink any water upon awakening?					Y	Y
Do you clean the tongue in the morning during or after brushing your teeth?					Y	Y
Do you perform any			Y	Y	Y	Y

type of self-massage in the morning?						
Do you perform yoga in the morning?			Y	Y	Y	Y
Do you perform pranayama (yoga breathing techniques) in the morning?					Y	
Do you meditate in the morning?			Y	Y	Y	Y
Do you exercise or take a walk in the morning?					Y	Y
Do you wear natural fabric clothing?				Y		
Is your breakfast lighter and less quantity than your lunch?					Y	Y
Do you AVOID meat and eggs at breakfast?					Y	Y*
Afternoon Routine	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama
Do you eat lunch between 12:00 and 1:00 PM			Y	Y		Y
Do you normally eat lunch at the same time each day?			Y			
Do you usually have warm, cooked food at lunch?			Y	Y	Y	Y
Do you usually take one-half hour or longer for lunch?			Y	Y	Y	Y
Is lunch your largest and most balanced meal of the day?						Y
Do you have at least 10-15 minutes after you finish your actual eating at lunch before you have to start work?			Y			Y
Do you finish work by 5:00?			Y			
Do you practice asanas after work and before dinner?			Y			Y
Do you practice pranayama after work and before dinner?			Y			Y
Do you meditate after work and before			Y	Y	Y	Y

dinner?						
Evening Routine	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama
Do you start the evening meal before 6:30?						Y
Do you eat the evening meal at roughly the same time each day?			Y			
Do you AVOID meat, cheese and yogurt in the evening meal?						Y*
Do you AVOID dessert in the evening meal?					Y	Y
Is your evening meal considerably lighter than lunch?					Y	Y
Do you walk for at least 10 minutes in the evening after dinner?					Y	Y
Eating Behavior	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama
Do you pay attention to eat according to your hunger level and not eat if not hungry?						Y
Do you eat to about 3/4 capacity and NOT feel stuffed after eating?						Y
Do you eat at approximately the same times each day?						
Do you usually avoid taking food other than fruit or drinks for three hours after eating?						Y
Do you eat a balanced diet with wide variety of foods?			Y	Y	Y	
Do you eat in a settled environment and avoid reading, watching TV, standing up or driving while eating?			Y			Y
Do you AVOID cold drinks while eating?					Y	Y
Do you continue to sit for at least 5 minutes after eating before getting up?						
Do you chew your food					Y	Y

well?						
Do you only drink milk with grains or foods having the sweet taste and AVOID taking milk with raw fruits, vegetables, meat, fish, sour food and eggs?						Y
Do you avoid leftovers that have been placed in the refrigerator?						Y*
Do you avoid frozen and processed food?						Y*
Do you mainly eat fresh food that's freshly prepared?						Y
Do you drink fresh fruit and vegetable juices?						Y
Do you avoid food that has honey cooked in it?						Y
Do you eat mainly organic foods?						Y
Do you AVOID using a microwave?			Y			
Do you AVOID skipping meals and going hungry for long periods of time?			Y	Y		
Do you AVOID suppressing natural urges like bowel movements and urination?			Y			Y
Are you mainly vegetarian? (avoid red meat, fowl, fish and eggs)					Y	Y
If you are vegetarian do you have plenty of dairy products in your diet?			Y			
Do you avoid caffeine beverages like coffee and soft drinks?			Y	Y		
Do you avoid the regular use of laxatives?			Y			
Do you avoid candy and processed snacks?					Y	Y
Do you AVOID having lunches of salad only?			Y			
Do you AVOID carbonated beverages?			Y			

Do you drink 3-4 glasses of room temperature or warm water throughout the day?							Y
Do you usually AVOID eating cold foods?			Y	Y	Y		Y
Do you mainly use olive oil, as your cooking oil?							Y
Do you AVOID cooking oils at high heat?							Y
Do you AVOID cooking with aluminum pans?							Y
Do you eat out at restaurants less than twice a week?							Y
Exercise	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama	
Do you take an early morning walk?			Y				
Do you walk daily for at least one-half hour?							Y
Do you have three or more periods a week with an hour or more of exercise more strenuous than walking?					Y		Y
Do you STOP exercising before you start to feel exhausted and sweat heavily?			Y				
Orientation to the Environment	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama	
Is the main entrance to your house facing the North or East direction.							
Is the main entrance to your office facing the North or East direction.							
Does the top of your head face East or South when you sleep? (imagine an arrow pointing from your toes to the top of your head to determine this direction)							

Do you face East or North when you sit at your desk for work?						
Social & Environmental Issues	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama
Can you AVOID working night shifts?			Y*			
Can you AVOID working all day in front of a computer?			Y			
Can you AVOID working in an environment with toxic chemicals?						Y
Does the space you work in have windows that can be opened?			Y			
Ladies Only	Yes	No	Aggravate Vata	Aggravate Pitta	Aggravate Kapha	Aggravate Ama
Are you able to be more restful on the days of your menstrual period?						Y
Do you eat lighter foods (more cooked vegetables, whole grains, fruits and legumes and less meat, cheese, sugar and cold drinks) during the days of menstrual flow?						Y

Following is a chart that sequentially describes an ideal daily routine from morning through evening. This chart is a reference to what an ideal routine of life would be. If your life is far from the ideal, don't despair! Small changes in the right direction can make a world of difference. Your responsibilities may not allow you to adopt many of these habits at this time, but even one or two can be very helpful. Lifestyle changes take time but the most important thing is to take the first step. **Pick the areas that you feel are most do-able or most important to your health and start there.** A balanced routine and the increased vitality it imparts are an elixir of life. Feeling better day-by-day will be your continual motivator as you move toward a healthier lifestyle.

Ideal Daily Routine Description

To Bed by 10:00 PM. The Day Starts the Evening Before!

Morning

Arise before 6 AM
Evacuate bowels and bladder
Clean teeth, scrape tongue
Abhyanga (Appendix 1)
Bath or shower
Sun salutations and/or asanas and pranayama
Meditation
Exercise
Wear clean, comfortable, natural fabric clothing
Light breakfast followed by morning work or study

Afternoon

Warm cooked lunch with all six tastes
Rest for 10 minutes after eating followed by a brief walk
Afternoon work or study
Sun salutations and/or asanas and Pranayama
Meditation

Evening

Early, light evening meal
Rest for 10 minutes after eating followed by a brief walk
Pleasant, relaxing activity
To bed before 10 PM with natural fabric clothing and bedding

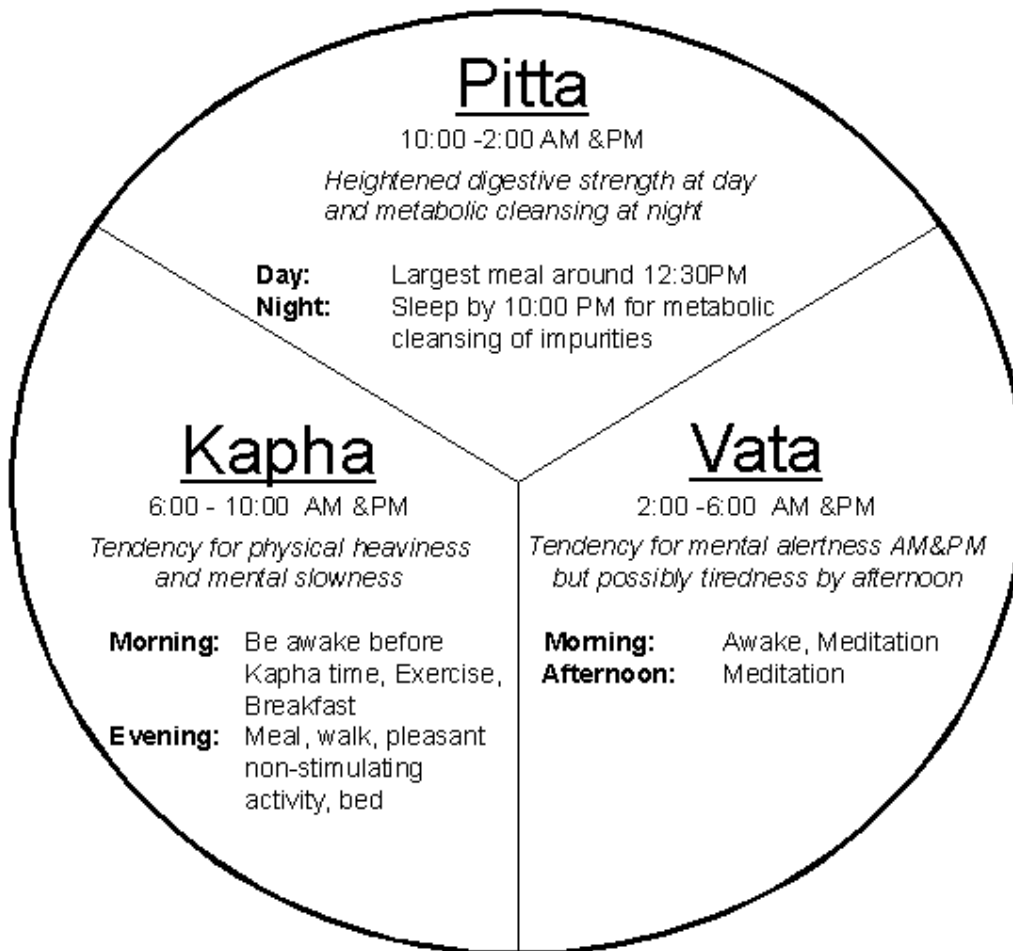
Daily

Proper diet and eating behavior
Take Maharishi Amrit Kalash Rasayanas AM & PM

Seasonal

Diet and exercise according to season
Maharishi Vedic MedicineSM consultation
Maharishi RejuvenationSM therapy

Doshas and times of day



Sequence of Daily Routine

The day starts the night before

Every organism in nature has a rest cycle. During rest, the energy and attention of the organism is freed from outer activity and can focus on internal balancing and healing. Making the most of this healing time is the foundation of good health. If this regeneration period is disturbed, imbalance and eventually sickness result.

According to Ayurveda, *when* you start your eight hours of sleep makes a difference. Sleep research shows that those who work the night shift and sleep during the day are more prone to a number of health disorders, including insomnia, digestive problems, heart attacks and breast cancer. But even lesser diversion from the usual human sleep pattern can make a difference. Have you ever noticed how you feel extra sluggish the day after a late night and sleeping in, even though you got your usual number of hours of sleep? It also can work in your favor. An NIH study once found that many depressed individuals can achieve a remission from their symptoms simply by shifting their bedtime and getting up times forward, for example, going to bed by 8:30 PM and getting up by 3:30 or 4 AM.

Ayurveda states that the *start* of the activity affects the nature of the rest of the activity, according to the expression "well begun is half done." Accordingly, Ayurveda predicts the greatest benefits from sleep that starts in the time when the body is dominated by the qualities of Kapha dosha, between 6 and 10 PM. Kapha is the heavy, grounding, inert principle in nature. Going to sleep in Kapha time supports easily falling asleep and having a deeper, more rejuvenating sleep throughout the night.

Also, if we are in bed by 10:00 PM we will be sleeping during Pitta time (10:00 PM–2:00AM,) when the body is in its active "Pitta mode" of metabolism, cleansing the blood and skin of toxins and impurities. If awake, that metabolic activity provokes hunger and the proverbial "midnight snack." Unfortunately, this habit interferes with the body's cleansing cycle and also tends to pack on weight.

Reading, watching TV, working on the computer and other wakeful activities after 10 PM also put stress on the eyes and nervous system, using energy that would otherwise go for rejuvenation and accelerating the aging process. For the *most* rejuvenating beauty sleep, get your 8 hours starting before 10 PM. You'll not only feel more fresh and energetic, but you'll *see* the difference in your face in the morning.

**Note: A full discussion of Vata, Pitta and Kapha will be provided in Chapter 3.*

When we go to bed by 10:00 PM we have the greatest chance of awakening early and having the necessary time to do the rest of our full daily routine. This is why the day starts the evening before and proper bedtime is the foundation for the next day's activity.

Other important ways to support good sleep are:

- 1) Do not engage in activities that activate the mind or body in the hour before going to bed. i.e. watching TV, reading or vigorous exercise.
- 2) Use natural fabric like wool and cotton for your sleeping garments and bedding. These fabrics breathe and create the proper environment for your physiology both during sleep and in activity.
- 3) Go to sleep about the same time each evening. Regularity of routine is important to balance Vata and imbalanced Vata is the source of insomnia for most people

- 4) Only use your bedroom for sleeping. To promote the most conducive environment for rest, do not watch TV, work or exercise in your bedroom
- 5) Take a walk in the evening after dinner. A walk in the settled atmosphere of Kapha time, between 6-10 PM, allows the body and mind to deeply absorb the gentle, peaceful and relaxed Kapha influence, promoting a deep and uninterrupted sleep.

Morning Routine

Awake before 6 AM

It is recommended to awaken before 6 A.M. Since we do not want to strain or use alarm clocks to do this, going to bed before 10 PM is usually necessary so that the body is fully rested and ready to go by 6 AM.

The period before 6 AM is the time when all of nature is awakening and Vata dosha is most enlivened in the environment. Vata controls the nervous system and our level of alertness. Remember the principle of "well begun is half done?" If we start our day in Vata time our mind will experience more of the qualities of balanced Vata throughout the day – increased energy, clarity, intelligence and alertness.

On the other hand, if we sleep past 6 AM, we are sleeping into the Kapha time of day. For example, sleeping until 7:30 involves 1 1/2 hours of sleep during Kapha time, imbuing the body with the qualities of excess Kapha – dullness, heaviness and lethargy. Not exactly how we want to feel at the start of the day and *exactly* why so many people don't feel they can function until they've had their espresso! Sleep after 6 AM day after day, year after year and a Kapha imbalance can build up, causing symptoms such as sinus congestion, fluid retention, weight gain, headaches, joint aches and stiffness, and (perhaps worst of all) bags under the eyes!

Elimination

It is beneficial to have elimination in the morning. To help evacuate the bowels and bladder and create a cleansing influence in the physiology drink a glass of fresh, warm or room temperature water upon awakening. Add a squeeze of fresh lemon and a half teaspoon of raw honey to kick start your digestion and metabolism for the day.

Cleansing the mouth and teeth

In addition to brushing the teeth it is recommended to cleanse the tongue. This can be done by brushing the tongue with your toothbrush or ideally using a stainless steel or silver tongue scraper to scrape any white film or coating off the tongue. A coating on the tongue in the morning is a sign that your body is not fully eliminating toxins and impurities. Scraping the tongue not only freshens the mouth and breath, but stimulates the digestion and metabolism of residual wastes in the body, according to Ayurveda.

Ayurvedic herbalized oil massage: Abhyanga

Daily morning Ayurvedic oil massage is one of the most powerful rejuvenation regimens one can add to their daily routine.

The motion and pressure of the massage create heat and friction and help to loosen up impurities, improve circulation and enliven the body. The quality of the oil is also important as it is being massaged into the entire surface area of the body and is being absorbed. The proper oils and herbs create a cleansing and nourishing influence throughout the body and help keep the skin youthful and supple.

Ayurvedic oil massage is especially good at removing Vata imbalance, the usual cause of weakness, anxiety and fatigue. Most people report feeling much stronger, emotionally smooth and balanced throughout the day as a result of their morning abhyanga.

*See appendix 1 for a full discussion of how to do abhyanga and what massage oil to use.

Asanas and/or sun salutations

After the bath or shower it is highly recommended to go through a three part sequence of practicing yoga asanas, pranayama (yogic breathing technique) and meditation (I highly recommend the Transcendental Meditation (TM[®]) technique). Although each of these practices are valuable alone, when used in this sequence each step prepares you to gain even greater effects from the following ones.

Asanas and sun salutations help remove stiffness and heaviness in the body and are an aid in increasing circulation and flexibility. Improving flexibility removes surface fatigue and stress and helps reconnect the physiology with its inner intelligence. Wherever there is stiffness or hardness in the body it indicates that part of the body is losing contact with circulation and the nervous system. When this happens the fertile ground for disease has been created in the affected tissues. Maintaining a high level of flexibility in the body through asanas and sun salutations is a vital pillar of good health.

Yoga asanas postures are also excellent for this but should be learned from qualified instructors for proper technique and the correct sequence of postures. Maharishi Vedic Schools and Maharishi Vedic Medical Centers can be found in many major cities and teach excellent courses in Yoga asanas. Call 1-888-Learn-TM or connect to www.tm.org for the center nearest you.

Pranayama (Ayurvedic breathing exercises)

Pranayama is practiced after asanas or sun salutations. Pranayama further purifies and refines the functioning of the body and also helps remove dullness and fatigue. The best source of pranayama instruction is through Maharishi Vedic Schools and Maharishi Vedic Medical Centers. Qualified instructors of the TM technique can also instruct you in the proper practice of pranayama after TM instruction.

Asanas and pranayama sequentially remove surface fatigue and tension thereby preparing the mind and body to gain the most from the meditation period.

Eyes closed meditation (ideally the TM technique)

I respect the fact that many individuals are already practicing some type of meditation daily, enjoy their technique and benefiting from it. However, I do highly recommend the TM program and encourage everyone to hear an introductory lecture on the TM technique so they gain the information that would allow them to make the most informed choice for their personal meditation practice.

Maharishi Ayurveda describes the twice-daily practice of the TM technique as the single most powerful healing recommendation available. The benefits of the TM technique have been scientifically validated in over 600 published research studies in a variety of medical and scientific journals including the *American Journal of Cardiology*, the American Heart Association's *Stroke*, and the *Journal of Behavioral Medicine*. During the 20 minute TM practice the body experiences a state of deep rest characterized by more orderly brain functioning and increased mental awareness. Regular TM practice helps the body throw off deep stress and fatigue, improves mental functioning and is an ideal preparation for the activity of the day. The TM technique is also an authentic, Vedic technique for the development of higher states of consciousness and the full health potential of the physiology.

For more information on the TM technique, please check out the TM web site at www.tm.org or call 1-888-Learn-TM to be connected to the center closest to you.

Exercise

Exercise helps cleanse the body, improves circulation and increases mind-body coordination. Exercise is recommended daily in the morning when the sun is rising and the air is cool and fresh. We encourage people not to exercise to the point of exhaustion as the effect can be to create stress and strain and thereby be more damaging than helpful.

*See appendix 2 for more detailed information on the Ayurvedic approach to exercise.

Natural fabric clothing

Maharishi Ayur-Veda recommends natural fabric clothing as the most suitable attire for the health of the body. Natural fabrics breathe and do not disturb the subtle energy fields of the physiology. Cotton, wool, silk and rayon are the preferred fabrics. It is strongly recommended that people do not wear polyester clothes of any kind.

Breakfast

Digestion is not as strong at breakfast compared to lunch so food should be lighter and easier to digest in the morning. Stewed apples, raisins that have been stewed or soaked overnight, ripe sweet juicy fruits, hot milk, medool dates and mixed grains cooked in water are examples of items that are nourishing and appropriate for most people at breakfast. It is best to avoid meats, eggs and cheese at breakfast.

Please follow the advice of your medical doctor regarding any changes in your diet.

Afternoon Routine

Lunch

Digestion is strongest during the middle of the day when we are most active and the heat element in nature, the sun, is strongest. This enlivens the heat element within our bodies, Pitta, which is responsible for digestion and metabolism. Therefore, the largest meal of the day should be lunch, taken between 12:00 noon and 1:30 PM, when digestion is strongest.

Because lunch is the main meal of the day we should put the most attention and planning into it. Ideally, lunch should be a warm, cooked meal with all six tastes. Warm or room temperature liquids should be sipped with the meal to aid secretion of digestive juices and absorption of food. Avoid cold drinks and ice water during meals as they greatly depress digestion.

Lunch should be eaten in a comfortable environment while sitting down. Since it is the most important meal of the day we should try to have at least one-half hour for lunch. At the end of the meal we should continue to sit for at least ten minutes to let the digestion get off to a good start. Many people have made great strides in improving their digestion, and how they feel in the afternoon, by adding this 10 minute rest period to the end of lunch.

This rest period is appropriate not just at lunch but anytime we eat. We should always try to sit for at least 5-10 minutes before we get up from the table. After this rest period it is recommended to walk at least 3-5 minutes before returning to our afternoon activities.

Asanas, pranayama and meditation

After the work of the day, but some time before the evening meal, it is again recommended to go through the three-part sequence of asanas, pranayama, and meditation. In order to accomplish this and start dinner before 6:30 it is ideal to be able to end work by 5:00 PM

By investing in this after-work rejuvenation period to remove accumulated stress, to develop consciousness and to increase mind-body coordination, we have a much better chance to grow healthier day by day instead of becoming more tired and imbalanced as time goes on.

Evening Routine

Dinner

During the evening digestion is not as strong. Additionally, soon we will be lying down to sleep which will slow digestion and circulation even more. For this reason it is better to eat a smaller quantity of food and less heavy, hard to digest foods at night. Most people should avoid heavy meats, cheeses, desserts and yogurt in the evening.

One of the main reasons people develop a buildup of toxins and heaviness in the body is that they eat large evening meals, which they cannot fully digest, and then lie dormant in sleep for many hours. Avoiding large meals in the evening is one of the most important practices for maintaining good health and normalizing weight.

If you are over 40 and overweight, light evening meals may be the single most crucial recommendation for getting your weight under control!

Since digestion is stronger in the early evening it is better to have dinner between 5:30 and 7:00 rather than later. The later we eat the less we should eat. If we eat later we should have light, easy to digest foods like soups and we should avoid heavy foods. Again sitting at the table for 5-10 minutes and then taking a walk (at least 100 steps, according to the ancient texts!) is recommended after eating the evening meal.

Relaxing activity

Pleasant relaxing activity is ideal for the evening. Strenuous or exciting mental and/or physical activity in the evening could make it more difficult to fall asleep.

Since Kapha, the heavy, dull element is strongest in nature between 6:00 and 10:00 PM an evening walk is recommended. Not only does this aid digestion, it also allows the mind and body to absorb the deeply restful qualities of Kapha that are enlivened outdoors. This will help promote a good night's sleep.

To sleep before 10 PM

To gain maximum rejuvenation from sleep it is recommended to go to bed before 10:00 PM. Remember, the day starts the evening before with the quality and quantity of sleep we get.

Additional Daily Routine Recommendations

Drinking warm or room temperature water throughout the day

Most everyone can benefit from drinking water frequently throughout the day. This provides a daily cleansing of the digestive tract. It also keeps the channels of circulation open and helps the body eliminate impurities. The water should not be cold, rather room temperature or warmer. The most cleansing water is hot water that was boiled for 10 minutes before placing in a thermos. Be sure to take the extra time for this if you are trying to lose weight or have digestive problems.

Maharishi Amrit Kalash® Rasayana

Rasayanas are Ayurvedic herbal preparations that have general, overall balancing and nourishing effects for people of all constitutions.

Maharishi Amrit Kalash (MAK) is the premier rasayana in Maharishi Ayurveda, and consists of two formulas, "Ambrosia" and "Nectar." Scientific research has found the MAK formulas to be exceptionally high in antioxidant, free radical scavenging activity, with 1000 times the effects of vitamins C or E (*Pharmacology, Biochemistry and Behavior*, 1992, Vol 43, pp1175-1182.)

The MAK rasayanas are usually taken twice a day, morning and evening.

Maharishi Amrit Kalash is in my experience the single most powerful Ayurvedic herbal preparation available today. It can be used by virtually all body types and constitutions. If you wish to take an Ayurvedic herbal formula, I would recommend MAK as the foundation of your herbal program. (Note: please be sure to check with your health care provider before starting any herbal supplements.)

Maharishi Amrit Kalash is available through Maharishi Ayurveda Products International at 1-800-All-Veda.

Ayurvedic Seasonal Routines

Diet and the Seasons

1. Pitta Season: Summer

Because the hot, warm weather of summer increases Pitta within the body, we should adjust our diet to favor foods that pacify (decrease) Pitta. Eat more cool foods, cool drinks and foods with sweet, bitter and astringent tastes. Include the fresh, sweet, fruits and vegetables that grow in this season. Take fewer foods with pungent, sour and salty tastes. Eat less of the following foods: yogurt, cheese, tomatoes, vinegar and hot spices. (Please note "cool" does not mean cold.)

2. Vata Season: Winter

The cold, dry weather of winter increases Vata and we should follow a more Vata pacifying diet at this time. Favor warm food and drinks, heavier foods and more unctuous (oily) foods. Eat more of the sweet, sour and salty tastes. Avoid dry and cold foods and cold drinks. Eat fewer foods with pungent, bitter or astringent tastes.

3. Kapha Season: Spring

The cold, wet weather of spring increases Kapha, therefore we should follow a more Kapha balancing diet. Favor a diet that is lighter and less unctuous (oily). Favor warm foods and drinks.

Eat more foods with the pungent, bitter and astringent tastes and fewer foods with the sweet, sour and salty tastes.

Exercise and the Seasons

Since exercise is most appropriate at Kapha periods more exercise is recommended in spring.

In summer it is important not to become overheated. Therefore less exercise, and exercise taken at cooler times of the day in early morning, is recommended. To keep Pitta in balance it is important not to overexert in the hot sun.

Seasonal MAHARISHI REJUVENATION Therapy

After the body has been functioning for 4 months in the specific climatic conditions of any of the seasons it builds up the toxins and impurities that come from functioning in that climate.

One of the main reasons people fall sick at the change of seasons is due to this accumulation of impurities from the past season and the body having the extra challenge of adjusting to a new climate.

Maharishi Vedic Medicine recommends cleansing the body of accumulated toxins and blockages at the change of seasons through Maharishi Rejuvenation Therapy, the revival of the authentic practice of the "Panchakarma" treatments of Ayurveda.

*See appendix 4 for a discussion of the panchakarma program at The Raj, the oldest and largest in-residence panchakarma center in North America.

Chapter 2

Proper Eating Behavior for Good Digestion

*Without proper diet, medicine is of no use.
With proper diet, medicine is of no need.*
— ancient Ayurvedic proverb

A. Fundamentals of Healthy Eating Behavior

How we digest and assimilate our food is just as important as what we eat. If digestion is disturbed, even the best diet will not provide proper nutrition. The following points include a variety of recommendations to aid in the most complete digestion of food.

- Eat according to your hunger level. Avoid eating when not hungry and do not delay eating when hungry.
- Eat at approximately the same time every day.
- Don't eat too quickly or too slowly.
- Do not overeat. Eat to about 3/4 capacity. Do not leave the table very hungry or very full.
- Allow 3 – 6 hours between meals. Do not eat before the previous meal is properly digested.
- Eat a balanced meal with all six tastes. (see chapter 3)
- Eat sitting down and in a settled environment. Do not read, watch TV or drive while eating.
- Sip warm or room temperature liquids during the meal. This enlivens digestion and helps the food be better dissolved and absorbed. Do not take ice cold liquids and foods with a meal as they suppress digestion.
- Sit comfortably for five to ten minutes after finishing the meal. This allows the digestive process to get well underway. If you immediately jump up from the meal, digestion will be disrupted and the food will be improperly processed.
- Chew the food well. Digestion starts in the mouth.
- Milk should be taken alone or with other sweet tastes. Milk should not be taken with vegetables, meat, fish, sour foods, salt or eggs.
- Eat fresh foods freshly prepared. Avoid leftovers.
- Avoid artificial foods, colors and preservatives.
- Fresh fruit and vegetable juices are recommended as part of your daily diet.
- Honey should not be heated in any way such as by cooking, baking or by adding it to hot beverages. Ayurvedic theory says that when heated honey is ingested it creates a toxic effect in the body. It can be added to tea or hot milk once the beverage has cooled down to body temperature.
- Eat organic food whenever possible. Strictly avoid genetically engineered or genetically modified food.
- Do not use a microwave as it can aggravate Vata in the food.
- Ayurveda recommends a vegetarian diet as ideal but if you have been eating meat for many years the transition should be made gradually with great attention placed on having a balanced diet and enough milk products to get the proper amount of vitamin B12.
- For the best health it is good to AVOID the following
 - a) avoid snacks containing refined sugar. Have sweet juicy fruits, dried fruits, hot milk alone or with spices, dates, nuts and other wholesome foods instead.
 - b) avoid lunches of only raw salad. Raw vegetables are not a balanced diet at lunch, the most important meal of the day. Raw vegetables are too Vata aggravating to be eaten as the only item on the menu at lunch.

- c) avoid carbonated beverages. They aggravate Vata being filled with air and destroy the foundation of "ojas", the chemical that contributes most to the immunity and vigor of the body.
- d) avoid cold foods. Cold food depresses digestion and clogs the physiology.
- e) avoid caffeine. Caffeine is very aggravating to Vata and Pitta and can significantly imbalance the physiology with overuse.

B. Ayurvedic Food Preparation

1. Major principles of Ayurvedic Diet and Food Preparation

- a) Eat fresh food freshly prepared.
- b) Eat a wide variety of wholesome foods
- c) Cook foods more slowly on lower heat to take them through all the proper transformations of cooking.

2. Basic Qualities of Foods

- a) Avoid frozen, processed foods.
- b) Use organic food. Avoid genetically engineered food.
- c) Use ripe foods. Avoid unripe fruits.
- e) Avoid leftovers. Don't eat leftovers out of the refrigerator as they are hard to digest and clogging to the physiology

Food Types

1. Spices

General Points

- 1) Spices are key to digestion, tissue nourishment and cleansing of the body. Food needs to be properly spiced for good digestion and metabolism.
- 2) Don't eat heavy foods without good spicing.
- 3) Buy whole seeds spices and grind them right before use. Most of the flavor of spices is in aromatic compounds that disappear when ground into powders and kept on the shelf for a long time
- 4) Sauté spices in oil to bring out their flavor and biological activity
- 5) It is OK to add a small amount of the spices you have sautéed directly to the water portion of soups and dahls to bring out the water soluble properties of the spice
- 6) Dosha specific churnas are simple means to get good spicing.
- 7) Dosha specific teas are simple means to get good spicing.
- 8) Instructions for frying spices
 - Do not overheat the ghee; it should not be smoking hot. Begin with whole spices, such as fresh chopped ginger, black pepper, cumin seeds and mustard seeds and fresh grind those to be used as powders. Fry whole spices until they turn light brown or until the mustard seeds pop. Then add the ground spices, such as ginger, cumin, turmeric, cardamom and pepper; sauté just a few seconds.
 - A spice is generally used either whole or ground, not both ways in one dish.

Salt

- 1) There are varieties of salt. Rock salt, or mineral salt, that has a pink color is favored for Ayurvedic cooking and can usually be purchased at Indian grocery stores. It is good to have other minerals besides sodium and chloride in the salt.
- 2) Black salt has sulfur in it and a strong taste but is excellent for improving digestion.
- 3) Don't sauté salt or sprinkle salt on food at the table. Salt should be cooked into food. Add salt to the cooking water of soups or dahls or on top of cooking vegetables.

Pepper

- 1) Black pepper is a powerful digestive stimulant and helps the body metabolize impurities. It is very heating and should not be used in excess.
- 3) Black pepper is a good brain food when sautéed with ghee as it helps the ghee cross the blood/brain barrier to nourish the brain.
- 4) Fresh grind black pepper during cooking and at the table. Don't use the powder as it has lost much potency after grinding and storage.
- 5) Sauté in oil as the best way to get into food

Fresh, green herbs

Fresh green herbs are often too heat sensitive for long cooking. Favor using the fresh green herb rather than the dried leaves whenever possible. The dried leaves do have a role in roasting vegetables and cooking soups when it is necessary to cook the herb for longer periods of time. Add fresh leaves towards the end of cooking. Fresh green herbs enhance flavor, appearance and nutrition of vegetables, soups, dahls and grains.

- 1) **Basil**
 - Basil has a purifying and uplifting influence on heart and mind.
 - Basil can help remove excess Kapha from the lungs and excess Vata from the colon.
 - Use fresh Basil leaves whenever possible.
- 2) **Cilantro**
 - Cilantro is very sensitive to heat and should be added to dishes after taking them off heat.
 - Cilantro is traditionally used in dahls and added at the end.
- 3) **Oregano**
 - Add dried leaves to long cooking dishes. Add fresh leaves toward the end of cooking.
- 4) **Parsely**
 - Can stand more cooking than most green herbs and the fresh leaves could be cooked in soups and dahls.
- 5) **Rosemary**
 - Can stand more cooking than most green herbs and the fresh leaves could be cooked in soups and dahls.
- 6) **Thyme**
- 7) **Dill**

Soup, Water Base Spices

- 1) **Curry Leaves**
 - Use fresh leaves. Add to watery soups. Can serve but do not eat.
- 2) **Bay Leaves**
 - Use in soups and soup stock. Do not eat.

Sweet Spices

Sweet spices are added to carbohydrate rich foods like desserts, milk, grains, sweet vegetables and cooked fruits.

- 1) **Cardomon:**
 - Cardomon is a good digestive stimulant without a heating side effect when used in smaller quantities. It helps balance the heavy, clogging influence of milk.
 - Buy whole decorticated seeds and grind before use.
 - Use cardomon in sweet lassi and hot milk.
- 2) **Clove**
 - Cloves decrease excess Kapha and Vata but can increase Pitta as they are quite heating.
 - Ground cloves can be added in small amount to sweet foods.
 - Whole cloves can be used for seasoning and removed before serving.
- 3) **Cinnamon**
 - Cinnamon Promotes digestion and helps other spices be absorbed
 - Add to hot milk to increase availability of milk's nutrition.
- 4) **Nutmeg or Mace**
 - Nutmeg in small quantities is very calming. Add to hot milk at night.
 - Add to milk, dessert and sweet foods.
 - Buy whole nutmeg and grind to a powder right before use as it is very aromatic
- 5) **Saffron**
 - Saffron is excellent in grains and sweet dishes.
 - Saffron turns food a beautiful yellow color.
 - Saffron helps tissue development and nourishing of the body.

Indian Spices

The main effect of many of the Indian spices is their ability to enliven digestion and increase the metabolism of impurities in the body. Therefore these herbs play an essential role in proper digestion of food and keeping the body free of toxins. In general the spices in this pungent group decrease Kapha and Vata and increase Pitta. They can increase Vata if used in excess due to their drying nature.

- *1) **Ginger:** *"The best among tubers"* — Charaka
 - Ginger is the best spice for digestion and helps metabolize impurities throughout the body.
 - Fresh ginger root cut into small pieces and sautéed is best. Dry ginger powder is more heating. When sautéing spices add cut ginger first as it can cook the longest.
- *2) **Cumin**
 - Cumin strengthens digestion and helps metabolize impurities without aggravating Pitta greatly.
 - sauté or dry toast cumin to bring out flavor.

*Cumin and ginger are foundation of Ayurvedic spices for improving digestion and metabolizing impurities.

- 3) **Hing:(asfoetida)** *"The best among appetizers"* — Charaka
 - Hing helps metabolize impurities and decrease Vata in the digestive tract.
 - Good substitute for onions and garlic. Fennel sautéed in oil and hing looks and tastes like onion.
 - Hing should be used in small quantities and needs to be sautéed first
- 4) **Coriander:** Cooling influence
 - Coriander is a digestive aid that kindles Agni (digestive fire) without aggravating Pitta. It helps build up all tissues.
 - Prepare by grinding fresh coriander seeds and sauté.
- 5) **Fennel**

- Fennel is a digestive aid that kindles Agni (digestive fire) without aggravating Pitta
- Strengthens downward flow of elimination and its roasted seeds are often served after a meal.
- Buy fresh seeds and sauté whole or fresh grind into a powder.

6) **Fenugreek**

- Promotes digestion and helps reduce indigestion
- Sauté whole or fresh ground powder

7) **Mustard seeds** (brown and yellow)

- Mustard seeds stimulate digestion and help metabolize impurities but also are heating and increase Pitta.
- Sauté mustard seeds until they dance (pop).

8) **Turmeric**

- Turmeric is astringent and has a drying effect that can often decrease the mucous of excess Kapha.
- Turmeric is heat sensitive and added toward the end of cooking to water portion or on top of vegetables. Normally do not sauté turmeric.
- A pinch of turmeric adds golden color to grains and breads.
- It is an excellent natural anti-oxidant.
- Turmeric helps purify all the tissues and should be in the diet each day.

2. **Grains**

- Grains are the nutritional foundation of diet being rich in heavier nutritional factors like carbohydrate and protein. Grains are the staff of life.
- Eat a variety of grains for fullest nutrition. Use amaranth, quinoa, bulgar wheat, millet, barley and cous cous in addition to wheat & rice.
- Grains need to be mixed with some oils or they can be too drying.
- Avoid leavened breads that are in risen loafs as they are clogging to the physiology.
- Rice is light (good for summer) and wheat is heavier (good for winter).
 - Have both rice and wheat chapatis at lunch for most nourishment.
 - Use white basmati rice.
 - Brown rice is avoided as it is hard to digest.
- Two basic types of grain preparation
 - Grain Preparation Type 1: Boiled in water, very easy to digest. Add spices, vegetables, herbs, dried fruits according to season.
 - Grain Preparation Type 2: Chapatis and flat breads. Use fresh dough and do not refrigerate. Raise, puff up, chapatis over flame or burners after cooking by holding over heat with a tong. You can add spices, minced herbs and vegetables to the dough to improve digestion, taste and appearance.
- Grain flour can be mixed with legume flours (chick pea etc.) for most nourishment.
- Barley is the best grain to use for weight loss and excess Kapha.

3. **Oils**

- Because many pesticides are oil soluble it is important to use organic, oils are to avoid toxin concentration. Cook slowly on low heat.
- Don't take to high heat as this changes the chemistry of the oil to be more clogging in the body.
- Oils are used to sauté spices and increase effectiveness of spices.
- Ayur-Veda recommends unctuous foods. Good oils, properly prepared balance Vata and nurture brain and nervous system tissue.
 - **Ghee** Can make yourself or buy. Recipe in handout.
Good for nerves and brain.

Doesn't need to be refrigerated.

Doesn't burn as quickly as butter.

- **Olive oil** Good when cardiovascular health is a concern.
Use extra virgin (first press and cold press).
- **Sesame oil** In evening for Vata pacification

4. **Milk**

- a) Milk is a nutritious food that is highly prized in Ayur-Veda. When people can't digest milk the Ayurvedic physicians, Vaidyas, consider it a serious nutritional problem and have many programs to help restore the ability to drink milk.
- a) Cold milk is very hard to digest. To overcome this boil milk for a minute, add spices and drink while still warm. Boiling is needed to overcome the heavy, clogging quality of cold milk.
 - Can add ginger, turmeric, cinnamon to milk before boiling to increase digestibility, reduce heaviness and increase bio-availability of nutrients.
- b) Milk creates ojas, the most nourishing and strengthening product of digestion, when drunk alone.
- c) Only mix milk with sweet taste foods.
- d) Cheese is very clogging.
- e) Yogurt becomes more clogging and acidic over time.
 - Yogurt should be eaten within 24 hours of making.
 - Avoid store bought yogurt for this reason.
- f) Ice cream is depressing to digestion and Kapha aggravating.
- g) **Panir** (freshest cheese). See recipe.
- h) **Lassi**: Yogurt diluted with water with added spices eaten at lunch is good. See recipe.
- i) If you have any milk product other than hot milk, it is best to have it at lunch.

5. **Vegetables**

- a) Include plenty of leafy green vegetables in diet.
- b) Root vegetables are heavier, harder to digest and more clogging. Limit their quantity.
 - Add spices and have at lunch
- c) Small raw salad is OK at lunch. Avoid lunches of raw salad only. See recipe.
- d) Main preparation methods for vegetables.
 - **Sauté**: Sauté spices in oil first then add the vegetables. Could also add fresh green herbs toward the end. Turmeric also added toward the end of the cooking. All vegetables could be sautéed but the dryer vegetables like leafy green vegetables and green beans are best sautéed.
 - **Roast**: Mix dried green herbs (could use fresh parsley and rosemary), salt, pepper, Indian spices to taste with oil. Stir into fresh vegetables cut into sizable chunks so they can cook in their own water and then cover and bake. Use vegetables with good quantities of water (squashes of all kinds, fennel, root vegetable.)
 - **Braise**: Sauté herbs, spices and oil and then add vegetables for a minute or two of sautéing. Then add seasoned water (vegetable stock

is good) and boil until vegetables are cooked. Remove the vegetables and continue to boil the seasoned water until a thicker sauce. Pour this sauce back on top of vegetables or add to a cooked grain.

- **Grill:** Stir vegetables with a mixture of oil, herbs and spices before grilling.

- **Steam.** Least desirable as the excess water cooking will dilute the vegetables taste and biological potency. Sautéed spices should be added to steam vegetables after cooking or remove the vegetables from the steamer before they are finished and briefly sauté with spices.

- **Soup:** Make soup stock for use in braised vegetables and dahl

6. Fruits

- a) Favor fresh, juicy fruits (pears, grapes, plums, melons-good for Pitta in hot season)
- b) Apples often needs to be cooked (add clove, raisins, nutmeg). A stewed apple with spices is an excellent part of a good Ayurvedic breakfast.
- c) Banana is hard to digest. Limit intake.
- d) Use ripe not sour fruits.
- e) Dried fruits like raisins, apricots, etc. should be soaked before eating.
- f) Dates are excellent and need no soaking.
- g) Spiced, cooked fruit desserts are light and easy to digest.

7. Dahls

- a) Provide the astringent taste and a food-group needed for proper nutrition.
- b) Eat a variety of dahls. They can be purchased at Indian grocery stores.
- c) Mung bean dahl is best for overall balance.
 - Whole mung bean dahl is more nutritious but harder to digest and needs longer cooking.
 - Split mung bean dahl is easier to digest and cooks more quickly.
- d) Sauté spices in oil and add at end of dahl cooking period.
- e) Add some spices to water portion as cooking.
- f) Add fresh cilantro at end after dahl is taken off heat.

8. Nuts and Seeds

- a) Nuts and seeds are an important help for vegetarians get a balanced diet
- b) Cashews & almonds should be soaked overnight before use to reduce the Pitta aggravating effect and improve digestibility.

9. Tofu

- a) Tofu is not discussed in classical Ayurvedic texts
- b) Tofu is heavy and harder to digest. It needs spices and longer cooking

10. Note on vegetarianism:

- a) Milk products are needed for Vitamin B12 in a vegetarian diet.
- b) Milk, nuts and seeds needed for balanced amino acids.
- c) Eat a wide variety of foods to get proper nutrition.

11. Utensils

- a) Stainless steel is recommended or occasional use of iron skillets.
- b) Avoid aluminum utensils and non stick frying pans.
- c) Flame heat is best.
- d) Avoid microwave.

12. Environment

- a) Happy, settled environment is important.
- b) The consciousness of cook is a major factor in the quality of the food.

Suggestions for Meals

1. Foods good at Breakfast. (need to be combined properly)

- a) Medjool dates
- b) Stewed Fruit: apples with raisins or dried fruit, cinnamon stick and whole cloves (discard the cinnamon stick and cloves after cooking)
- d) Boiled grain cereal or flat bread
- e) Hot, spiced milk
- f) Avoid cold milk on cereal out of a box.
- g) Fresh fruit juice

2. Foods good at Lunch

- a) boiled grain b) 2-3 vegetables c) spiced dahl d) chapati (flat bread) e) lassi, f) panir, g) chutney
- h) dessert (cooked fruit tarts, whipped cream) i) sip warm water or tea.

3. Foods good at Dinner

Vegetable or dahl soup, boiled grain, green vegetable with proper oil and spices.

Key Ayurvedic Recipes

The Preparation of Ghee

Ghee is clarified butter. According to Maharishi Ayur-Veda it is the best oil for all doshas, because it improves the digestion without aggravating Pitta. Ghee can be used as cooking oil, as a digestive aid, or as a flavoring in place of butter. Under doctors' recommendation, it is also taken in its melted form as a preparation for Maharishi Ayur-Veda Rejuvenation Treatments at The Raj.

1. Place one or more pounds of unsalted butter in a deep stainless steel or Pyrex type glass pan on medium or medium-low heat. Watch to make sure that the butter doesn't scorch while melting.
2. Within the next 30 to 40 minutes the water will boil away (approximately 20% of butter is composed of water). Milk solids will appear on the surface of the liquid and also at the bottom of the pan.
3. Be alert to remove the liquid from the heat as soon as milk solids turn golden brown on the bottom of the pan; otherwise the ghee may burn. At this point, you may notice that the ghee smells like popcorn and that tiny bubbles arise from the bottom of the pan.
4. Strain sediment from ghee while hot, by pouring it through a cotton cloth placed over a stainless steel strainer or Pyrex type pan. At this point it is very hot, so you should always be cautious.
5. Ghee can be stored at room temperature for 3 to 4 months or longer if it is refrigerated. Later if ghee becomes solid due to being cool, just heat it slightly and it will return to liquid.
6. Ghee is usually available at delicatessens, natural food stores, and Indian groceries in your community.

Yogurt

Purchase a small container of plain yogurt at the grocery to use as “starter.” Milk to use: whole cow’s milk.

- Boil milk for 10 minutes with a few slices of fresh ginger. Cool to warm (40 degrees Celsius / 100 degrees Fahrenheit or just slightly warmer than body temperature).

- Pour milk into cups of yogurt maker.

Add 1/4 teaspoon of yogurt to each cup. DO NOT STIR!

Allow automatic process to continue until the next day.

Save a small amount of new yogurt to make the next day’s batch.

Lassi

Yogurt and lassi are not considered the same thing in Maharishi Ayur-Veda. So if yogurt is restricted, you may have lassi. Yogurt or lassi are best taken after lunch or late afternoon rather than evening.

Lassi is a yogurt drink, which is considered to be a healthful digestive aid. It is made by diluting yogurt and adding some spices, to taste, for the desired effect.

Enjoy this drink at room temperature at the end of your luncheon or as an afternoon treat.

Sweet Lassi

3 parts water (room temperature)

1 part yogurt

sugar

rose water

(fresh) cardamom powder

Digestive Lassi

3 parts water (room temperature)

1 part yogurt

*pinch salt to taste**

pinches cumin

1/4–1/2 tsp chopped cilantro (the fresh form of coriander) or mint

(Digestive lassi is also considered helpful for gas problems)

*Black salt in lassi is very effective as a digestive aid. It has a sulfur smell and taste — not everyone enjoys it. However it does provide the best aid to gas and digestive problems. Black salt can be purchased at Indian grocery stores or ordered through The Raj Herbery.

Panir

Bring milk to a simmering boil in a large pan watched very closely. Add lemon and/or yogurt until the milk congeals and there are clumps of milk solids floating in a clear yellow liquid. Strain the panir from the liquid, let cool and dry. Press panir together and then cut into cubes and sauté before adding to dishes.

Chapati

The following recipe is good for Vata and Pitta dosha and makes 12 servings:

2 cups unbleached white flour
1/2 tsp salt
1/2 – 2/3 cup warm water

Combine flour and salt in a mixing bowl. Gradually add water until dough forms a firm ball.

Dust with flour. Cover and let set 30 minutes.

Cut dough into 12 pieces and form into balls. Roll out balls on a floured surface into 6" circles.

Place a chapati in a heated griddle. Cook about 1 minute on each side.

Put the chapati directly on a gas burner flame and cook until it puffs up.

Mung Dahl Soup

Mung dahl soup is easy to prepare and easy to digest. Serve it accompanied with a flatbread or rice and vegetables. Grains and dahl make a complete protein. Always sort, wash and drain mung beans first.

Following are the ingredients for a soup that will serve 4 to 6 persons:

1 cup split mung dahl
6 cups water
1 tsp turmeric
2 tsp ground coriander
2 tsp peeled and minced fresh ginger root
1 tsp salt
2 Tbl ghee/or olive oil
1 tsp cumin seeds
1 tsp mustard seeds
4 Tbl coarsely chopped fresh cilantro

1. Sort, wash and drain the split mung beans.
2. Combine the mung beans, water, and spices in a large pot, except the cumin and mustard seeds. Stirring occasionally, bring to a full boil over high heat. Reduce the heat to moderate. Cook for one hour or until the dahl is soft and fully cooked. Stir occasionally to prevent sticking and add water as needed to keep dahl to desired consistency.
3. Remove from heat, uncover, whip with a wire whisk until the dahl soup is creamy smooth.
4. Heat the ghee in a small saucepan over moderate heat. When it is hot, add the cumin and mustard seeds then fry until the seeds turn brown. Put a small amount of dahl into the cooked spices and mix, then pour into the larger pot. Cover for 1-2 minutes. Mix in turmeric. Serve garnished with cilantro. For variety, vary spices and any vegetables added to the dahl.

SALAD

This salad adds a delightful freshness to the meal and stimulates the digestive process.

Carrots Fresh lemon juice Salt
Beets Basil Black pepper
Parsley Fresh ginger root

- Grate the carrots, beets, and fresh ginger root. Add the parsley and basil and toss together. Garnish with a squeeze of lemon juice and a dash of black pepper and salt.
- Those with Vata imbalance or weak digestion should only have about 2 tablespoonfuls chewed well.

Thermos Flask Lunch

The thermos flask lunch is for people who have jobs that do not allow them to have access to well cooked, balanced meals. The thermos flask lunch provides the foundation of a balanced lunch — the most important meal of the day.

- *1/4 cup yellow split mung beans*
- *1/4 cup basmati rice*
- *1-1/2 cups fresh vegetables, cut into small pieces to fit into thermos*
- *1 Tbsp ghee*
- *2 cups water*
- *whole or ground spices to taste (salt, pepper, cumin, ginger, turmeric, etc.)*

Briefly sauté the spices in the ghee (see notes below for more information about cooking spices). Add the mung dahl, rice and chopped vegetables. Cover with the water, and simmer for five minutes only. While still boiling hot, quickly pour the mixture into a one-liter or one-quart thermos (you may need to spoon it in, but don't let the mixture cool). Close the thermos quickly and leave it closed for about four hours. The meal will cook and be ready to eat after four hours in the thermos.

Note:

- You may need to experiment with amounts and cooking times to get the best results. The exact amount of cooking time depends on the time lapse between cooking and eating and how well your thermos retains heat. If the time between cooking and eating is 5 to 6 hours, then only two minutes of cooking time may be required. If the time lapse is 2 to 3 hours, then five to ten minutes cooking time may be required.
- Since mung dahl and rice swell up substantially, you will need a generous amount of water to get the proper consistency.
- Heavier vegetables like carrots and beets need one to two more minutes of cooking with the rice and dahl. Lighter vegetables like spinach and leafy greens can be added just before pouring the whole mixture into the thermos.
- You can substitute beans and lentils for the mung beans. Heavier lentils and beans will need considerably more time. They should be cooked first after frying the spices. Then rice and vegetables should be added, in order.

Chapter 3

Ama and the Dhatus

Ama refers to toxins, impurities and blockages that accumulate in the physiology. The localization of ama in the tissues disrupts and confuses the delicate biochemistry of the body, resulting in a wide variety of symptoms. When ama blocks the channels of circulation, like blood and lymph vessels, the body's ability to maintain homeostasis and balance in that area is lost and the fertile ground for disease is laid.

If your personal experience is that you have any type of "chronic" disorder or symptoms that have not gone away even with modern medical or "natural" treatment approaches then ama is probably blocking the effect of your treatments.

In Maharishi Ayurveda, the first treatment priority is removing ama by

- 1) stopping the lifestyle mistakes that create ama (we addressed this in the first chapter of the booklet) and
- 2) using natural Ayurvedic approaches to cleanse the body of ama where it may have accumulated.

As ama accumulates in the body a wide variety of symptoms and disorders result. Localization of ama results in stiffness, aches and pains, heaviness, tiredness and dullness. Another whole set of symptoms and disorders gets created as the body tries to fight the aggravating effects of ama. For example, the result of this struggle between the body and ama can result in the build up of excess tissue in the form of fibroids, cysts, and a variety of tumors.

Another set of symptoms comes when the immune system perceives ama as foreign material and fights it through inflammation in an attempt to remove the toxins. This can further result in a mistaken or "auto-immune" response against the body's own tissues. Unfortunately this can result in pain and/or swelling in that area. For example, conditions like arthritis, asthma and inflammatory bowel disease are created and aggravated by the accumulation of ama.

Ama can come from environmental pollutants, mental and emotional disorders and a variety of other sources. However, **ama mainly comes from improperly digested foods**. As a result of the indigestion large, misshaped, molecules become absorbed into the bloodstream as they have not been broken down properly in the digestive tract. Because the various channels and openings of the body are structured for smaller molecules the large ama particles start to block the fine pores and channels within cells and throughout the body. Many symptoms result from this process.

For example because the cell pores are blocked they can start to build up toxins inside or even suffer from malnutrition as nutrients can't get in from the outside. As a result even though a person may have eaten a large meal they soon get hunger signals from the body because certain tissues truly are starving. The person eats more to satisfy this false hunger and starts to put on more weight, creates more ama, and gets dragged into a downward spiral of increasing imbalance on all levels.

Evaluating Your Ama Level

In *A Woman's Best Medicine for Menopause* I described the general symptoms of ama accumulation and ama-free condition as follows. Consider these two lists as your general ama questionnaires and determine whether you have mainly symptoms of ama-filled or ama-free functioning.

Symptoms of ama accumulation

1. You wake up tired even after a good nights sleep.
2. You feel lethargic
3. Your tongue is coated especially upon awaking in the morning
4. You don't feel real hunger even when you haven't eaten for hours
5. You have generalized aches and pains. They often are noticed the day after eating certain heavy foods, like meat, cheeses, desserts and fried foods
6. You lack mental clarity and energy
7. You have a sense of heaviness in the abdomen, legs or body as a whole
8. You feel weary and unenthusiastic
9. You experience frequent indigestion like gas bloating and or heartburn
10. You feel blocked anywhere in the body, including constipation, sinus congestion and difficulty breathing.

Symptoms of an ama-free physiology

1. You feel fresh, rested and even blissful upon awakening in the morning
2. Your skin has a healthy glow
3. Your tongue is pink and clear
4. Your body feels light, regardless of your weight
5. Aches and pains are disappearing
6. You do not feel bloated or heavy in the abdomen
7. You feel energetic during the day
8. You feel enthusiastic
9. Your mind is clear
10. People say, "Have you lost weight?" or "What are you doing you look so good".

The Four Main Causes of Ama

Following is a list of several of the major factors that create ama.

1. Eating a large, heavy meal in the evening.

This is the single, largest and most common mistake that most people make. This behavior is especially problematical after 40 as the metabolism and digestion become slower. If you are overweight and over 40 it will be virtually impossible to reverse a weight problem without cutting back large evening meals.

2. Eating leftovers that have been in the refrigerator

Food that has been cooked and then refrigerated is very high in ama creating qualities. Our diet should be fresh food freshly prepared for good health.

3. Eating processed, refined foods made by man and not by nature

The more a food has been processed and fractions of it isolated by chemical processes the more it is high in ama creating quality. In Ayurvedic terms processing destroys the inner intelligence

and prana (life force) of the food. Processed foods to avoid as much as possible include canned, packaged and frozen foods.

4. Ingesting cold foods and drinks

Cold depresses the digestive fire and increases the likelihood that ama will be created from food.

Six Surefire Ama-Busting Approaches

1. Eat fresh food, freshly prepared.
2. Favor warm cooked food rather than large salads, sandwiches and other cold foods.
3. Eat the largest meal of the day at lunch when digestion is strongest.
4. Avoid consumption of large quantities of cheese and heavy meats.
5. Exercise daily.
6. Sip warm or hot water with meals and throughout the day.

Determining Where Your Ama Has Accumulated: The Key to Eliminating Ama From Your Body

Ama usually does not accumulate equally throughout the body. It is crucial for removing ama to determine specifically where it has gone. Ayurvedic treatment programs should be specific to the tissues the ama has accumulated in. Therefore the next step in understanding and removing ama is to learn about the Ayurvedic knowledge of tissues or "dhatus"

The Seven Tissues (Dhatus)

The dhatus are the 7 principles of biological intelligence responsible for forming the 7 major tissues of the body. The dhatus are not the tissues themselves but the underlying organizing principles responsible for forming those tissues.

The seven dhatus are:

1. **Rasa:** lymph & nutrient fluid
2. **Rakta:** corpuscular blood
3. **Mamsa:** muscle
4. **Medha:** fat and hormones
5. **Asthi:** bone & connective tissue
6. **Majja:** nerves and bone marrow
7. **Sukra:** reproductive tissue, ova and sperm

Ayurvedic theory describes the dhatus as forming in sequence from one to the other in this order. This is an especially important fact when treating imbalance. For example there may be osteoporosis, a clear disturbance of the asthi dhatu. However on close analysis there is also a significant imbalance in meda (fat, carbohydrate and hormone metabolism) the dhatu that precedes and turns into asthi. The Ayurvedic approach may require first putting attention on balancing meda in order to eventually balance asthi.

Following is a questionnaire that will educate you more about the symptoms that occur when a dhatu is imbalanced and will help determine what ama may have localized in you. Again I recommend filling out the form in pencil so you can return and document your progress.

Analysis of Balance and Ama Accumulation in Your Tissues

BLOOD PLASMA (RASA)-- The Clear Portion of the Blood

- Dry Skin
- Vaginal dryness
- Excess mucus or respiratory congestion
- Fatigue/tiredness
- Ovarian cysts (female) or hydrocoele (male)
- Underweight or early wrinkling of the skin
- TOTAL

RED BLOOD CELLS (RAKTA)- red blood cells and bile

- Hot flashes or frequently feeling hot
- Heavy menstrual bleeding or nose bleeds
- Skin rashes or acne
- Gallbladder problems
- Endometriosis
- Excessive thirst
- TOTAL

MUSCLES (MAMSA)- muscle tissue

- Muscle aches or pains
- Easily fatigued muscles
- Itchy ear canals or eczema of ear canal or excess ear wax
- Fibroids of the uterus (female) or enlarged prostate (male)
- Fibrous tumors of the breasts
- Dry, cracking lips
- TOTAL

FAT AND HORMONES (MEDA)- fat, hormone and carbohydrate metabolism

- Weight gain
- Diabetes or insulin resistance
- High cholesterol or triglycerides
- Malodorous sweat or body odor
- Fatty cysts under the skin, scalp or in the breasts
- Coronary artery disease
- TOTAL

BONES (ASTHI)- bone, cartilage, hair and nail tissues

- _____ Low bone density (osteopenia or osteoporosis)
- _____ Hair breaking or split ends
- _____ Hair with dryness or lack of lustre
- _____ Nails breaking
- _____ Joint pains or osteoarthritis
- _____ Deep pains in the bones
- _____ TOTAL

BONE MARROW (MAJJA)- the central nervous system tissue and immune system

- _____ Frequent or recurring infections
- _____ Excess secretions of the eyes
- _____ Dryness of the upper portion of the eyelids (not inflammation or blepharitis)
- _____ Immune system disorder
- _____ Pain in the tendons, easily injured tendons or tendonitis
- _____ Tendency for fainting, light-headedness or spaciness
- _____ TOTAL

REPRODUCTIVE ESSENCE (SUKRA)- The egg and its supportive tissues

- _____ Absence of libido or impotence (impaired erection or ejaculation)
- _____ Severe vaginal dryness
- _____ Lacking overall sexual attractiveness
- _____ Dull eyes, lack of clarity of the eyes
- _____ Infertility
- _____ History of more than one miscarriage
- _____ TOTAL

If you scored 3 or higher in any one tissue category that tissue is being affected to a significant degree by ama accumulation.

If you scored 1-2 in any tissue category ama is beginning to form in that tissue.

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Ayurvedic Dhatu Balancing Recommendations

If your scores indicate ama is starting to accumulate in specific dhatus it is important to pay attention to the many areas of lifestyle, diet and eating behavior that have been described in this booklet.

Dhatu	Factors that Disturb the Dhatu Reduce these factors if you have this dhatu imbalance.	Lifestyle and dietary factors to favor that balance the dhatu.
Rasa (blood plasma)	<p>Rasa is imbalanced by factors that disturb digestion</p> <ol style="list-style-type: none"> 1) low water intake, 2) fasting, 3) irregular meal times, 4) eating excessive quantities of dry foods 5) excess salt 6) eating before the previous meal is digested 7) overeating <p>Rasa is also disturbed by</p> <ol style="list-style-type: none"> 8) staying up late at night 9) insufficient sleep 10) mental stress, worry and fear 	<ol style="list-style-type: none"> 1) drink plenty of water 2) eat sweet, juicy, fresh fruits (pears, grapes, plums, oranges, melons) 3) eat juicy vegetables (zucchini, squashes, cucumber) 4) get more sleep 5) manage stress, ideally through the TM technique 6) perform abhyanga (herbalized oil massage) daily
Rakta (red blood cells)	<ol style="list-style-type: none"> 1) acidic foods like tomatoes, vinegar, fermented foods 2) alkaline (leavened with baking soda) 3) toxins like alcohol, nicotine, drugs, chemicals 4) frequent anger and frustration 5) hot, spicy foods 6) artificial colors, preservatives, pesticides 7) aged cheeses 8) violent movies or news shows 9) late bedtimes 	<ol style="list-style-type: none"> 1) more neutral taste diet, less spices 2) plenty of water intake 3) good quantities of fruits and vegetables 4) T M technique 5) bed before 10 6) reduce anger 7) don't skip meals, have regular meals mealtimes 8) drink 1/4 cup of aloe vera juice daily 9) include rose petal jam or rosewater in your diet (add to milk or lassi)
Mamsa (muscles)	<p>Mamsa is disturbed by factors that create dense, sticky ama.</p> <ol style="list-style-type: none"> 1) old foods and leftovers 2) cheese, cold deli foods, ice cream 3) leftover or impure meats 4) overeating 5) deep fried foods 6) cold drinks 7) eating meat or cheese late in the day 	<ol style="list-style-type: none"> 1) yoga, stretching 2) exercise 3) abhyanga 4) vegetarian diet 5) amla berry preparations (Indian grocery stores or MAPI 1-800-all-veda) 6) eat 1-2 dates a day and buckwheat at least once a week 7) Strictly avoid red meat, pork and cheese
Meda (fat & carbohydrate metabolism & hormones)	<p>Meda is disturbed by factors that clog and slow metabolism</p> <ol style="list-style-type: none"> 1) overeating fats, refined sugar foods, deep fried food and high calorie food 	<ol style="list-style-type: none"> 1) increase exercise (consult your physician if you have any known condition) 2) increase fiber in the diet

	<ol style="list-style-type: none"> 2) large evening meals 3) excess meat and cheese 4) impure cooking oils like non-organic, refined vegetable oils 5) snacking late at night 	<ol style="list-style-type: none"> 3) eat organic foods 4) use organic, unrefined olive oil 5) eat bran, whole cooked grains, especially barley and quinoa, cooked, green, leafy vegetables, and legumes (lentils, dahls, dried beans, and peas)
Asthi (bones, cartilage, teeth, nails)	<p>Asthi is most easily disturbed by factors that aggravate Vata dosha(Ch.3)</p> <ol style="list-style-type: none"> 1) late nights 2) mental stress 3) irregular meals 4) smoking 5) toxins esp. mercury and lead 	<ol style="list-style-type: none"> 1) adequate dietary calcium and Vitamin D 2) calcium rich foods like sesame seeds, tahini, broccoli, blanched almonds, kale, fresh asparagus 3) 30 minute walk in the rising sun without sunscreen if tolerated (sunscreen blocks vitamin D production) 4) abhyanga daily
Majja (bone marrow, immune system, brain and nerve cells)	<ol style="list-style-type: none"> 1) unnatural unwholesome foods (junk food, processed food, fake cakes, genetically engineered food, food not ripened on the vine) 2) corticosteroids that decrease bone marrow production (consult your doctor before changing intake of any prescribed medicine) 3) mental stress 4) plenty of sunlight 5) foods rich in calcium, magnesium, vitamin B6 and B12 	<ol style="list-style-type: none"> 1) more rest 2) gentle but regular exercise 3) daily abhyanga 4) TM technique 5) healthy, pure, wholesome foods 6) walnuts, pecans, blanched almonds 7) warm blended date/milk shakes 8) rice pudding with basmati rice, raisins, chopped nuts, saffron and organic raw sugar to taste
Shukra (reproductive essence, sperm and ova)	<p>Shukra is disturbed by excess sexual activity, exhaustion and poor nutrition</p> <ol style="list-style-type: none"> 1) excessive sexual activity 2) frequent childbirth 3) carbonated beverages, baking soda, alcohol 4) mental and emotional stress 5) unwholesome foods lacking in nutrients 6) inadequate food intake 7) inadequate sleep 	<ol style="list-style-type: none"> 1) practice moderation in sexual activity 2) to bed before 10 PM 3) daily abhyanga 4) eat nurturing foods like date milkshakes and rice pudding (#7&8 in majja above) 5) fresh asparagus 2-3 times a week 6) mangoes in season 7) one sweet juicy pear or apple each day.

Importance of the sequence of dhatu development

It is very important to also remember that the dhatus get built up one to the other in the sequence rasa, rakta, mamsa, meda, asthi, majja, shukra. If a dhatu early in the sequence is disturbed the others that follow will be weakened. For example often an asthi imbalance (osteoporosis) is created by a meda (fat and hormone) imbalance. Balance the first dhatus in the sequence to strengthen the later ones.

Following are two specific recommendations you can use to cleanse the dhatus

1. Ayurvedic Herbs: The Maharishi Amrit Kalash preparations with over 40 different herbs and fruits have a very powerful influence on cleansing the dhatus and opening the channels throughout the body.

2. Spice waters: Specific spices can help to "clear" specific dhatus of ama. Spice water is prepared by placing proper quantities of the dhatu specific spices in boiled hot water in a thermos and then drink that spice water throughout the day. The hot water penetrates through all the tissues carrying the specific cleansing effect of the spices into the tissues most affected by them.

Spice waters are one of the simplest and most profound recommendations in all of Ayurveda. I highly recommend you use them daily for a period of 2 months at a time. Then take a month off, then retake the test and use your updated recipe for another two months. Repeat this cycle until you are ama-free!

**Following is a list of
which spices to use for cleansing specific dhatus.**

Balance Area	Spice	Quantity	Comments
Basic recipe	cumin	1/4 teaspoon	helps absorption of nutrients
Basic recipe	coriander	1/4 teaspoon	helps the kidneys cleanse the body
Basic recipe	fennel	1/4 teaspoon	strengthen the downward flow of elimination and reduces flatulence and bloating
Rasa	ajwan	1/8 teaspoon	since ajwan is quite heating reduce or skip if you are having intense Pitta imbalance or hot flashes
Rakta	Indian sarsaparilla root	1/8 tsp.	
	manjistha	1/4 tsp.	powder or leaves of tea cut size
	dried Indian Hibiscus flowers	1/4 teaspoon	Do NOT use Western/American hibiscus as it has very different properties
Mamsa	dried Indian Hibiscus flowers	1/4 teaspoon	Do NOT use Western/American hibiscus as it has very different properties
	licorice root	1/8 teaspoon	Do not use if you have high blood pressure, fluid retention, breast cancer, fibroids or heavy bleeding.
Meda	fenugreek seeds (crushed a little to release their effects)	1/8 teaspoon	
	cinnamon stick	1/4 inch	
	Indian sarsaparilla root	1/8 teaspoon	
Balance Area	Spice	Quantity	Comments
Asthi	marshmallow root	1/8 teaspoon	the herb! not the puffy, white marshmallows from the grocery store
	Indian sarsaparilla	1/8 teaspoon	
Majja	Indian	1/8	

	sarsaparilla root	teaspoon	
	bala root	1/8 teaspoon	
	fresh basil leaves	3	
	marshmallow root	1/8 teaspoon	
Shukra	Indian asparagus root	1/4 teaspoon	
	marshmallow root	1/4 teaspoon	

How to make your personal spice water recipe

Drink each day for 2 months.

Boil 2 quart(s) of water for 5 minutes. Pour into a thermos. Then add the following spices in WHOLE seed form to make the basic recipe.

To individualize your water, take the dhatu test above. Then add the spices indicated in the dhatu chart above for each dhatu you scored 3 or higher in. That completes your spice water recommendation.

Use the WHOLE seed, tea-cut or chunk form of the herb whenever available (except any turmeric, sandalwood or manjistha, which are powders). Rosebuds should be without stems or leaves. Many ingredients will be available at your local herb shop or whole foods store. All are also available through MAPI at 1-800-ALL-VEDA.

Spice	Quantity	Area balancing
Cumin	1/4 teaspoon	Base recipe
Coriander	1/4 teaspoon	Base recipe
Fennel	1/4 teaspoon	Base recipe

Then drink the water throughout the day. Allow the water to cool to lukewarm or room temperature after pouring into glass, before drinking. Please simply drink the water and do not eat the spices themselves. The water-soluble fraction of the spices will be helpful, but the other parts may be aggravating for your system. You may drink other water during the day according to thirst, but try to drink all the spiced water by 6PM. Drinking it later may keep you awake at night due to its mild diuretic effect. This spiced water must be made fresh every day.

Chapter 4

The Three Doshas -Vata, Pitta and Kapha

Section 1

The Divisions of Biological Intelligence: Vata, Pitta and Kapha

Ayurveda says there are two levels within us that must be coordinated and balanced in order for us to be healthy. The first level we are all familiar with. It is the material level of cells, tissues and organs. But Ayurveda describes how the material level is actually just an expression of biological intelligence and that biological intelligence is a subset of the intelligence at the basis of all natural phenomenon. According to Maharishi Ayurveda the intelligence level creates and controls the material level. Modern medicine diagnoses and treats the material level of cells, tissues and organs. Ayurveda diagnoses and treats the intelligence level. This is the difference between the two systems.

Biological intelligence in the human being has three subdivisions which control the various activities of the physiology. These three divisions are Vata, Pitta and Kapha - the three doshas.

The easiest way to understand why Vata, Pitta and Kapha are so important is to go even deeper into the description of nature that modern physics gives us.

Physics tells us the world exists in layers. The surface levels of nature behave like particles and are the domain of classical physics. The deeper, more subtle levels of nature behave like wave patterns in fields and are the domain of quantum physics.

From this perspective modern medicine is a health care system based on an analysis of health from the molecular level in classical physics and Maharishi Ayurveda is a health care system based on an analysis of health from the deepest quantum mechanical level in nature.

The following graph and discussion make this distinction more clear. This graph shows the various levels of natural law from gross to subtle and indicates the areas dealt with by modern medicine and Maharishi Ayurveda.

Classical Physics (Particle nature)

Matter
Molecules-DNA —————> level of modern medicine
Atoms
Atomic particles

Quantum Physics (Wave nature)

Quantum Fields
4 fundamental quantum mechanical fields
1)electromagnetic 2)weak 3)strong 4)gravity
Vata, Pitta and Kapha —————> level of Maharishi Ayurveda
Unified Field

In this chart we actually see the history of physics as we look from top to bottom. Over time physics has investigated progressively deeper, more causal levels of nature's functioning and finds different descriptions of nature, and laws of its functioning, at each level.

Modern medicine evaluates almost all issues in health in terms of the molecule.

Organs, tissues and physiology are reduced to the biochemistry that creates and supports them. Dietary content is evaluated in terms of molecules of carbohydrates, minerals, proteins and vitamins. Behavior is evaluated for its influence on hormonal cycles and levels of other chemicals in the physiology. When we try to cure someone with modern medicine most often the treatment of choice is to give a molecule (drug). And when you have a molecular approach to health it is natural that the pinnacle of modern medicine is to understand how DNA, the molecule that makes all the other molecules, functions.

Maharishi Ayurveda evaluates all issues in health from the perspective the Unified Field, and its first manifestations, Vata, Pitta and Kapha.

This approach comes from the direct cognition, or experience, of the Vedic *Rishis*. Rishi means seer. Vedic Rishis purified and refined the functioning of their nervous systems until they could consciously experience and perceive the Unified Field and its functioning from deep within their own minds. Their cognitions of the laws of nature functioning on this deepest quantum mechanical level became the body of knowledge called Vedic ScienceSM.

Vata, Pitta and Kapha: The Three Doshas

The Vedic Rishis experienced and described three fundamental fields that are the first expressions of the Unified Field. These fields orchestrate the functioning of the entire physiology on grosser, more manifest levels. This is the source of the Vedic understanding of Vata, Pitta and Kapha and the role they play in human physiology.

Maharishi Ayurveda diagnoses and treats imbalances that are present in Vata, Pitta, Kapha and their subdivisions. Imbalance in the doshas is imbalance in the body's inner intelligence responsible for proper functioning of all the grosser, more material aspects of the physiology. Since Vata, Pitta and Kapha are divisions of biological intelligence treating them is equivalent to enlivening the body's natural healing, balancing and self-repair processes.

From this perspective we can see the primary role that Vata, Pitta and Kapha play in Maharishi Ayurveda. Ayurvedic diagnosis is not a diagnosis of disorder in the material level of cells and tissues but an assessment of balance in Vata, Pitta and Kapha. If the cell or tissue loses its way, Ayurveda does not blame the cell or tissue. Rather, it locates the problem to the level of the body's inner intelligence, the ordering principles that are supposed to keep the cell and tissue functioning properly. Ayurvedic treatment does not take something from the outside, like drugs or surgery, to attack the disease. Rather it aims to restore the full expression of biological intelligence so that true healing may occur from within.

Basic Functions of Vata, Pitta and Kapha

Following is the basic information regarding, functions, qualities and characteristics of Vata, Pitta and Kapha.

Vata

Vata governs bodily functions concerned with movement.

Vata is especially involved in the movement of electrical activity up and down the nerves and therefore has a major function in the nervous system and brain. The flow of food through the digestive tract and the circulation also are controlled by the function of Vata.

Pitta

Pitta governs bodily functions concerned with heat, metabolism and energy production.

Pitta's main activities are to control the chemical transformation processes associated with digestion and metabolism.

Kapha

Kapha governs bodily functions concerned with physical structure and fluid balance.

Kapha is mainly concerned with fluid balance and the buildup of the gross structure of the body including fat, tissues and muscles.

These three types of processes can be seen at the basis of any system in nature. For example, think of a car. It has moving wheels and parts that would be like the "Vata" function. It has an internal combustion engine that creates chemical transformations to turn gasoline into heat and energy to power the car. This is like the "Pitta" function. The car also has a chassis that provides the overall structure for the vehicle. This is like the "Kapha" function.

Food is evaluated for its strength and balance of Vata, Pitta and Kapha. For example, an apple is high in Vata quality, hot pungent spices have strong Pitta activity and heavy desserts and sweets are high in Kapha.

Behavior is analyzed for its influence on the Vata, Pitta and Kapha fields. For example, staying up late at night increases and disturbs Vata. Eating a large meal late in the evening aggravates Kapha. Exercising in the hot sun can aggravate Pitta.

This Vedic perspective of health is effective because it is rooted in the deepest quantum mechanical reality of nature's functioning. The classical level of molecules that modern medicine deals with is very superficial compared to the quantum mechanical world from which Vedic Science functions.

The Daily Cycles of Vata, Pitta and Kapha

The environment and physiology have many natural cycles and rhythms that should be taken into account in our daily patterns of living. The basis of much of the Ayurvedic daily routine described in Chapter 1 is the fact that Vata, Pitta and Kapha, and the functions they control, become more enlivened at different times of the day. Following are the times when Vata, Pitta and Kapha and their corresponding physiological functions are most active.

Time of Day	Dosha most Active	Behavioral effects and recommendations
2:00 AM to 6:00 AM	Vata	Arise, Bathe, Meditate
6:00 AM to 10:AM	Kapha	Exercise Note: avoid sleeping into this period
10:00 AM to 2:00 PM	Pitta	Digestion is strongest so have lunch as your largest meal
2:00 PM to 6:00 PM	Vata	Tendency to tiredness, afternoon herbal tea, meditate
6:00 PM to 10:00 PM	Kapha	Evening walk to bed by 10:00 PM
10:00 PM to 2:00 AM	Pitta	Sleep, Metabolic "housecleaning"

For optimal health and healing, we need to align our behavior to gain maximum support from the natural, rhythmic swings of Vata, Pitta and Kapha activity. Simply stated we want "support of nature" for our most important physiological activities. Eat your largest meal at lunch when Pitta makes digestion strongest. Go to bed in Kapha time when your sleep will come more easily and deeply. Sleep through Pitta time so as not to disrupt your natural internal cleansing cycle and to allow full rejuvenation of your mind and senses.

Disregarding the laws of nature leads to illness. Living in accord with natural law brings the full support of the healing power of nature that underlies the growth and development of all living things. This is one of life's basic lessons and a guiding principle of Ayurveda.

Section 2 **Qualities and Characteristic of Vata, Pitta and Kapha**

If we learn the state of balance and imbalance of Vata, Pitta and Kapha within us, it will help us in understanding why we have a disorder and what we can do to eliminate it. Following are lists of the defining characteristics of Vata, Pitta and Kapha. Read them with an eye as to which one most describes what is going on within your physiology.

Qualities of Vata, Pitta and Kapha

Vata

Moving, quick, light, minute, rough, dry, leads Pitta and Kapha

Pitta

hot, sharp, light, acidic, slightly oily

Kapha

Heavy, oily, slow, cold, steady, solid, dull

Characteristics of Vata, Pitta or Kapha

Predominance in the Physiology- "Constitutional Body Type"

As you read the qualities of the three doshas listed below, think about which best describes you. That dosha is your "predominant" dosha. Everyone has all three doshas lively within them, but 1 or 2 are usually more predominant than the others.

Vata

- Lighter, thinner build
- Performs activity quickly
- Tendency toward dry skin especially in winter
- Aversion to cold weather
- Irregular hunger and digestion
- Quick to grasp new information, also quick to forget
- Tendency toward worry
- Tendency toward constipation
- Tendency toward light and interrupted sleep
- Enthusiastic and vivacious by nature
- Walks quickly
- Difficulty making decisions or often changes mind
- Talkative

Pitta

- Moderate build
- Performs activity with medium speed
- Aversion to hot weather
- Perspires easily
- Prefers cold food and drinks
- Sharp hunger and digestion
- Can't skip meals
- Medium time to grasp new information
- Medium memory
- Strong intellect
- Great precision and organization
- Tendency toward reddish hair and complexion, moles and freckles
- Good public speakers
- Tendency toward irritability and anger
- Enterprising and sharp in character

Kapha

- Solid, heavier build
- Gains weight easily
- Greater strength and endurance
- Oily, smooth skin
- Slow digestion, mild hunger
- Can skip lunch without significant discomfort
- Tranquil, steady personality
- Slow to grasp new information, slow to forget
- Slow to become excited or irritated

- Sleep is heavy and long
- Hair is plentiful, thick and wavy
- Tendency to excess mucous, chronic congestion, sinus problems and allergies
- Tendency toward lethargy and depression
- Performs activity slowly
- Sweet and happy by nature

Qualities of Balance and Imbalance in Vata, Pitta and Kapha

You can use the following charts to help identify the dosha that is most imbalanced. This is important because this dosha imbalance is the root cause of symptoms that appear on the material level of your body. The Ayurvedic approach is not to treat symptoms but to treat the underlying imbalances in Vata, Pitta and Kapha. When these imbalances disappear, usually symptoms disappear too.

Vata

Balance	Imbalance
Mental alertness	Dry or rough skin
Normal elimination	Insomnia
Enthusiasm & Exhilaration	Constipation
Sound sleep	Fatigue
Strong immunity	Tension headaches
Proper formation of body tissues	Intolerance of cold
	Underweight
	Anxiety, worry

Pitta

Balance	Imbalance
Normal heat & thirst mechanisms	Rashes, skin inflammations
Strong digestion	Heartburn
Lustrous complexion	Visual problems
Sharp Intellect	Excessive body heat
Contentment	Premature graying, baldness
	Hostility, irritability

Kapha

Balance	Imbalance
Muscular strength	Oily skin
Vitality and stamina	Slow digestion
Strong immunity	Sinus congestion
Affection, generosity, courage	Nasal allergies
Stability of mind	Obesity
Healthy, normal joints	Lethargy, dullness

Personal Characteristics Questionnaire

By now you probably have a pretty good idea of what dosha is strongest in you and where your imbalance is. The following questionnaire helps you solidify your understanding of which dosha is strongest in you. Please answer the following questions in terms of your pattern or tendency over your lifetime, not necessarily your current state.

1. Which of the following styles most accurately describes how you perform your activities?
 - a) Quickly, with a lot of enthusiasm
 - b) With medium speed, intensely
 - c) More slowly and methodically

2. How easily do you become excited or enthused?
 - a) Very readily
 - b) Fairly quickly
 - c) Not easily

3. How easily do you become frightened?
 - a) Very easily
 - b) Fairly easily
 - c) Not easily

4. How quickly do you pick up new information?
 - a) Very quickly, usually the first time
 - b) Quite quickly
 - c) More slowly, prefer to review the material several times

5. Which of the following best describes your memory?
 - a) Good short-term, but tend to forget rather quickly
 - b) Medium, it depends
 - c) Good long-term

6. Which of the following best describes your digestion?
 - a) Quite easily upset, tendency for gas or bloating
 - b) Virtually never a problem, can eat nearly anything without discomfort
 - c) Digestion is slow, stomach feels heavy long after meals

7. Which of the following best describes your appetite?
 - a) Irregular, varying
 - b) Strong, do not like to skip a meal
 - c) Generally do not feel strong hunger, can easily skip a meal

8. How would you characterize your capacity for food intake?

- a) Varies a lot
- b) Can eat a lot at one time without undue discomfort
- c) Low

9. Which, if any, of the following groups of tastes do you specifically prefer?

- a) Sweet, sour, salty
- b) Sweet, bitter (ex. green, leafy vegetables), astringent
(ex. split peas, dahl, dried beans)
- c) Hot and spicy, bitter, astringent
- d) None of the above

10. Which, if any, of the following types of foods do you crave?

- a) Warm, cooked foods and hot drinks
- b) Cold foods and drinks
- c) Dry, crunchy foods
- d) None of the above

11. In which of the following types of weather, if any, do you feel especially uncomfortable?

- a) Cold
- b) Heat
- c) Cold and damp
- d) None of the above

12. Which of the following best describes your sleep pattern?

- a) Light sleeper, frequently awakened
- b) Sound sleep, need 6-8 hours
- c) Deep sleep, need more than 8 hours

13. Which of the following best describes your bowel habits?

- a) Irregular, not every day
- b) More than twice a day
- c) Regular, every day

14. Towards which of the following do you have a tendency?

- a) Hard, dry stools
- b) Loose stools
- c) Formed stools

15. How easily do you perspire?

- a) Not easily, only when very hot
- b) Easily, more than is comfortable
- c) Very little

16. How would you describe the strength of your sexual drive?

- a) Mild
- b) Moderate
- c) Strong

17. How do you feel inside when you run into some problem or difficulty?

- a) Worried, mind moving back and forth, anxious
- b) Tendency to feel irritated or angry
- c) Calm, stable and clear

Total scores a-Vata _____ b-Pitta _____ c-Kapha _____

You probably realized as you took the test that the "a" scores were for Vata, the "b" scores for Pitta and the "c" scores for Kapha. Add up your scores for each letter and if one letter has significantly more points than the others then the corresponding dosha is probably most active in you. The most active dosha is the one most likely to get out of balance. If Pitta is most active in you may not yet have a Pitta imbalance but for preventive medicine you should favor Pitta pacifying diets and behaviors.

Section 3

The Three Doshas, Balanced Diet and The Six Tastes

Diet is the primary way we can balance or imbalance Vata, Pitta and Kapha in our daily life. When the Rishis looked to nature they realized that the Vata, Pitta and Kapha fields were active to varying degrees in different foods. They also saw that "like increases like." In other words, if a person eats a food strong in Kapha, such as a smooth, unctuous, sweet piece of cheesecake, Kapha will increase in that person's body. She may feel heavy and tend to gain weight from the dessert. She may also feel very content and fulfilled, another Kapha quality!

As a result if we overeat Kapha foods we are likely to develop a Kapha imbalance. If we overeat Pitta foods we tend to develop a Pitta imbalance, and the same with overeating foods strong in Vata.

On the other hand, "opposites bring balance." Eating foods with qualities opposite to those of your imbalance can help to heal your body. For example, a person who is underweight, weak and undernourished--all signs of Vata imbalance--can be helped by eating rich, warm, and unctuous foods that reduce Vata such as casseroles, pasta, nuts and cheeses. Whereas a person with a Kapha imbalance, who is overweight, sluggish, and prone to congestion, will find that light, spicy Kapha balancing foods such as hot lentil soup with gingered vegetables helps balance their Kapha, leaving them feeling more light and energized. Pitta balancing foods are cooling ones such as watery vegetables (zucchini) and sweet juicy fruits (melons, plums, grapes) that balance the hot nature of Pitta dosha.

To take advantage of this knowledge we are going to have to learn a little more about the Ayurvedic food classification system that is based on the relationship of tastes to doshas. According to Ayur-Veda, all foods can be divided into six fundamental categories according to taste:

sweet
sour
salty
pungent (hot spicy)
bitter
astringent

Each taste contains nutritional factors that the body needs for proper functioning. Ayurveda recommends that for our diets to be balanced they should include all six tastes every day. It is especially important to include all the tastes at lunch, which should also be the main meal of the day.

When the diet is not balanced, that is, when it does not contain all six tastes, it can lead to experiences like still feeling hungry after finishing a large meal, feeling weak and tired in the late afternoon, or developing cravings for certain foods.

Following are the six tastes and some major foods within each category:

Sweet:

- Most grains like wheat, rice, barley, corn, etc.
- Milk and sweet milk products like ghee, cream, butter
- Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits
- Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans
- Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, etc.

Sour:

- Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries, plums
- Sour milk products like yogurt, cheese, whey, sour cream, etc.
- Fermented substances like wine, vinegar, soy sauce, cabbage
- Carbonated beverages

Salty:

- Any kind of salt like rock salt, sea salt, salt from the ground
- Any food to which salt has been added (pickles, nuts, chips)

Pungent:

- Hot spices like chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc.
- Mild spices like turmeric, anise, cinnamon, and “fresh” herbs like oregano, thyme, mint, etc.
- Raw vegetables like radish, onion, cauliflower

Bitter:

- Fruits like olive, grapefruit
- Green leafy vegetables like spinach, green cabbage, brussel sprouts
- Spices like fenugreek, turmeric

Astringent: (drying)

- Turmeric, honey (do not heat hotter than lukewarm water), walnuts, hazelnuts, cashews
- Pulses (legumes) i.e. beans, lentils, peas, (dahl)
- Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables
- Fruits like pomegranate, berries, persimmon, lemon, cranberry, most unripe fruits

Determining the amount of Vata, Pitta and Kapha in foods

The following charts show what types of foods are high in each dosha. Ayurvedic theory says that if a person has an imbalance in a specific dosha he would eat foods that decrease the activity of that dosha. Always remember that even when consciously favoring or avoiding foods to help balance our doshas we should always maintain a balanced diet with all six tastes.

How the Tastes Affect Vata, Pitta and Kapha

Sweet, Sour, Salty	Increase Kapha	Decrease Vata
Pungent, Bitter, Astringent	Increase Vata	Decrease Kapha
Pungent, Sour, Salty	Increase Pitta	
Sweet, Bitter, Astringent	Decrease Pitta	

How Food Qualities Affect Vata, Pitta and Kapha

Heavy	Increases Kapha	Decreases Vata
Cold	Increases Kapha and Vata	Decreases Pitta
Oily	Increases Kapha	Decreases Vata
Light	Increases Vata	Decreases Kapha
Hot	Increases Pitta	Decreases Vata and Kapha
Dry	Increases Vata	Decreases Kapha

Have a balanced diet with all six tastes at all times but if you clearly have the symptoms of an imbalance in one of the doshas favor foods that decrease that dosha and avoid the ones that aggravate it. The following chart gives a small example of using food to balance doshas

Imbalanced Dosha	Favor	Reduce
Vata	warm unctuous food grains, nuts and seeds	cold, salads hot spices caffeine
Pitta	sweet fruits, milk	hot spices, tomatoes
Kapha	cooked vegetables	sweet desserts cheese & meat

Vata Pacifying Diet

Most important principles:

Favor warm, cooked foods and hot beverages. Soft and unctuous foods, such as pasta, cooked cereals and soups should be favored over dry and crunchy foods. Raw vegetables should be avoided except in small amounts. Avoid cold drinks and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.)

Favor the Following Foods

GENERAL Sufficient quantity, adequate amount of oil, warm foods and drinks. Have more sweet, sour and salty tasting foods.

GRAINS Wheat products, rice, cooked oatmeal, bulgar wheat, cous-cous, quinoa.

LEGUMES Yellow split mung beans (green skin removed,) whole mung bean soup, red lentils.

VEGETABLES Zucchini, asparagus, carrot, beets, sweet potatoes, tomato, artichokes, cucumber, yellow squash, okra, tender eggplant, fennel, spinach in small amounts. All should be cooked.

DAIRY Milk (boiled and served hot), butter, ghee, cream, yogurt (only if freshly made at home,) soft, non-aged cheeses (such as ricotta, cottage cheese, and cream cheese,) panir (homemade cheese from milk,) sour cream.

SWEETENERS Whole, natural cane sugar (in small amounts,) raw honey, date sugar, fructose.

OILS All (organic olive oil preferred.) Ghee.

NUTS & SEEDS All nuts and seeds except peanuts. Soak the nuts in water to soften.

SPICES Cumin, ginger, mustard seeds, celery seeds fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anise, fennel, black pepper (small amounts), salt, lemon juice, tamarind. All others in small amounts.

FRUITS All ripe, sweet, and juicy fruits. Dried fruit is better soaked in water before eating. Sweet grapes, banana, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, avocado, sweet oranges, grapefruit, raisins, dates, prunes, and figs. Apples and pears only if sweet and juicy.

Reduce the Following Foods

GENERAL Light, dry, and crunchy foods. Cold foods and drinks. Pungent (hot, spicy), bitter and astringent tastes.

GRAINS Barley, corn, millet, rye, buckwheat, raw oats.

LEGUMES All except yellow mung beans and red lentils.

VEGETABLES Green leafy vegetables, peas, potatoes, broccoli, cauliflower, cabbage, celery, orange pumpkin and squash, sprouts, mature eggplant, onion, radish, and raw vegetables.

FRUITS Unripe fruits. Guava, cranberries, persimmon.

SPICES Avoid cayenne, chili peppers and other very hot spices

Vata Diet without Heavy Foods

Use this diet if you have symptoms of both Vata and Kapha imbalance or you have symptoms of Vata imbalance with an overweight or ama condition

Most important principles:

Favor warm, cooked foods and warm beverages. Soft and moist foods, such as pasta, cooked cereals and soups should be favored over dry and crunchy foods. Raw vegetables should be avoided. Avoid cold drinks, iced drinks, frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.,) caffeinated beverages and other stimulants, and carbonated beverages.

All foods should be freshly prepared of fresh and ideally organic ingredients. Avoid leftovers, packaged, canned or bottled foods, processed foods, frozen foods, refined sweets and bakery products.

Favor the Following Foods

GENERAL Warm foods and drinks. Foods should be cooked at home ideally, of fresh ingredients. Avoid frozen foods (including frozen vegetables,) canned or bottled foods, red meat, raw vegetables and greasy or fried food.

GRAINS Wheat products (avoid yeast breads except 100% whole grain bread, avoid white flour; favor crackers, cous-cous, cream of wheat, and unleavened breads such as whole wheat chapati, pita bread or tortilla which are dry-fried on the stove or lightly toasted,) boiled or steamed rice, cream of rice, oatmeal cooked with plenty of water.

LEGUMES Yellow split mung beans, whole mung beans, or red lentils. (All should be cooked with water and spices to form soup.)

VEGETABLES Favor zucchini, asparagus, carrot, beets, tomato, artichokes, cucumber (cooked), yellow squash, okra, tender eggplant (baby-sized only), fennel, spinach. Avoid raw vegetables, white potatoes. All other vegetables may be eaten occasionally if in small portions and cooked well. Small amounts of salad greens are acceptable on occasion. Freshly juiced raw vegetables are also acceptable.

DAIRY Low-fat milk (boiled and served hot), ghee, yogurt (only if made at home and less than 24 hours old,) lassi from fresh yogurt (diluted 4-6 parts water to one part yogurt.) Avoid all cheeses including nondairy cheese, frozen yogurt, ice cream, nondairy frozen desserts. Rice or soy milk should be boiled with ginger or cinnamon and drunk warm.

SWEETENERS Whole, natural cane sugar, date sugar, fructose, (all in small amounts.) Avoid prepared sweets like cakes, cookies, chocolate, pies, candy bars, etc.

OILS All, but in small amounts. Ghee is best. Avoid margarine, butter and fried foods.

NUTS & SEEDS In small amounts all nuts and seeds are acceptable except peanuts. Favor blanched almonds, sesame and sunflower seeds.

SPICES Cumin, ginger, mustard seeds, celery seeds, fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anise, fennel, black pepper (small amounts), salt, lemon juice, tamarind.
Avoid cayenne, chili peppers, jalapeno peppers, onions, and hot spicy food.

FRUITS Sweet grapes, black grapes, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, berries, sweet oranges, grapefruit. Soak dried fruit in water before eating: raisins, dates, prunes, and figs. Avoid apples and pears (unless baked or stewed,) cranberries, guava, banana.

NON-VEGETARIAN If you feel you need non-vegetarian items, favor eggs, chicken or turkey (not processed), fresh fish or seafood. Also have at midday meal only. "Organic" is preferred.

Pitta Pacifying Diet

Most important principles:

Favor juicy, cooling foods with high water content. Avoid hot spices (chiles, cayenne, jalepeno peppers, etc.), alcohol, vinegar, fried foods, tomatoes, yogurt and cheese..

Also, food should be fresh and organic if possible. Avoid leftovers, packaged, canned or bottled foods, processed foods, preservatives, artificial ingredients and salty foods.

An asterisk * after the item means it is especially helpful to favor or to avoid that particular food.

Favor the Following Foods

GENERAL Cool to lukewarm drinks according to preference. Favor sweet, bitter, and astringent tastes.

GRAINS Wheat, white rice (basmati, jasmine, etc.) barley, oats, quinoa, kamut, amaranth, cous-cous.

LEGUMES Mung beans, small kidney beans, non-fermented soy bean products (tofu is OK, avoid tempeh). All others OK in moderation.

VEGETABLES Asparagus, artichokes, yellow squash*, zucchini*, okra, cauliflower, broccoli, cabbage, green beans, potatoes, sweet potatoes, peas, cilantro*, sprouts, lettuce, chard*, brussel sprouts, parsley, cucumber*, kale*, bok choy*, winter squashes*, sweet corn, all green leafy vegetables* except spinach.

DAIRY Milk* (boiled and served cool to warm), butter, ghee*, sweet lassi*, cream, panir (homemade cheese from milk).

SWEETENERS Whole, natural sugar cane (in small amounts,) date sugar.

OILS Ghee* is best. Olive or coconut oils.

NUTS & SEEDS Pumpkin seeds. Blanched almonds in small amounts.

SPICES Coriander*, cilantro*, cumin, turmeric, saffron, fennel*, cardamom, parsley*, fresh basil.

FRUITS Sweet grapes, avocado, sweet mango, coconut, melons*, sweet plums, persimmon, pomegranate, sweet apples, sweet pears, raisins, dates.

NONVEGETARIAN: Chicken, turkey, egg white.

Reduce the Following Foods

GENERAL Pungent* (hot, spicy), sour and salty tastes. Vinegar*, alcohol* and acidic* foods.

GRAINS Corn, millet, rye, buckwheat, brown rice.

VEGETABLES Tomatoes* and tomato sauce*, radish, onions, carrots, beets, spinach*.

FRUITS Grapefruit*, olives*, orange*, peach, sour grapes*, pineapple*, berries*, prunes, banana*, lemon*, lime*, cherries. Avoid any sour fruits.

DAIRY Yogurt*, cheese* (especially aged and salty such as feta or blue cheese,) sour cream, cream cheese.

SWEETENERS Molasses, brown sugar, honey.

OILS Almond, corn, safflower, sesame*, canola.

SPICES Chili peppers*, cayenne*, onion, garlic*, mustard seeds*, cloves, celery seeds, fenugreek, catsup*, mustard*, asafoetida (hing.)*, ginger, black pepper, soy sauce.

NONVEGETARIAN: Seafood, fish, beef*, pork, lamb, egg yolk.

Kapha Pacifying Diet

Most important principles:

Favor warm foods and hot beverages. Eat a minimum of oil and fat. Avoid cold drinks, cold food, and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.) Avoid leftovers, canned, bottled, or packaged foods, frozen foods, processed foods, rich, creamy foods, sweets, salty foods and alcohol.

Eat mainly freshly prepared vegetable and legume dishes, with proportionately smaller amounts of grains and fruits. The food should be spiced according to taste.

An asterisk* after the item means it is especially helpful to favor or to avoid that particular food.

Favor the Following Foods

GENERAL Lighter diet of less rich foods. Favor dry, light and crunchy foods. Favor pungent (hot, spicy), bitter and astringent tastes.

GRAINS Barley*, millet, corn, buckwheat, rye, quinoa, cous cous and oats. (All grains should be a minimum of one year old).

LEGUMES All except tofu.

VEGETABLES All green leafy vegetables*, carrot, beets, white potatoes, artichoke, broccoli*, corn, celery, tender eggplant, cabbage, cauliflower, peas, bell pepper, green beans, sprouts, tender radish. In small amounts: tomato, asparagus, zucchini, cucumber.

DAIRY Skim milk (boiled and served hot), small amounts of ghee and lassi made of nonfat yogurt (1part yogurt :4 parts water dilution.)

SWEETENERS Raw honey*.

OILS Mustard, corn, sesame, (all used sparingly.) Ghee in small amounts.

NUTS & SEEDS Small portions of sunflower, sesame and pumpkin seeds, pecans and walnuts.

SPICES All spices except salt; favor hot spices (ginger, black pepper, etc.), lemon juice in moderation.

FRUITS Apples, pears, figs, papaya, guava*, pomegranate*, cranberries, persimmon*.

Reduce the Following Foods

GENERAL Avoid large quantities of food*, especially at night. Avoid oily, greasy, cold, heavy food; sweet, sour and salty tastes.

GRAINS Wheat, rice, all yeasted or sourdough breads*.

LEGUMES Tofu, tempeh, soy or rice cheeses*.

VEGETABLES Sweet potatoes*, tapioca.

FRUITS Strictly avoid avocado*, banana*,

Chapter 5

The Divisions of Vata, Pitta and Kapha; The Subdoshas

Just as we saw earlier it wasn't enough just to know we had ama as we wanted to know **where** we had the ama. Now our next step with the doshas is to determine where the dosha is imbalanced. All the doshas have a variety of functions and locations. By determining which function and location that dosha is imbalanced in we gain greater power in understanding and removing our imbalances.

Fortunately the Vedic Rishis perception was so acute they were able to see and describe the different divisions of each of the three doshas. There are five subdivisions of each dosha, each with a different location and function within the body. For example "prana" Vata controls the movement of nervous system activity in the brain area. "Apana" Vata controls the downward flow of elimination in the lower bowel area. Prana and apana vata imbalances are both Vata imbalances but they clearly will require very different sets of recommendations. So let's look at the descriptions of the subdoshas and symptoms of their imbalance to see if we can learn more about the state of balance within us and why we may have the symptoms we have.

• Vata Subdoshas

1) Prana Vata:

- * Located in the head, brain, chest
- * Upward moving. Enlivens the nervous system, senses, emotion and intellect
- * Imbalance created by overwork on computers, mental pressure, lack of oils in the diet, mental work in the evening
- * Imbalance linked to worry, anxiety, asthma, respiratory complaints, tension headaches

2) Udana Vata

- * Located in the throat and lungs
- * Controls speech. Often blocked and congested during colds.
- * Imbalance created by ama building up in chest and neck area, cold drafts on the neck
- * Imbalance linked to dry coughs, earaches, speech defects, colds

3) Samana Vata

- * Located in the stomach and intestines
- * Controls movement of food through the digestive tract and peristalsis
- * Imbalance linked to improper digestion poor assimilation

4) Apana Vata

- * Located in the colon and lower abdomen
- * Downward moving, Responsible for elimination of wastes, sexual function and menstruation.
- * Imbalance created by ama in the lower digestive tract, overeating, eating ama creating food, being too active during the time of menstruation
- * Imbalance linked to constipation, diarrhea menstrual disorder and back pain. Apana is the most common imbalance found in people and is often the source of other imbalanced doshas.

5) Vyana Vata

- * Located throughout the body via the nervous system, skin and circulatory system
- * Governs the various aspects of circulation
- * Imbalance created by excessive thinking and worrying
- * Imbalance linked to high blood pressure, irregular heart function and circulation, and stress related disorders.

• Pitta Subdoshas

1) Pachaka Pitta

- * Located in the stomach and small intestine
- * Governs digesting of food and separating waste products from nutrients
- * Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
- * Imbalance linked to heartburn, ulcers, irregular digestion

2) Ranjaka Pitta

- * Located in the red blood cells, liver and spleen
- * Regulates blood chemistry, blood cells and distribution of nutrients through the blood stream
- * Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
- * Imbalance is linked to toxicity in the body, blood disorders, skin inflammations and anger

3) Sadhaka Pitta

- * Located in the heart and in the brain
- * Controls the heart's function, contentment, courage and memory
- * Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
- * Imbalance linked to heart disease, emotional upset and indecisiveness

4) Alochaka Pitta

- * Located in the eyes
- * Associated with good or bad vision and connects eyes with emotions
- * Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
- * Imbalance linked to bloodshot eyes, vision and eye problems

5) Bhrajaka Pitta

- * Located in the skin
- * Controls states of the skin
- * Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
- * Imbalance linked to rashes, acne, boils and skin disorders

• Kapha Subdoshas

1) Kledaka Kapha

- * Located in the stomach
- * Keeps the stomach lining moist and is essential for digestion
- * Imbalance created by low liquid intake and excessive dryness or lack of oils in the diet
- * Imbalance linked to impaired digestion-usually too heavy and slow

2) Avalambaka Kapha

- * Located in the heart, chest and lower back
- * Kapha's seat is in the chest so this is an important subdosha
- * Imbalance linked to respiratory problems, lethargy and lower back pain

3) Bhodaka Kapha

- * located in the tongue
- * gives rise to taste
- * Imbalance linked to impairment of taste

4) Tarpaka Kapha

- * Located in the sinus cavities, head and spinal fluid
- *Lubricates and moistens the sense organs and maintains spinal fluid
- * Imbalance linked to sinus congestion and dullness of senses

5) Shleshaka Kapha

- * Located in the joints
- * lubricates the joints
- * Imbalance linked to painful joints and joint disease

The following chart provides further information to help you balance a specific subdosha with daily routine and diet.

Subdosha	Aggravated by	Balanced by
Prana Vata controls nervous system and respiration from the chest up	mental strain, inadequate sleep, late bedtime, lack of oil in diet, too much computer work	bed before 10 PM, TM technique, unctuous diet, pranayama, asanas, abhyanga
Udana Vata activity in throat and lung area. imbalanced when we "get a cold"	ama buildup in chest area, cold and heavy foods, getting chilled	drinking hot water throughout the day, using ginger as a spice, protecting the head and neck from drafts, bed before 10PM
Samana Vata functions in the stomach and intestines	irregular eating habits, eating leftovers, cold drinks, heavy food in the evening	fresh wholesome food, drinking hot water, regular mealtimes
Apana Vata controls downward flow of elimination in bowel and lower abdomen	suppressing urination or bowel movements, lack of exercise, unwholesome processed food and leftovers, working too hard during menstrual cycle	drinking hot water, wholesome food, regular eating times, drinking warm water upon awakening, proper exercise
Vyana Vata located throughout body in circulatory system	excessive thinking and worrying, irregular routine of life, double-tasking, travel	TM technique, abhyanga, drinking hot water throughout the day
Pachaka Pitta digestion in the stomach and small intestine	excessive bitter, sour and spicy foods, alcohol, fasting	pure, wholesome and bland foods, sweet juicy fruits, to bed by 10 PM
Ranjaka Pitta red blood cells, liver, spleen	excessive bitter, sour and spicy foods, alcohol, vinegar, fermented foods, fasting, inadequate rest	aloe vera juice, sweet juicy fruits, plenty of water, to bed by 10PM
Sadhaka Pitta heart and its connection to the brain, emotions	excessive bitter, sour and spicy foods, alcohol, fasting, inadequate rest, anger, violence, skipping meals, grief	rose petal jam and rose water in milk, stewed apple, fresh sweet fruits especially pears, avoid violent and negative movies, books, TV, etc., outdoor exercise in early AM or evening
Alochaka Pitta	excessive bitter, sour and	TM technique, ghee in the

controls eyes	spicy foods, alcohol, fasting, lack of sleep, mental pressure and eye strain	diet, to bed by 10 PM, avoid computer work after dark
Bhrajaka Pitta skin	excessive bitter, sour and spicy foods, alcohol, excessive fasting, inadequate sleep, excess sun exposure, chlorinated water	early bedtime, yoga asanas, abhyanga, exercise and fresh air, plenty of water, TM technique, factors that create good digestion
Kledaka Kapha lubricates the stomach	dry foods, lack of water, lack of oils in diet	unctuous diet, resting 10+ minutes after eating, sipping water with the meal, properly spiced foods
Avalambaka Kapha heart, chest and low back	lack of exercise, excessive sexual activity, lack of oils in diet, ama creating food, grief, sadness, holding on to hurts from the past	yoga asanas, abhyanga, drinking hot water throughout the day, unctuous diet, walking outside in the rising sun
Bhodaka Kapha tongue and taste	dryness, lack of oils in diet, exhaustion, unwholesome food	TM technique, plenty of water, pure wholesome foods, plenty of rest
Tarpaka Kapha lubricates and moistens the sense organs and maintains spinal fluid	excessive sexual activity, lack of unctuous food, fasting, excessive mental strain	TM technique, asanas, daily oil massage, unctuous food, plenty of rest, sipping hot water throughout the day
Shleshaka Kapha lubricates joints	fasting, lack of exercise, poor digestion, lack of oils in diet, eating too heavy at night, eating cheese or other curds in the evening	daily oil massage, yoga asanas, unctuous foods, exercise, proper rest, sip hot water throughout the day

The best way to balance the subdoshas in daily life is to (1) do what you know balances the main dosha with dosha-specific diet and daily routine tips and (2) reduce specific aggravating factors of that subdosha mentioned in the lists above. Other than this, the main Ayurvedic subdosha balancing recommendations are specific Ayurvedic herbs that require in-person Ayurvedic pulse diagnosis and are beyond the scope of this booklet. However, as mentioned previously, the rasayana Maharishi Amrit Kalash (MAK) is one herbal preparation that balances many subdoshas at the same time.

Chapter 6

Maharishi Ayurveda Herbal Preparations: Amrit Kalash

When the Vedic Rishis went into nature they noticed that certain plants had very pure vibratory qualities similar to the vibratory intelligence located in and governing different parts of the body. They experienced the specific vibratory patterns of their own inner intelligence and then saw these same essential vibrations existed within certain members of the plant kingdom.

The Vedic Rishis also saw that when someone became ill that the real cause was some blockage, or distortion of these specific, primordial organizing vibrations within the physiology. The Rishis understood that if they could bathe the physiology in the vibratory pattern that had been weakened, through ingestion of the proper herb, that it would enliven the specific principle of biological intelligence containing that same vibration within the body. This was the source of Ayurvedic herbology.

The doshas, subdoshas and the dhatus are all examples of specific divisions of biological intelligence, each with its own subtle vibratory quality. Ayurvedic herbs enliven and balance the doshas, subdoshas and dhatus through the resonance they create within them. It is similar to your experience in physics class with tuning forks. If you hit a tuning fork of a specific frequency, and bring it close to another tuning fork of the same frequency, the second one begins to vibrate when the first one just comes close to it. The first tuning fork bathed the second one in the frequency its structure was made to create and that initiated the vibration in the previously silent tuning fork. Likewise Ayurvedic herbs enliven and balance the doshas, subdoshas and dhatus with their own specific resonance effects.

It is, however, beyond the scope of this booklet to recommend herbs for specific doshas, subdosha and dhatus. A trained physician should really review the findings from all of your questionnaires and ideally perform Ayurvedic pulse diagnosis in order to get you the most accurate herbal recommendations.

Fortunately there is a set of Ayurvedic herbal preparations that are balanced blends of a wide variety of synergistic herbs that create an overall balancing effects in virtually all individuals. These special Ayurvedic herbal preparations are called "rasayanas".

Of all the rasayanas the **Maharishi Amrit Kalash** (MAK) rasayanas are by far the most universal in their application and beneficial in their effect. This is the herbal recommendation I would encourage readers of this book to take as their beginning supplement as it has a profound balancing effect throughout the doshas, subdoshas and dhatus.

There are two formulations that comprise MAK.

- 1) The **Nectar**, an herbal concentrate with powerful strengthening and balancing effects throughout the body, particularly the immune system. There is also a tablet version of this for individuals who do not tolerate ghee (clarified butter) or sugar.
- 2) The **Ambrosia**, a tablet with particularly good effects on brain and mental function.

The most widespread and synergistic effect is gained by taking both formulations daily.

MAK is also a potent free radical scavenger and therefore helps to remove the most aggravating type of ama. This unique blend of over 40 herbs and fruits has been shown in studies to have anti-oxidant properties 1,000 times more powerful than vitamin C or E.

For more information or to order you may call 1-800-255-8332 (1-800 All-Veda) or visit www.mapi.com.

Note: I recommend Ayurvedic products from MAPI (Maharishi Ayurveda Products International) due to the authenticity of the formulations, their stringent quality controls and the purity of their herbs. I have no affiliation, legal or financial, with MAPI.

Chapter 7

Practical Application of Your Ayurvedic Program: The Steps to Balance

If you have read this far then you are probably ready to articulate our strategy.

1. Live a lifestyle and eat a diet that does not create ama and imbalance.

a) Lifestyle and diet are the starting points of your Ayurvedic program because treatments cannot overcome lifestyle and dietary mistakes that continually create ama and imbalance day by day. Keep working on removing the "no" answers from the Lifestyle Questionnaire.

b) Especially focus on eliminating the dietary and lifestyle behaviors that depress digestion and create ama.

2. Remove accumulated ama.

Drink your spice water daily! This is such a simple yet powerful way to remove ama throughout the body and from specific dhatus. This is a very important recommendation!

3. Favor a dosha specific diet if you have a clear dosha imbalance

First target the most aggravating foods for your imbalanced dosha and remove them from your diet.

Then try adding some items from the "Favor" list of the diet for your predominant dosha. If you have been in the habit of a "meat and potatoes" dinner, try a vegetarian evening meal once or twice a week and see how much better you feel the next morning.

If you are the "all or nothing" type, try the whole diet as a complete "makeover" and see how well you feel within one week. The guests at the Raj frequently tell me how much better they felt even before arriving, simply from a week of the preparatory diet.

4. Take MAK.

MAK Nectar and Ambrosia are the most universally effective herbal preparations in Maharishi Ayurveda.

5. Exercise

Get moving and stretching! Start now and do more as your fitness improves. Exercise enlivens your digestion, strengthens the metabolism of impurities, increases bone density and sweats out toxins. Proper exercise balances and rejuvenates the entire mind/body system. This recommendation includes the practice of yoga. The main thing is to start and let the positive joy of movement and experience of better health inspire you to do more.

Note: If you have any diagnosed condition please consult your physician about the amount of exercise which is healthy for you.

6. The Transcendental Meditation Technique

This really should be recommendation #1. Ayurveda works by strengthening the inner intelligence of the body. Our mental intelligence interacts more profoundly with nature's intelligence than our body does. The TM technique is the most powerful, single recommendation in all of Maharishi Ayurveda. Also because it strengthens and clarifies the mind it helps us gain the strength to follow all the other recommendations.

Again call 1-888-Learn or go to www.tm.org to locate the center nearest you.

7. Add the other recommendations described in this booklet based on your affinity for them and the degree to which you think they will help your personal health.

8. Additional Ayurvedic recommendations

Add these recommendations as time and interest allows. There are powerful and valuable recommendations in this list. In general my experience is that the more people do the better results they get.

a) aroma therapy:

Use Vata, Pitta or Kapha aroma in a way that matches where your major imbalance is.

b) abhyanga massage oil:

Start with Rejuvenation Oil for Men or Rejuvenation Oil for Women based on you gender (MAPI: 1-800-all-veda or www.mapi.com). Dilute this oil 50/50 with the following oil depending on your imbalance.

Vata imbalance	Almond oil
Pitta imbalance	Olive oil
Kapha imbalance	Sesame oil

c) Vedic Sound

There are several types of Vedic Sound available at this time. My personal recommendation is to listen to **Sama Veda** recitation. Listen 5-20 minutes as time allows. Sit quietly with the eyes closed and just enjoy the flow of the sound. Sama Veda recitation has a very integrating influence on the entire physiology. Sama Veda recitation can be listened to at any time you are **NOT** engaged in other activities. You should be sitting quietly with the eyes closed when you listen to Sama Veda. Do not be working or driving a car when listening to the recitation. Because Sama Veda is very melodious and soothing it is beneficial to be listened to for 5-10 minutes before going to bed.

Note: Sama Veda Tapes can be ordered from MUM Press at 1-800-831-6523

d) More herbs

When you look at the MAPI site at www.mapi.com or review their catalog you see a wide variety of herbal compounds each with a specific effect. I would recommend the first 4 weeks of your program you just use the Amrit Kalash preparation and then you could add one more herb if you wished. Pick the preparation that most clearly targets the health area you are interested in. I would not recommend taking more than these three herbs at one time when using the program in this booklet.

Conclusion from Dr. Lonsdorf

As you can see by now Ayurvedic knowledge is truly "**knowledge for life**". Maharishi Ayurveda provides a working manual for a healthy life. It is also knowledge you will use all your life. As you make changes, the improved energy, vitality and health you should experience will inspire you to make even more changes and experience even better health. May you experience an upward spiral to increased health, joy and success in life.

Nancy Lonsdorf M.D.

Appendix 1

Herbalized Oil Massage—Abhyanga

A full body, warm oil massage before showering in the morning is recommended for most everyone. This daily regimen provides a powerful preventive and rejuvenative effect on the body. This procedure is an important technique to help reconnect the physiology with its underlying biological intelligence.

Benefits include:

- Improving circulation in the body. Commonly a part of the body that has become stiff or flabby has poor circulation and little feeling. Ayurvedic oil massage to these areas can help re-establish proper circulation and nervous system activity.
- Providing a purifying and cleansing influence to the physiology. When we rub and press the body we help break up the accumulated deposits of toxins and impurities that have localized in the tissues. The motion also creates heat and friction and increases the flow of fluids through the blood and lymph vessels. This helps to cleanse and open these important channels of circulation and elimination.
- Maintaining the suppleness and youthfulness of the skin. When warm oil is applied to the body, some of it is absorbed by the skin. Even after showering there remains a softness and suppleness to the skin. Oil application helps prevent the skin from becoming dry and helps to maintain its youthfulness.
- Creating a stabilizing and balancing effect on Vata. Sesame oil is one of the most balancing of all substances for Vata. Classic symptoms of Vata imbalance are fatigue and lack of mental clarity. When the entire body surface area has absorbed Ayurvedic oil and herbs these symptoms are reduced and there is greater evenness, strength and stability during the day.
- Increasing the secretion of hormones from the skin. These hormones, including growth hormone and endorphins help confer strength and immunity on the system.

Instructions for abhyanga:

Sesame oil in which herbs have been boiled is the usual abhyanga oil. There are a variety of excellent herbalized oils available. They are discussed at the end of this appendix.

- 1) In the morning heat about 1/4 cup of cured oil to slightly above body temperature. The massage should be done with the open part of the hand rather than with the fingertips. Start by rubbing the head. Place a small amount of oil on the fingers and palms and begin to massage the scalp vigorously. Spend proportionately more time on the head than you do on other parts of the body.
- 2) Next apply oil gently with the open part of the hand to your face and outer part of your ears. You do not need to rub these areas vigorously.
- 3) Rub both the front and back of the neck, and the upper part of the spine.
- 4) You may want to now apply a small amount of oil to your entire body before proceeding. This will allow the oil to have maximum amount of time in contact with the body.
- 5) Next rub your arms. The proper motion is up and down over your long bones and circular movement over your joints. Massage both arms, including especially the hands and fingers.
- 6) A very gentle circular motion should be used over your heart. Over the abdomen a gentle, clockwise, circular motion should be used, following the colon from the right lower part of the abdomen, moving towards the left lower part of the abdomen.
- 7) Rub the back and spine. There will be some areas which you may have difficulty reaching.
- 8) Rub the legs. Like the arms, use an up and down motion over the long bones and a circular motion over the joints.

9) Finally, rub the top and bottoms of the feet. The feet are considered especially important, thus proportionately more time should be spent here than on other parts of the body. Use the open part of your hand and massage vigorously back and forth over the soles of the feet.

10) The effects will be significantly greater if you can leave the oil on the body for 15–20 minutes before taking a bath or shower. This is easily done by putting on some light, clothing and doing things around the house for 15–20 minutes before showering.

Important Additional Points!

1. Use liquid soap to shower after abhyanga to prevent drains from clogging.
2. Buy inexpensive towels to be used to dry off after showering and wash them separately with extra detergent and oil removing preparations.
3. Dry the towels on lower heat in your dryers to avoid combustion of any remaining oil residue under intense heat.

Appendix 2

Vedic Architecture and Orientation to the Environment

The Vedic Rishis experienced that subtle fields like Vata, Pitta and Kapha were greatly influenced by the orientation of the walls and rooms of a building. Certain orientations greatly imbalanced these fields and had the potential to create serious health problems. For example, if you enter a house where the Vata field is imbalanced the first night there you might experience your sleep was not as good as it could be. If you live in that Vata imbalanced dwelling for many years the cumulative effect could create significant Vata imbalance and diseases within your body. Following are a few of the most important recommendations from the Vedic tradition regarding orientation to nature.

1. Align the walls of the house so they face directly East, South, North, West.

The design should be rectangular in shape where each of the four walls faces directly one of the major directions. It is interesting to note that the two most powerful quantum mechanical fields on earth line up directly on the North/South and East/West axis forming a natural design grid for buildings on earth. The magnetic field runs North/South through the planet and the sun enlivens the electromagnetic field in an East/West orientation.

2. The main entry way to your building should face the East.

The Vedic Rishis noticed that the sun had very different influences when it was in different positions in the sky. A setting sun in the West was described as being a “tired” sun emitting low energy and vitality. The rising sun was experienced to be tremendously enlivened in freshness, vigor and creativity. The rising sun is described as “the most powerful evolutionary force of nature on earth.”

3. Do not sleep with your head pointing to the North.

If you imagine an arrow starting at your feet and going to your head that arrow should not be pointing to the North when you are lying down and sleeping. It was the Rishis' cognition that this orientation created a faster deterioration of the body. It is best to have your head pointing to the East or South when you sleep.

4. Face to the North or East when sitting at work.

This orientation is predicted to provide the greatest clarity of mind, physical health and material success.

For a complete discussion of principle of Maharishi Vedic Architecture we recommend you go to the web at www.mgc-vastu.com

Appendix 3

Exercise

Exercise plays an important role in maintaining health. Exercise increases circulation and helps remove the toxins and impurities that have accumulated in the physiology. These deposits are a major factor in the breakdown of the resistance of the body. Exercise is a key procedure for helping the body's natural internal cleansing processes.

Exercise increases mind-body coordination. Disease occurs when the body loses contact with the underlying intelligence responsible for its maintenance and repair. Exercise involves the coordinated activity of body and mind and is a valuable aid in maintaining contact of the physiology with biological intelligence.

Instructions

- Quantity: Ayur-Veda recommends exercising to 50% capacity. Fifty percent capacity is usually when strain begins to appear in the body -breathing through the nose is no longer easy, sweat begins to appear on the body and it becomes difficult to maintain proper form and focus during exercise. It is not healthy to go beyond 50% capacity as this stresses the body and its energy will be needed to be diverted into repairing and re-balancing the effect of straining.

Instead, exercise should energize the physiology, leaving it feeling exhilarated and ready for work. Exercise should never exhaust the physiology and require extra rest for repair.

- Breathe through the nose while you exercise. The brain and physiology are balanced by breathing through the nose. If you can no longer breathe through the nose, slow your pace until nose breathing becomes possible again.
- Do not exercise to the point of sweating heavily or panting for breath. You are going too far if your heart starts pounding, you are panting and sweating heavily and your muscles start to feel weak and rubbery. All these things turn on the “fight or flight” systems, and deplete the body's reserves — exactly the opposite of the goal of exercise.

General Points:

1) Loosen up and warm up thoroughly before exercise and warm down properly afterwards. Do not exercise just before or after a meal, in the hot sun, or in extreme wind or cold.

2) Exercise According to body type:

(See Chapter 3 for an introduction to Vata, Pitta and Kapha)

- Vata: By nature Vata types have the quality of motion and changeability highly enlivened in their physiology. They need less exercise than the other major body types. They also have more slender frames and less strong joints and cannot take the pounding of heavy, extended exercise. Vata types excel at balancing and stretching exercises. Yoga, dance, aerobics, walking, short hikes and light bicycling are good for them. Half an hour of mild exercise a day is usually enough. They must be careful not to overexert themselves.
- Pitta: Pitta types have good drive and endurance and can exercise in moderate quantity. They enjoy challenge and sports that bring a sense of accomplishment at the end of the day, like skiing, hiking and mountain climbing. Water sports, because of their cooling nature, are also good for Pitta.

- Kapha: Kapha types have a tendency toward heaviness, overweight and dullness, and as a result need significant quantities of exercise. Also, because Kapha types have strong frames and joints, they can more easily withstand vigorous and extended exercise. Running, aerobics, and rowing are good Kapha exercises.

- Exercises for all body types. This set of Ayur-Vedic exercises performed in sequence can be accomplished by almost anyone regardless of physical constitution. Together these exercises enhance the link between intelligence and physiology.

1. Sun Salutations (Surya Namaskara)—combines stretching, balancing and calisthenics. (1–6 minutes)

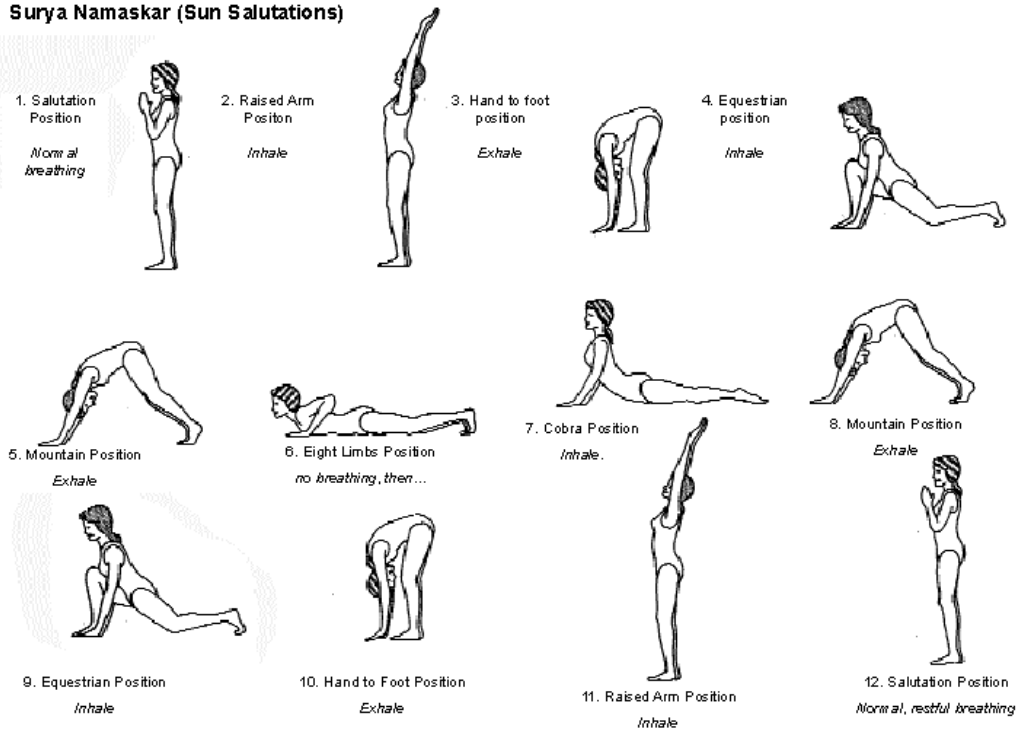
2. Neuromuscular integration (Yoga Asanas)—A set of gentle yoga positions. (10–15 minutes)

3. Balanced breathing (Pranayama)—a traditional yogic breathing exercise. (5 minutes)

These are ideally performed before the recommended two meditation periods of the day.

Note: Consult experienced instructors for proper practice of asanas and pranayama. We recommend Maharishi Vedic Schools and Maharishi Vedic Medical Centers in your areas for instruction. Connect to www.tm.org or call 1-888-Learn-TM for location of a center near you.

Surya Namaskar (Sun Salutations)





Pranayama Instruction

1. Sit comfortably in a quiet room where you won't be disturbed with back erect and eyes closed.
2. Gently cover the right nostril with the inside of the thumb of the right hand.
3. Breathe in comfortably and fully through the left nostril until the lungs are full.
4. When the in-breath naturally stops due to the lungs being full then uncover the right nostril and cover the left nostril with the ring and middle finger of the right hand.
4. Breathe out naturally and fully through the right nostril.
5. Keep the fingers over the left nostril and breathe in comfortably and fully through the right nostril.
6. When the in-breath naturally stops uncover the left nostril, and cover the right nostril with your thumb and breath out and in again as before.
7. Repeat this process for 5 minutes.

In summary we breath out and in fully through one nostril and then switch nostrils when lungs are full and breath out and in fully through the other nostril.

Appendix 4
MAHARISHI REJUVENATION Therapy:
Removing the Obstructions to Perfect Health
The Inner Intelligence at the Basis of the Healing process
Contact drnancyoffice@gmail.com for more information.

The body has a matter level and an intelligence level. The matter level of cells, tissues and organs functions according to precise and elaborate rules because a deeper intelligence level is in contact with the material physiology guiding its orderly functioning. The intelligence level creates and controls the matter level.

Modern medicine diagnoses and treats the matter level. Maharishi Ayur-Veda diagnoses and treats the intelligence level. Another way of saying this is that Ayur-Veda enlivens the body's natural healing and balancing ability as its approach to preventing and treating disease.

Maintaining the connection between the body's inner intelligence and the physiology is the basis of health. Conversely, Ayur-Veda describes how blocking the connection between the body's intelligence level and matter level is the basis of disease.

The Maharishi Rejuvenation program helps to restore the connection between the intelligence of the body and its material structure and function. It accomplishes this by eliminating the blockages in all the body's connecting points between its intelligence and matter levels.

**Disease develops when impurities accumulate and
the body's channels become blocked**

Ama: Blockages and Impurities in the Physiology

Toxins, impurities and blockages in the channels of circulation and communication occur for many reasons e.g. poor diet, poor digestion, poor elimination, environmental toxins, mental and emotional stress. Maharishi Ayur-Veda describes **ama** as toxins that accumulate in

- 1) the tissues and disturb proper biochemical function and
- 2) channels of circulation blocking the body's self-balancing feedback mechanisms.

If these impurities remain in the physiology they aggregate over time, become more toxic, deeply imbed in tissues and become the root cause of many diseases.

Srotas: Channels of circulation, communication and elimination

The body's various channels must remain clear and unobstructed for health as they are the paths through which the body communicates with itself, creates balance and eliminates impurities. If circulation and communication become blocked then two of the main systems the body uses to balance and heal itself are impaired contributing to the formation of many diseases.

Srotas are the channels through which communication, nourishment and elimination occur in the body. There are srotas at all levels of physiological functioning from the microscopic pores in cells, to the finest capillaries, to the major channels of digestion and elimination. Each of these channels must be open for proper nourishment and cleansing of every level of human physiology.

The Process of Disease Formation: Accumulation of Ama and Blocking of Srotas

The following examples describe how ama accumulation can be at the basis of various diseases.

1) Arthritis: When the ama starts to accumulate in the joints this can create an inflammatory and immune response that creates the symptoms of arthritis.

2) Asthma: If ama accumulates in the lungs and blocks its circulation, then the body can both accumulate more allergens and be more sensitized to those that accumulate.

3) Cardiovascular disease: Modern medicine describes how impurities block the cardiovascular system. When the accumulating impurities are high in free radicals they become very reactive with the blood vessel walls and damage them.

Removing ama and opening the srotas through Maharishi Rejuvenation Therapy (MRT)

Home Cleansing Program

Maharishi Rejuvenation Therapy starts with a home cleansing program that begins to loosen and remove impurities and helps to open the channels of elimination in preparation for the more intensive treatments received during the in-residence stay at The Raj. Your experience at The Raj will be more smooth and effective as a result of your home cleansing program.

Maharishi Rejuvenation Therapy (MRT™)

When you go through MRT, you will receive a series of cleansing treatments performed, according to authentic Ayurvedic guidelines, by highly trained technicians using the purest Ayurvedic herbs and oils. (Men technicians treat men and women technicians treat women)

There are usually three treatments administered over a three-hour period by two trained technicians, though treatment programs may vary according to the recommendations of our in-resident physicians.

Herbalized oil application

The first treatment of the day is usually an Ayurvedic herbalized oil massage called *abhyanga*. The massage lasts 55 minutes during which two technicians massage the full body with special herbalized oils prescribed by your physician. The entire 55-minute massage is synchronized, with both technicians doing strokes in harmony, using specific strokes over different parts of the body to create the most cleansing and balancing effect.

The massage has two benefits:

First, the heat and friction of the motion of the massage help to loosen impurities and open up the channels of circulation.

Second, the herbs that have been cured in the oil are carried by the oil into the tissue beds where they exert a balancing, cleansing and nourishing influence. The herbalized oil also softens and opens the channels of elimination so toxins can be more easily removed from the body

Heat Treatments

The second treatment you usually receive is a heat treatment. Heat, like massage, helps to loosen up impurities, and open the channels of circulation and elimination so the body can more easily remove accumulated impurities.

One heat treatment is an herbalized steam bath called *swedena* during which special herbalized steam bathes the body, dissolves impurities and opens the channels of elimination. This is particularly good for kapha imbalances such as overweight, respiratory problems and general ama conditions.

Often people receive a heat treatment called *pizichili*, where herbalized oil is gently poured over their entire body. The herbalized oils of this most luxurious treatment cleanse and nourish the entire physiology. It is especially good for all vata type problems, including stress and tension, aches and pains, coldness, and dryness.

Another heat treatment is *pinda*, a massage with hot, poultices filled with rice cooked with herbs and milk. This nourishing, milky mixture delivers heat deep into the tissues and is an ideal treatment to help relieve chronic joint and muscle pain and stiffness.

Calming Treatment

One important treatment that has a calming effect is called *shirodhara* — the gentle pouring of herbalized oil back and forth across the forehead while you are comfortably lying down with the eyes closed. This treatment is deeply relaxing to the mind and nervous system and is a great aid in restoring balance when people have been under continual mental or emotional strain and pressure.

Herbal enema

The third treatment of the day is a mild herbal enema or *basti*. Ayurvedic theory says that the massage and heat treatment move a lot of the impurities into the lower bowel area. It is important to administer the enema to properly complete the cleansing process.

Meals to Support the Purification Process

Because your treatments will mobilize many impurities so they can be eliminated from the body it is important to have a diet during treatment that keeps the channels of elimination open. Another reason that a lighter, easy to digest, vegetarian diet is important during this period is to prevent incompletely digested materials from being created and absorbed.

At The Raj we have prepared meals that take into account all the Ayurvedic knowledge of what to serve people for maximum benefit during their treatment. Our Vaidyas (Indian Ayurvedic physicians) and licensed M.D.'s have reviewed the appropriateness of every vegetable, grain, spice and cooking oil that is used in preparing your food.

Appendix 5

Enlivening the Healing Ability of the Body Through Maharishi Vedic Sound

(www.vedicsound.org)

Two applications of Maharishi Vedic Sound

Two of the most powerful healing modalities we have at the Raj involve the use of *Maharishi Vedic Sound*.

1) *Maharishi Vedic Vibration Technology*SM (MVVTSM) consultations are offered by experts who administer specific Vedic vibrations that restore order to the physiology by enlivening the inner intelligence of the body on the most fundamental level of sound. MVVT consultations are available through your local Transcendental Meditation TM Center and may be located at www.vedicvibration.com.

2) **Vedic Sound Therapy** involves listening to traditional recitations of selected portions of the classical Veda and Vedic Literature which correspond to different areas of human physiology and aim to promote homeostatic self-repair processes in those areas. This program is available at to everyone at www.vedicsound.org.

New Medicine Based on the New Physics

By reviewing the most recent advances of quantum physics and modern medicine it is possible to understand the simple, unique, and profound effect of these two approaches. The discoveries at the basis of Vedic Sound technology mirror discoveries made in modern medicine, only the Vedic sound discoveries are on a deeper, subtler and more powerful physical level.

Physics tells us the world has many levels to it. Going from gross to subtle physics describes levels from matter, to molecules, to atoms, to quantum fields, and then to the source of all quantum fields, the Unified Field. The Unified Field is the ultimate starting point of nature's functioning.

Physics dealing with areas grosser than quantum fields is called *classical* physics where the world is described as being particle in nature. In the last 100 years the classical view of physics has given way to the much deeper and more profound understanding of *quantum* physics, where the world is described as being created from vibratory patterns in subtle, underlying, fields that permeate all of nature.

Modern medicine is a health care system based on classical physics. Modern medicine analyzes organs, tissues, foods, medicines and the effects of behavior all in terms of their molecular content and biochemical influence within the body. The quantum mechanical reality of human physiology plays little to no role in most modern medical considerations.

DNA and the Unified Field: The Classical and Quantum Mechanical Sources of Human Physiology

The discovery that led to Maharishi Vedic Sound technologies is similar to the recent discoveries unlocking the genetic code of DNA.

The leading edge of modern medicine is examining the structure of one molecule, the DNA, because it is the source of all the information that determines human physiology. Scientists have found the DNA has an alphabet, or language. The DNA expresses itself in an immense row, or sequence, of this alphabet to provide the body with all the information needed to create any physiological activity.

The human genome project has identified each section of genetic code on the DNA and what structure and function that segment controls in the body. The hope is that if we can understand which sequence of expressions create the different parts of physiological function, then modern medicine may eventually be able to heal disease by restoring the proper function of the segment of DNA responsible for the proper functioning of the diseased part of the body.

Maharishi Vedic Sound technology precisely mirrors this modern medical approach but expands and fulfills it by operating on the quantum mechanical level of the body and not the more superficial classical level.

Nature Encodes Its Information in Waves

Science learned 80 years ago that nature does not encode the information at the ultimate basis of its functioning in molecules. With quantum mechanics science realized that nature encodes the information at the basis of its functioning in wave forms.

It is the vibratory patterns of subtle quantum fields that both create molecules and control their functioning. Molecules are only the tip of the iceberg. Molecules are a superficial phenomenon actually created by subtle wave forms and vibrations in underlying quantum fields.

Most modern technology is now based on following nature's lead in putting information on waves. Radio, television and most of the technology of our information age are based on encoding information, and transferring it, on waves in quantum mechanical fields like the electromagnetic field.

Vedic Rishis and Vedic Science

Modern science has had to use its most complex and powerful instruments to fathom the quantum mechanical wave nature of life.

Vedic Science developed its understanding of the vibratory patterns in nature's deepest fields by using the most complex and refined instrument in all of nature — the human nervous system.

Vedic Rishis purified and refined their nervous system functioning until they were able to directly experience the Unified Field and its internal vibratory patterns in their own consciousness.

Rishi means seer. The Vedic Rishis “cognized,” or directly experienced, the Unified Field, and the fundamental vibrations within it, that structure all of natural law and the physical world. The

Rishis called the Unified Field *Veda*, and their description of how vibratory patterns of the Veda create all the laws of nature is what entails **Vedic Science**.

The Vedic Rishis experienced the Unified Field, or Veda, as pure intelligence. This field of intelligence becomes operational through its wave forms. In the human, these vibratory forms constitute the operating intelligence of the body responsible for its orderly function and healing.

Modern science supports the view that vibratory wave forms in all pervading quantum mechanical fields both create matter and the laws which govern it. Wave forms interact in precisely specific ways due to constructive and destructive interference. Their concentration in a specific area of a quantum field create the appearance of particles. The laws which govern these particles are created by the possibilities and constraints created by the deeper wave nature of the particle.

Both Vedic Science and modern science have come to the same conclusion.

Nature creates through generating wave patterns from the level of the Unified Field.

We are now learning how these wave patterns create human physiology. Just as modern science is breaking the code of how information on different segments of the DNA molecule create different parts of the physiology, likewise, modern day Vedic scientists have unlocked the code of which vibratory segments of the Unified Field, or Veda, create corresponding structures and functions in human physiology.

Discovery of Veda in Human Physiology

This discovery is the result of the work of a brilliant, MIT educated, scientist Tony Nader M.D., Ph.D, who worked under the guidance of a true, modern day, Vedic Rishi, Maharishi Mahesh Yogi. Professor Nader has now fully elaborated the details of which Vedic vibration segments create the structure and function of the different parts of the body.

The result is a clear description of a perfect match up of structure and function between the human physiology and the different Vedic vibratory patterns encoded in the 40 branches of Vedic Science. Professor Nader's discovery shows us that the human physiology is a complete and full expression of Veda and the Vedic Literature.

Vedic Perspective of Health and Disease

From this Vedic perspective health is created in a specific part of the body when the underlying flow of Vedic vibrations, responsible for the existence of this part of the body, is in proper sequence and balance. Disease results from a disturbance, mistake or gap, in the proper sequence of expression of Vedic vibrations.

This Vedic description of health and disease points out the main difference between ***Maharishi Vedic Medicine*** and modern medicine. Modern medicine sees disease as a disruption of the molecular level of nature whereas Maharishi Vedic Medicine sees disruption in the deep quantum mechanical wave forms as the true source of a physical disorder.

It is this Vedic understanding of health and disease that is at the basis of ***Maharishi Vedic Sound*** technologies.

The practical application of this knowledge is to use the specific Vedic vibrations responsible for proper activity in some part of physical body to aid the healing of any disorder located there.

Whereas modern medicine matches up a molecule (drug) to a disorder, in Maharishi Vedic Medicine we match up the appropriate Vedic vibration, or sound, to the part of the body that needs healing.

At the Raj there are two distinct methods of applying Maharishi Vedic Sound to the healing process.

1. Maharishi Vedic Vibration Technology (MVVT)

The MVVT program starts by the participant filling out an application where they list their diagnosis. This is very important as the Vedic vibration that will be used must be matched up to the disordered part of the body. Once the particular vibration to be used is picked by staff under Dr. Nader's direction, the information is communicated to special "**experts**" who provide the consultation.

During your consultation these experts generate the proper Maharishi Vedic Vibration so the specific part of your body that has the disorder is bathed in a vibration to help the healing process in that area. Research has shown this simple, but profound procedure, has been able to bring some level of relief to over 50% of the participants who have been suffering from long standing chronic conditions.

The MVVT Program is an option available to all our in-residence guests and consultation participants. Also see www.vedicvibration.com

Maharishi Vedic Sound Recitation

This procedure is exclusive to participants in our in-residence **Veda Intensive Program**.

Each day of this program the participant is able to spend close to two hours listening to the authentic recitation of the segments of Vedic vibrations that create proper functioning in the part of the body with an imbalance. The resulting deep and profound enlivenment of the body's inner intelligence is a fundamental cornerstone of our Veda Intensive Program.

Conclusion: Ancient Knowledge Leading Modern Health Science

Maharishi Vedic Sound is both an ancient healing technology and at the cutting edge of today's medical science. It leads our health care system into the deepest area of nature's functioning and offers a profound new technology to support all previous modern science and Vedic Science healing techniques.

Appendix 6

Maharishi Ayurveda for Common Disorders: Insomnia

Mind

1. Meditate regularly to release mental and physical tension. When this tension is not resolved prior to lying down to sleep, it will often unwind at bedtime, causing restlessness, thoughts, worries or emotions that prevent sleep from coming easily.
2. After getting in bed, assume a comfortable position and don't try to sleep or worry about not sleeping. Let your mind move freely, just taking it as it comes. This attitude will allow you to gain as much rest as possible in the period before falling asleep. Just let the natural functioning of your body and mind bring you whatever experience it will. You are in nature's hands. Just enjoy resting comfortably and you will fall asleep naturally.

Body

1. Have dinner by 6:00 PM. Eat lightly. Soups, grains or hot cereal are soothing and promote restful sleep. Eating heavy foods or too late can disturb sleep.
2. Before bed, have a glass of warm milk. You may add raw sugar or honey, cardamom or ginger to taste.
3. As a natural aid to sleep you may take one of the following herbal preparations:
 - A. 1 bag of chamomile tea or 1 teaspoon of leaves brewed in 1 cup of water.
 - B. 1 teaspoon of gotu kola leaves or 1/4 teaspoon of powder brewed into a tea with 1 cup of water.
 - C. 2 to 3 threads of saffron heated with 1 cup of milk.
 - D. 1 large pinch of nutmeg stirred into 1 cup of warm milk.
4. It is helpful to keep your head and feet warm on cold nights. If you are highly sensitive to the cold, you may wish to use a hot water bottle and wear a cotton night cap for extra warmth.

Behavior

1. Have some exercise and activity in the fresh air every day. A 20-30 minute walk outdoors is the minimum exercise required for most people.
2. Avoid using the bedroom for activities other than sleep, i.e. reading, studying or watching TV.
3. The evening activity should be pleasant and relaxing. Walking for 10-15 minutes is recommended. Evening TV may overstimulate the mind and should be avoided. Reading or listening to soft music, particularly Gandharva Veda music, is recommended.
4. Avoid all focused work including phone calls for at least 30 to 60 minutes before bedtime. Sensory input just before bed should be soothing and relaxing.
5. Vata aroma therapy started in the bedroom before sleep is settling to the mind and nervous system and promotes restful sleep.
6. Go to bed at the same time every night. Turning your light out by 9:30 PM is highly recommended if you are having difficulty falling asleep.
7. Massage the head and feet lightly with sesame or coconut oil or your Ayurvedic massage oil before retiring. This relaxes and quiets the mind. A full body Ayur-Vedic oil massage (with light pressure only) followed by a warm tub bath before bed may also be done, if desired.

Appendix 6

Maharishi Ayurveda for Common Disorders: Cold & Cough

1. First principle is to **KEEP WARM**. Especially, keep your head and neck protected from cold winds and drafts.
2. Eat and drink **WARM** foods and liquids only. Have at least a few swallows, or more according to your thirst, of plain hot water every half hour throughout the day.
3. Eat lightly, meaning a bit less than you normally do. Avoid rich, fatty, or oily foods at this time. Have less dairy in your diet.

For one day, eat a liquid diet. Vegetables, fruits, soups, grains, dahl, etc, may be included, but should be liquified in blender first.

4. Get extra sleep and more rest. If possible, take a day or two off from work. You will find that your symptoms disappear much more quickly.
5. Take 1 teaspoon of the following mixture 2-3 times per day:
1 teaspoon honey, 1/2 teaspoon turmeric, 1/4 teaspoon ginger, before meals, preferably.
6. Drink 1-2 glasses of licorice root tea, vata tea, or kapha tea daily.
7. Take "**Protection Plus**" sinuses if it is congestion in the head area and take "**Protection Plus**" respiratory if it appears it is going into the chest. Keep a bottle of each and take according to directions on the bottle when you start coming down with a cold.
8. Use Kapha aroma oil when congested.
9. Add several drops of eucalyptus oil to water which is boiling but just taken off the stove. Breathe in the steam 5-10 minutes at a time for 2-3 days.
10. If you have a temperature of greater than 101 degrees, chest pain, a cough productive of yellow or green sputum, or a severe or persistent sore throat, you should see your physician for further evaluation.

Additional Sore Throat Recommendations

1. Gargle with sesame oil two to three times a day. (first gargle with warm water for 30 seconds then gargle with sesame oil for 3-5 minutes. Then gargle with warm water.

Fever Recommendations

1. Eat lightly.
2. Avoid all fried foods, meats, eggs, rice, sour things.
3. Take ginger tea twice a day.

Products mentioned above are available at MAPI 1-800-all-veda, www.mapi.com.

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