



# Meru Institute

Yoga ~ Ayurveda ~ Community Ministry

# Dinacharya: Spiritual Self-Care in Ayurveda and Yoga for Radiant Health

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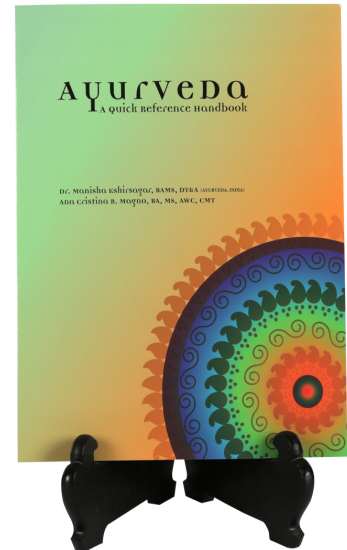
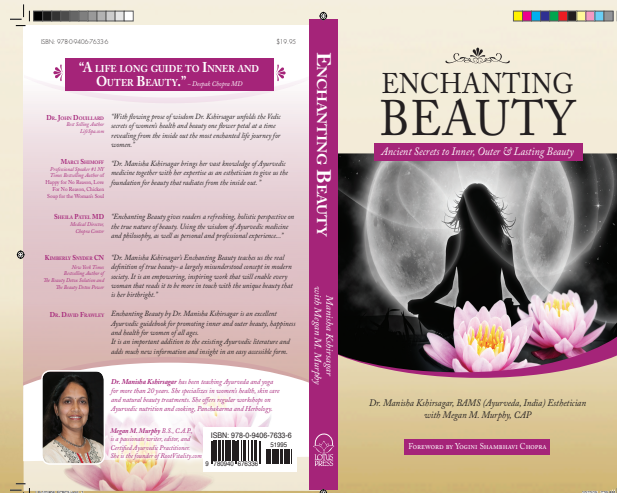
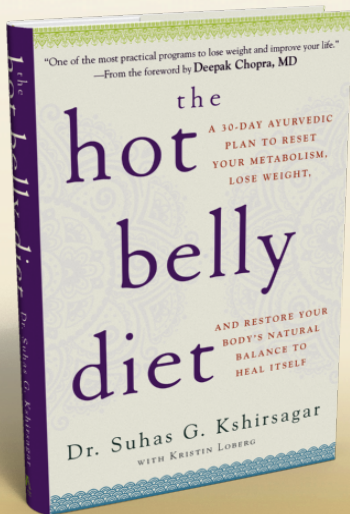
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**Award : "Ayurvedic Couple" 2010, Australia**

**Pioneering work in Ayurvedic Field outside India**

[www.AyurvedicHealing.net](http://www.AyurvedicHealing.net)





In Western Medicine we know a great deal more about the causes of disease than we do about the causes of health.



KEEPING ALL THREE IN BALANCE



# Ayurveda

- Science of Life
- Pre dates almost five to six thousand of years
- Ayurvedo Amritanam
- Consciousness based approach to health
- Mind, Body, Spirit Medicine
- Most ancient and most comprehensive system of health care
- Yatha Pinde Tatha Bramhande
- The True Natural Medicine
- Prevention and Therapeutic
- Food/Air/ Water    Mind/Emotions/ Actions
- Dharma, Artha, Kama & Moksha: Aarogya



# Ayurveda- The Science of Life

- It respects the uniqueness of the individual
- It considers all the levels of the individual, *Sthoola/Sukshma/Karan Shareer*
- It offers natural ways of treating dis-eases and promoting health. Wellness Education
- It empowers everyone to take responsibility for their own well-being
- It is cost-effective & it works



# Healthy Person

**One whose doshas are in balance,  
whose appetite is good,  
whose dhatus are functioning normally,  
whose malas are in balance and  
whose body, mind and senses are full of bliss,  
is called a healthy person.**

**-Sushruta (220 BC)**

# Lifestyle Medicine



*Lifestyle medicine* is a new area of preventive medicine, which shows that about 80% of all chronic diseases, such as heart disease, can be prevented and even reversed by simple changes in diet, exercise, and stress management.

- Another new area of medicine is *personalized medicine* which identifies genetic and metabolic differences between individuals and then prescribes drugs and treatment programs based on those differences.
- The field of *nutri-genomics*: how food or nutrients can influence on the genes in the body.



# Ayurvedic Foundations-I

**3. Dosha:** Vata, Pitta & Kapha (15 Subdosha)

**7. Dhatu:** Rasa (Plasma)

Rakta (Blood)

Mamsa (Muscles)

Meda (Fat/Adipose)

Asthi (Bones)

Majja (Bone Marrow)

Shukra (Reproductive tissue)

**3. Mala:** Mala (Stool), Mutra (urine) & Sveda (Sweat)



# Ayurvedic Foundations II

- **Srotas:** Channels/ Nadi' s/ Kosha' s Micro & Macro Channels, Nutrition & Toxic Waste
- **Agni-** Digestive Fire, Cellular Fires, Bio Accelerator & Enhancer, Tejas
- **AMA-** Residual impurities of Digestion, Endo-Exo TOXINS
- **Ojas-** Essence of the 7 tissues/ Vitality
- **Soma-** Cooling essence of physiology
- **Sattva:** Purity/Clarity/Evolution
- **Rajas:** Dynamism/Energy/Movement
- **Tamas:** Ignorance/Darkness/Inertia





# Five Elements

## Building Blocks of Nature

**Space**



**Air**



**Fire**



**Water**



**Earth**



**Akasha**

**Vayu**

**Agni**

**Jala**

**Prithivi**

**Potential**

**Movement**

**Transformation**

**Protection**

**Structure**



Who Am I?



# Three Doshas Mind-Body Constitutions

**Space**

**Air**

**Fire**

**Water**

**Earth**



*Balance. Heal. Transform.*





# QUALITIES AND FUNCTIONS OF VĀTA DOSHA

**DRY**

**VĀTA**

**QUICK**

**LIGHT**

**MOVING**

**COLD**

**ROUGH**

**SUBTLE**

**TRANSPORTATION**

**MOVEMENT**

**COMMUNICATION**



# QUALITIES AND FUNCTIONS OF PITTA DOSHA

**SLIGHTLY OILY**

**PITTA**

**FLOWING**

**LIGHT**

**LIQUID**

**HOT**

**SHARP**

**PUNGENT**

**METABOLISM**

**DIGESTION**

**TRANSFORMATION**



# QUALITIES AND FUNCTIONS OF KAPHA DOSHA

**OILY**

**HEAVY**

**COOL**

**STRUCTURE**



**KAPHA**

**SLOW**

**COHESION**

**STABLE**

**STICKY**

**DULL**

**LUBRICATION**

# Vata

## Resembling the Wind



### **Characteristics**

- Thin, light frame
- Variable digestion and sleep patterns
- Dry skin and hair
- Cold hands and feet
- Moves and talks quickly
- Resists routine
- Welcomes new experiences

### **Balanced**

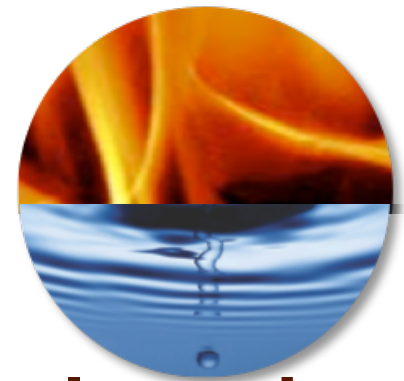
- Energetic
- Creative
- Adaptable
- Shows initiative
- Good communicator
- Spontaneous

### **Imbalanced**

- Overactive Mind
- Anxiety
- Worry
- Inconsistency
- Insomnia
- Constipation
- Gas, bloating

# Pitta

## Fiery Nature



### Characteristics

- Medium build
- Strong digestion
- Warm body temp
- Sleeps soundly for short periods
- Sharp intellect
- Direct and precise
- Stays close to routine
- Courageous

### Balanced

- Bright
- Warm, friendly
- Good decision-maker
- Leader
- Strong digestion

### Imbalanced

- Angry
- Irritable
- Excessively critical
- Judgmental
- Aggressive
- Skin rashes
- Inflammation
- Indigestion



# Kapha

Grounded, and Solid in Nature



## Characteristics

- Heavysset
- Smooth skin and thick hair
- Deep sound sleep
- Slow moving
- Good stamina
- Easygoing
- Methodical, thoughtful nature
- Enjoys routine

## Balanced

- Steady
- Consistent
- Loyal
- Strong
- Supportive
- Content
- Calm

## Imbalanced

- Dull
- Inert
- Needy
- Attached
- Congested
- Overweight
- Complacent
- Overly protective

# Individual Mind-Body Constitution

## •Prakruti

- Your individual constitution – determined at conception
- Made up of all three doshas – but one or two typically predominate

## •Vikruti

- Current state of balance – now!
- Influenced by your experiences and choices

***Maintaining balance is essential to health.***



## Balancing Vata

- \* Regular habits, balanced routine
- \* Quiet time, meditation
- \* Attention to fluids, warm fluids during the day to prevent dehydration.
- \* Ample rest & Warmth
- \* Steady supply of nourishment
- \* Sesame oil massage (abhyanga)
- \* The key to balancing Vata Dosha is regularity.
- \* Take a long, warm bath or shower in the morning.
- \* Avoid mental strain and over-stimulating



# Balancing Pitta

- Moderation
- Coolness, calm
- Attention to leisure
- Exposure to natural beauty, Green vacations, Outdoor
- Balance of rest and activity, Unwind early
- Decreased stimulants
  - *The key to balancing Pitta is moderation, making sure that you do not push yourself too hard.*
- Eat a Pitta-pacifying diet. not to overeat, Rather than going to extremes, eat moderate meals at regular hours three times a day. Sweet, Bitter Astringent
- Avoid artificial stimulants, Coffee, Tea, Alcohol
- Avoid strenuous physical exertion or overheating



# Balancing Kapha

- Stimulation, Regular exercise, Weight control
- Variety of experience, Warmth, dryness
- *The key to balancing Kapha is stimulation.*
- Eat a Kapha-pacifying diet, Pungent, Bitter & Astringent tastes
- Stay warm. Kapha benefits from heat.
- Dry foods, Spices, Fasting
- Perform a dry massage on your body to stimulate circulation.
- Drink warm fluids during the day, but take them in moderation.
- Exercise regularly, preferably every day
- Less Luxurious lifestyle



# Renewing Ourselves

- We accumulate toxins when life experiences are not completely metabolized
- Daily self renewal (detoxification, purification and rejuvenation) is enhanced by strong physical and emotional digestive systems
- Harmonizing our internal rhythms with those of nature improves daily self renewal

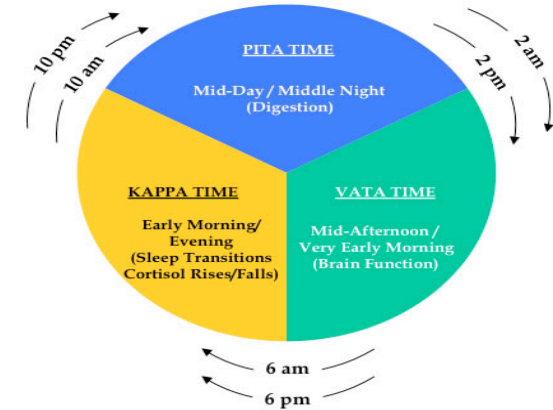


# Nature's Rhythms

- Nature moves in recurring cycles of rest and activity
- Rhythms of Nature include:
  - Circadian Rhythm - 24 hour cycle of night and day
  - Seasonal Rhythm - 12 month cycle of the earth around the sun
  - Lunar Rhythm - Monthly cycle of the moon around the earth
  - Tidal Rhythm - Gravitational influence of the moon on water
  - Celestial Rhythm – Influence of planetary cycles



# Circadian Rhythm



## Daily cycle of the doshas:

- 2a-6a = Vata ↑ (Fresh, awaking, rising activity - Meditate)
- 6a-10a = Kapha ↑ (Slowing from early activity - Exercise)
- 10a-2p = Pitta ↑ (Hotter, largest meal, less activity - Agni)
- 2p-6p = Vata ↑ (Focused, productive, energy - Meditation)
- 6p-10p = Kapha ↑ (Slowdown, relaxing activities - Bedtime)
- 10p-2a = Pitta ↑ (Detoxification, deep sleep - Agni)





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# Seasonal Cycles

**Seasonal influences may affect your level of balance**



## Vata season

**Late autumn  
through winter**



## Pitta season

**Midsummer  
through early  
autumn**

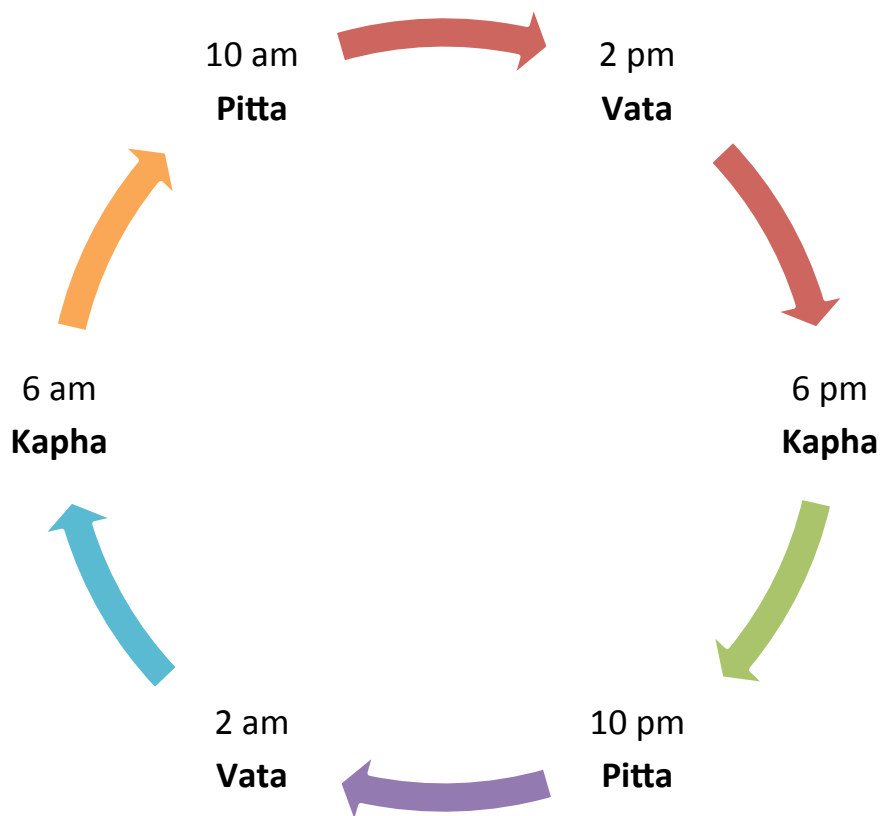


## Kapha season

**Late winter,  
spring, & early  
summer**



# Dinacharya: The Daily Cycle





# Dinacharya: Morning Rituals

## Waking UP

The ideal time to rise is three hours before sunrise or *at least*, a ½ to 1 hour before sunrise.

### Notes About Waking Up

In the early morning, **Sattva Guna** is most prevalent, so it is the best time of the day to meditate.

The body is well rested.

The mind is alert, focused and peaceful.

### Exceptions to Waking Early

Young children, hospital patients, the elderly, those who work the night shift.





# Dinacharya: Morning Rituals

## Cleansing

A bowel movement (BM) first thing in the morning is a sign of good health.

The Vata cycle in the early morning helps prompt the body's natural urge. Allow this urge and do not resist it but at the same time do not create the urge forcefully (this will aggravate Vata).



### Healthy Tip

Drinking 1-2 glasses of plain water (room temp or warm) helps to create a natural urge for a BM. Ideally, keep water overnight in a **copper container** and drink it in the morning. Copper increases the ionization in water, which helps to cleanse the body and reduce blood pressure.





# Dinacharya: Morning Rituals

## Tooth Brushing

In the old days, small twigs of certain trees were used to brush the teeth.

### For Example

- Neem (Bitter)
- Babbul
- Khair (Astringent)
- Karanja (Pungent)
- Yashtimadhu (Sweet)

*These twigs cleanse the mouth, strengthen the gums, kill bacteria and reduce bad breath and excessive Kapha.*

### Using a Twig to Brush Your Teeth

- The twig should be approximately 6 inches long and about ½" thick.
- The twig is to be chewed and then used to clean the teeth.
- Teeth should be cleaned in the morning, at night and after each meal (after eating).

Along with these twigs, certain combinations of herbal powders were used as tooth powders (instead of pastes).

### Exceptions to Brushing Teeth

Throat infections, problems with the tongue, palate and lips, stomatitis and dental problems.



# Dinacharya: Morning Rituals

## Tongue Scraping

### Guidelines for Scraping the Tongue

- Use as scraper made of gold, silver, copper.
- Should be strong, and have a gentle, rough edge.
- Tongue should be scraped every time after cleaning teeth.

### Benefits of Scraping the Tongue

- Removes Ama.
- Cleanses coated tongue.
- Gets rid of foul breath.
- Throat infections, problems with the tongue, palate and lips, stomatitis and dental problems.





# Healthy Tongue

- Symmetrical, neither too thick nor too thin and oval in shape
- Thin transparent coating, pink color
- Taste buds are flat, orderly and no bumps, deep cuts, cracks or patches
- \***Vata** tongue is small, thin, dry and possibly brownish in color. You may observe slight tremors and twitches.
- \* **Pitta** tongue is broad and tapered at the tip. The tip is red and the margins are distinct and sharp. There may be yellow or reddish discoloration.
- \***Kapha** tongue is round, moist, thick and large, often pale in color and may have a white coating.
  
- \* Red tongue – hot diseases; Pitta
- \* White tongue – cold diseases; Vata/Kapha
- \* Pale tongue with white coating – wind, Vata
- \* Red tongue with yellow coating – bile, Pitta
- \* Flabby tongue with greasy coating – phlegm, Kapha, Ama



# Dinacharya: Morning Rituals

## Gargling

There are two primary gargling techniques:

### 1. Herbal Juice

*Swarasa*

#### Procedure

Place oil or herbal juice (*Swarasa*) in the mouth for a few minutes.

#### Benefits

- ▣ Helps to strengthen teeth.
- ▣ Soothes the voice.
- ▣ Keep the lips moist.

### 2. Herbal Teas

#### Procedure

Gargle with herbal teas like Khadira, Umbara, Babbula (astringent in taste).

#### Benefits

- ▣ Cleanses the mouth.
- ▣ Strengthens the mucus membrane, teeth and gums.
- ▣ Reduces swelling.





# Dinacharya: Morning Rituals

## Meditation

*Chanting, Pranayama, Mantra, Reading from Scriptural Books, Visualization*

One should meditate for at least 20 to 30 minutes, although regularity is more important than length of time.

### Benefits

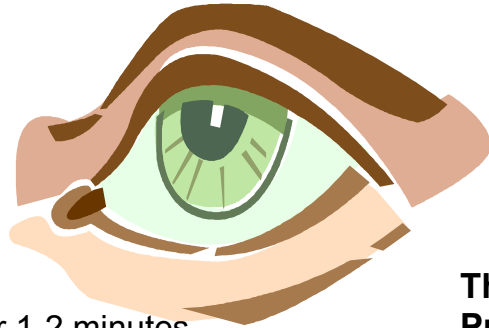
- ▣ Calms the mind.
- ▣ Increases Sattva Guna.
- ▣ Energizes mind and transcends from physical level to the higher levels.
- ▣ Reduces anxiety, depression.
- ▣ Gives confidence, changes attitude about life.





# Dinacharya: Morning Rituals

## Eye Exercises



### Procedure

- ▣ Watch the morning sun for 1-2 minutes.
- ▣ Move eyeballs in a clockwise and anticlockwise direction 6-8 times.
- ▣ Alternate focusing on an object that is 10 feet and 6 inches away, respectively for 2-3 min.
- ▣ Focus eyes on candle light in the dark.

### Benefits

Help to increase eye muscle strength, thus improving vision.

### Things to Avoid to Improve or Protect Vision

- ▣ Watching TV from too close of a distance.
- ▣ Bright lights.
- ▣ Reading in the dark.
- ▣ Reading in a moving vehicle.



### Healthy Tip

*Massaging the soles of the feet cools the eyes.*



# Dinacharya: Morning Rituals

## Physical Exercise

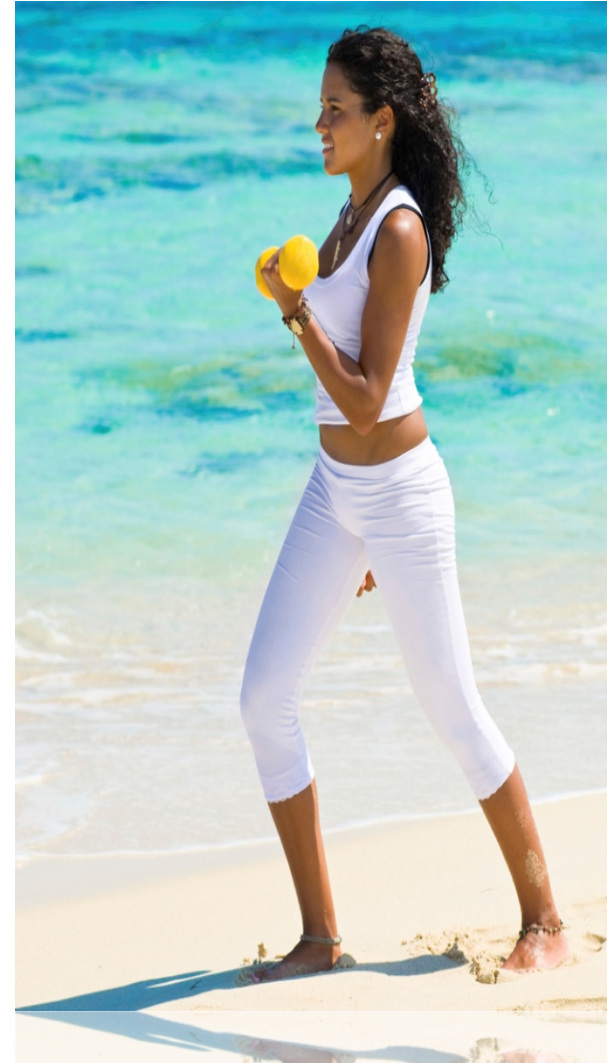
### Benefits

- ▣ Strengthens body and increase stamina.
- ▣ Body becomes light.
- ▣ Builds and tones muscles, increases endurance.
- ▣ Improves digestion, reduces fat, fatigue and lethargy.
- ▣ Increases internal heat and opens Srotas, removes blockages.

### Guidelines for Exercise

Exercise in moderation, until the person

- ▣ Feels tired.
- ▣ Starts becoming breathless.
- ▣ Starts sweating on forehead and under the armpits.
- ▣ Gets a dry mouth.





# Dinacharya: Morning Rituals

## Physical Exercise

### Things to Remember

- ▣ Do not over exert
- ▣ Do not lift weights beyond your capacity
- ▣ Do not do stunts which may harm the body

*All of the above things deplete the Dhatus, making you dizzy and excessively hot.*

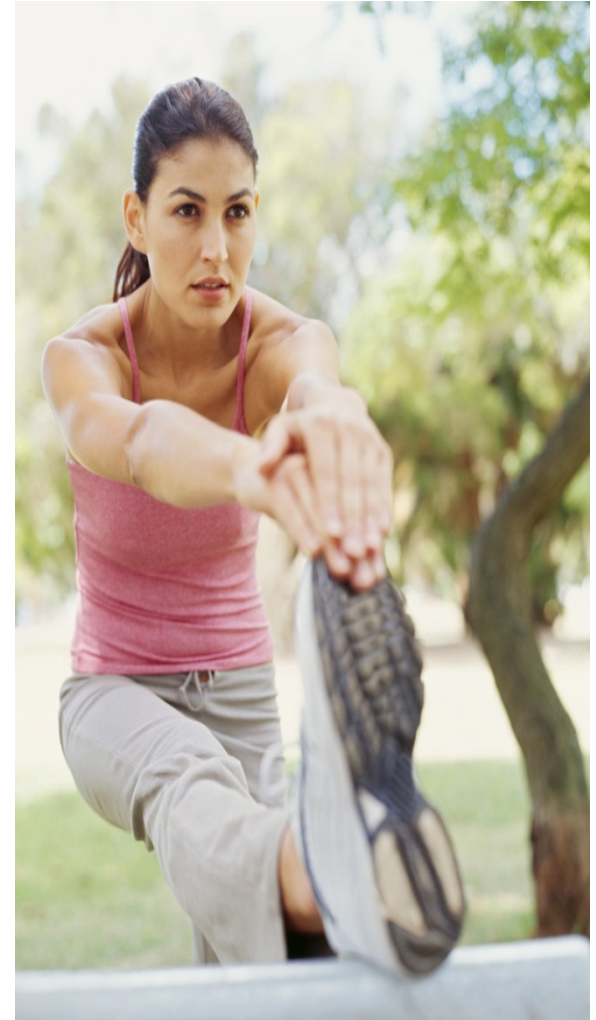
### Exceptions to Exercise

- ▣ Physical weakness
- ▣ Physical sickness
- ▣ Bleeding disorders
- ▣ Asthma or cough
- ▣ Right after meals

### **Healthy Tip**

*Light walking\* is ideal for individuals who meet these exceptions.*

**\*Walking** is the best form of exercise. It increases longevity, sharpens the sense organs & intellect and improves digestion.





# Dinacharya: Morning Rituals

## Oil Massage (Abhyanga)

*Whole Body Massage*

Abhyanga is a massage performed in the direction towards heart with sesame (warm) or coconut oil (cool).or herbal oil.

### Benefits

- ▣ Prevents aging.
- ▣ Strengthens the body, increases stamina and tones muscles
- ▣ Pacifies Vata Dosha
- ▣ Smooths the skin, prevents wrinkles and improves the sense of touch.
- ▣ Calms the mind and helps promote sound sleep.
- ▣ Heals the body faster.
- ▣ Improves vision.

### Oil Absorption

In the first 5 minutes, the skin absorbs the oil, then after every 1-1½ minutes each successive Dhatu absorbs it, so leave the oil on the body at least for 10- 15 minutes before taking shower.

### Precautions

Avoid Abhyanga in the following cases:

- ▣ Fever
- ▣ Indigestion
- ▣ Kapha aggravation



# Dinacharya: Morning Rituals

## Bathing

### Benefits

- ▣ Cleanses the skin of impurities and sweat.
- ▣ Reduces heat and relaxes the body.
- ▣ Energizes the body, mind and senses.
- ▣ Improves digestion.
- ▣ Reduces lethargy and sleepiness.
- ▣ Opens the Srotas and cleanses the subtle Malas.

### Precautions

When not to bathe:

- ▣ During sickness
- ▣ Right after a meal
- ▣ With very cold water





# Dinacharya: Morning Rituals

## Bathing

### Healthy Tip

- ▣ Bathe once or twice a day.
- ▣ Depending on the season and Dosha condition, warm or cool water is used on the body (below the neck).
- ▣ Bathe the head using cool or lukewarm water. Avoid hot water on the head –The 7th chakra is very heating. Also, bathing the head in hot water causes dizziness and loosens hair follicles.
- ▣ The best time to bathe is in the morning.
  - ▣ As we get the urge for a BM in the morning, all Dhatu Malas that have been formed at night should be removed from the body.





# Dinacharya: Morning Rituals

## Aromatherapy

### Vata

#### **Calming and pacifying**

**aromas** such as basil, orange, geranium, clove and rose.

### Benefits

- ▣ Calms Vata Dosha, restlessness and anxiety
- ▣ Promotes sleep
- ▣ Stabilizes the metabolism

### Pitta

#### **Cooling and sweet**

**aromas** such as sandalwood, mint, rose, jasmine and khas.

### Benefits

- ▣ Reduces irritability, anger and jealousy.
- ▣ Improves digestion.

### Kapha

#### **Stimulating, spicy aromas**

such as juniper, ginger, eucalyptus, camphor, clove and saffron.

### Benefits

- ▣ Reduce blockages, fat and water retention.
- ▣ Stimulate the metabolism





# Dinacharya: Morning Rituals

## Clothing

### Guidelines

- ▣ Clothing should be clean and well fitting.
- ▣ Cotton is the best fabric, especially for undergarments. It is important that the clothing is absorbent and the body is able to breathe.
- ▣ Wear different colors according to the seasons.
  - ▣ In the **spring**, wear pastel or light-colored clothing.
  - ▣ In the **summer**, wear white as it repels heat.
  - ▣ In the **winter**, wear darker colors as they retain heat.





# Dinacharya: Morning Rituals

## Breakfast

Breakfast gives energy, strength and stamina. There is a fast break between lunch and dinner, so eat a light breakfast.

**Why?**

*Hint: Kapha time of day*





# Dinacharya: The Work Day

After your morning routines, begin your workday.

*The following can be ideal professions depending on Dosha predominance:*

Vata	Pitta	Kapha
Sales, Marketing	Management, CEO	Administration, Nursing
Acting, Dancing	Doctors, Finance	Homemaker
Teaching, Writing	Politics, Leadership	Building
Photography, Design	Law	Counseling

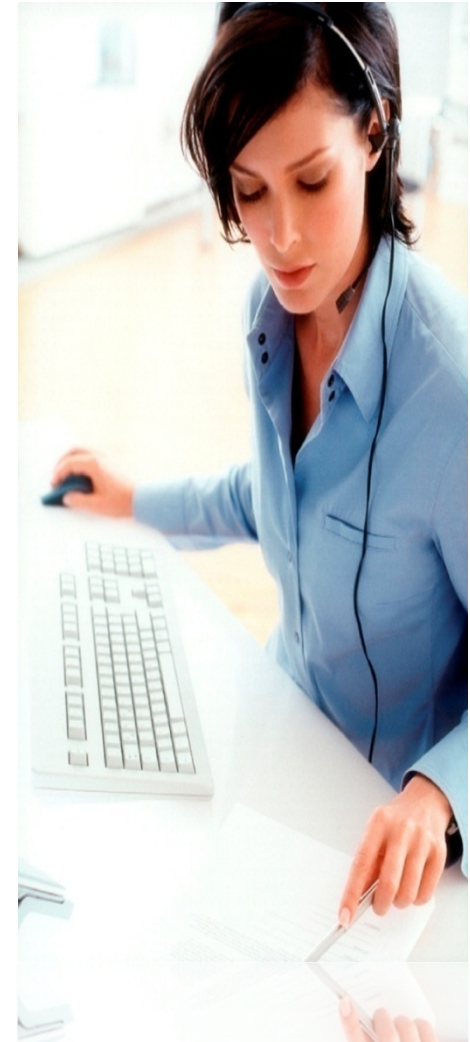
## **Healthy Tips**

The morning is the best part of the work day to get physical work complete.

*Why? Hint: Kapha Period*

The afternoon (after 3 p.m.) is ideal for planning, meeting, strategizing, accounting, intuitive work or planning for the next day.

*Why? Hint: Vata Period*





# Dinacharya: Morning Rituals

## Lunch

The time around noon is ideal for the main meal of the day.

Sit down, take your time and enjoy your food. Do not work on the computer, make or receive telephone calls or eat on the go.





# Ratricharya: Nightly Rituals

## Dinner

### Guidelines

- ▣ Dinner can be taken around 6-7 p.m.(before sunset)
- ▣ Food should be light, cooked and easy to digest.
- ▣ Enjoy Family Time
  - ▣ Relax, watch TV, read, listen to music or wash dishes.





# Ratricharya: Nightly Rituals

## Sex

All living beings have an instinct for sex. Having sex at the right time and frequency improves life and longevity. Having sex too frequently depletes Ojas and/or the immune system and should be avoided.

### Guidelines

- ▣ In winter, sex can be performed daily.
- ▣ In the spring and fall it should be reduced to twice a week and in the summer to twice a month.
- ▣ The minimum age to perform sex is puberty.
  - ▣ Girls reach puberty around age 16-20. This is earlier in the US mainly because of fatty foods.
  - ▣ Boys reach puberty around the age of 21-25.

### Avoid

- ▣ Right after meals.
- ▣ In conditions of disease.
- ▣ During the menstrual period.
- ▣ During the first and last trimester of pregnancy.



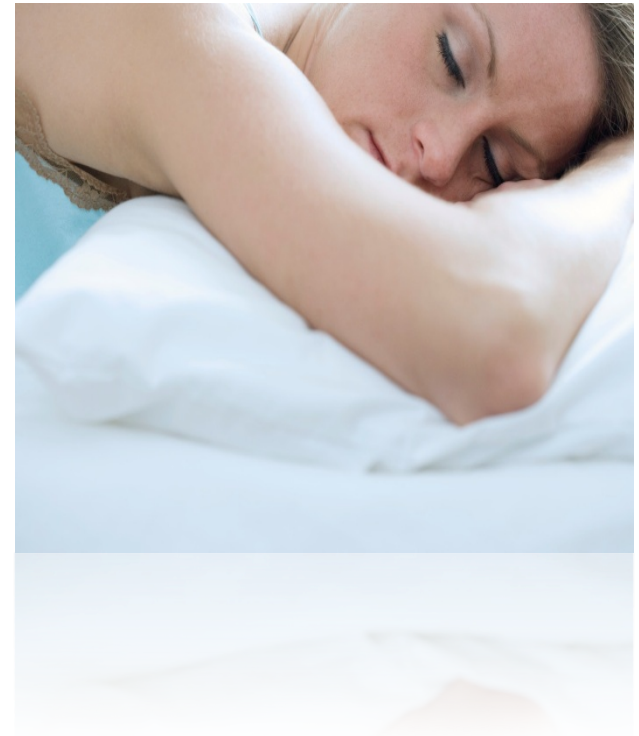
# Ratricharya: Nightly Rituals

## Sleep

Sound sleep is a sign of good health and is of necessary in order to maintain good health. Health, happiness, strength, intelligence, healthy mental state and Dhatu-building all depend on sound sleep.

### Importance

- ▣ After a day's work and running around in the world, the body and mind need rest.
- ▣ Our senses need rest after constantly taking in impulses.
- ▣ Metabolism (subtle digestion) happens at night during Pitta time. Complete rest is essential in this time frame.
- ▣ During the day time we are busy taking in information from all the five senses. Night is when we take the time to process that information and create meaning and realization.





# Ratricharya: Nightly Rituals

## Sleep

### Unhealthy sleep is:

- ▣ Heavy Sleep
  - ▣ Due to hangover from Alcohol or drugs.
  - ▣ Due to Kapha aggravation.
  - ▣ Due to excessive physical exertion.
- ▣ Insomnia or waking early, around 3 a.m.
  - ▣ Due to Vata aggravation.
  - ▣ Due to mental agitation.
  - ▣ Due to worry, anxiety, depression, fear and/or pain.







# Ratricharya: Nightly Rituals

## Sleep

During the day, sleep should be avoided except for a catnap after a meal unless the following conditions apply:

- ▣ Individuals who work the night shift, or after physical exertion.
- ▣ Patients.
- ▣ Physical injury or psychological problems.
- ▣ Sleep period during daytime should be  $\frac{1}{2}$  of the night sleep.





# Weekly Practices

*Do the following practices once a week:*

## Ear Care

### Guidelines

Pour a few drops of warm oil in both ears. Generally, sesame oil is used. For earache, garlic or clove oil may be used.

### Benefits

- ▣ Improves hearing.
- ▣ Prevents ringing in the ears.
- ▣ Loosens ear wax.
- ▣ Strengthens the bones and ear drum.
- ▣ Prevents neck stiffness.

### Precautions

- ▣ Loud noises and loud music.
- ▣ Prevent cold air from gushing into the ears by putting small cotton balls in the ears during cold weather.





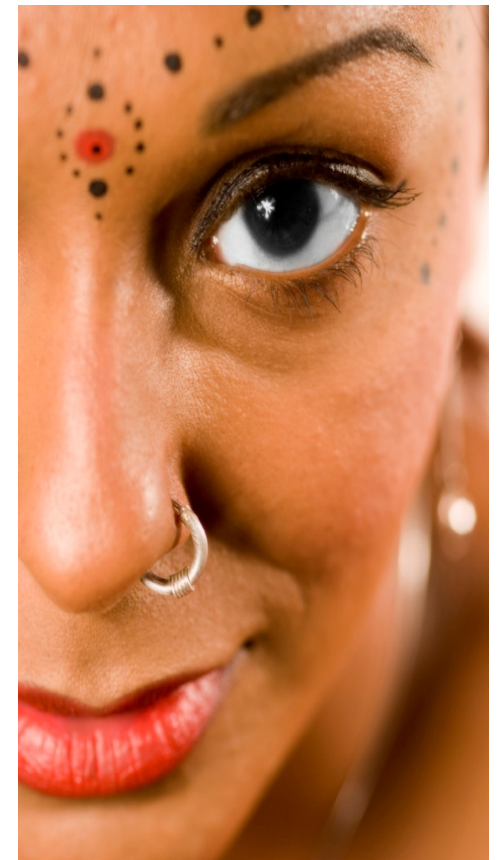
# Weekly Practices

## Nose Care

Ayurveda emphasizes Nasya as a doorway to the brain, where all the centers of the sense organs and organs of action are situated.

### Guidelines

- ▣ A special oil called Anu Tail is used. If this is not available, sesame oil can also be used.
- ▣ Four to eight drops of warm oil are administered in both nostrils.
- ▣ **Timing**
  - ▣ In spring, fall and winter, Nasya is performed every day.
  - ▣ In the summer it is done once a week.
  - ▣ In Pitta conditions, this is done in the afternoon.
  - ▣ In Vata conditions it is done in the late afternoon or at night.
  - ▣ In Kapha conditions, it is done in the morning.



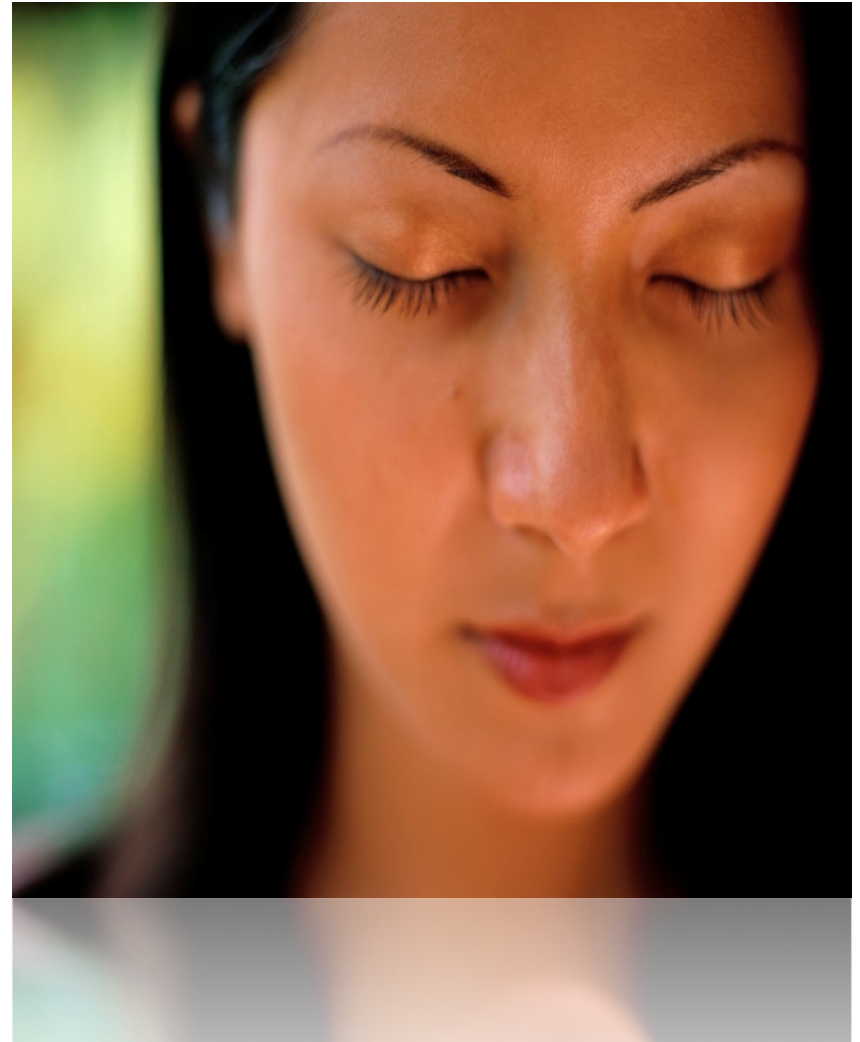


# Weekly Practices

## Nose Care

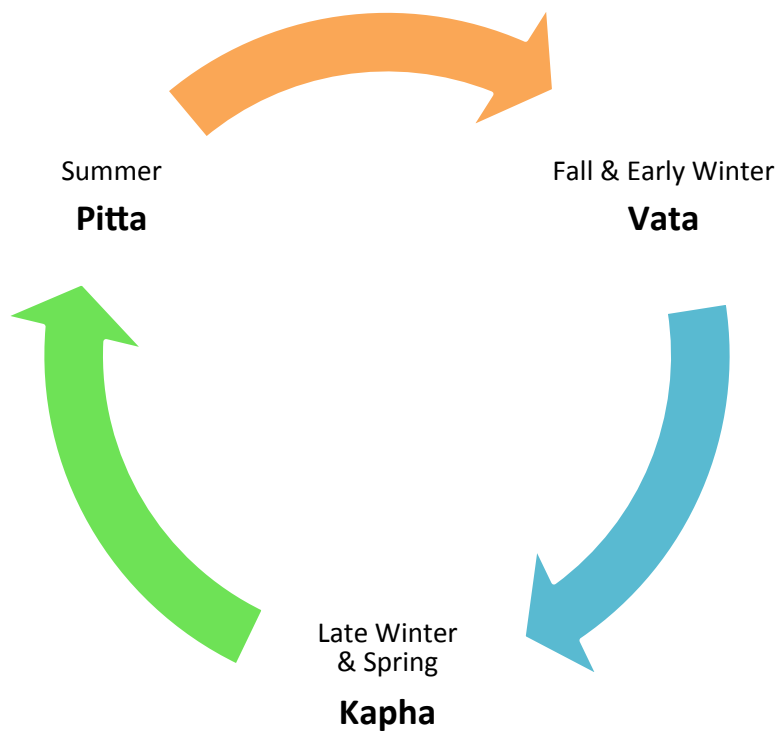
### Benefits

- ▣ Sharpens the sense organs.
- ▣ Prevents disease above the neck. For example: Sinus problems, migraines, headaches and neck stiffness.
- ▣ Strengthens the joints in the scalp and face.
- ▣ Improves the texture of the skin and prevents wrinkles.
- ▣ Prevents early graying, balding and general hair loss.
- ▣ Improves the clarity of the voice.





# Ritucharya: The Seasonal Cycle





# Ritucharya: Spring

## Kapha Season

The sky is cloudy. Spring features the cold and heavy hallmarks of Kapha Dosha, so our diet and lifestyle should be designed to balance this energy.

**The diet** should be comprised of food and drinks with hot, dry and light qualities to counter the cool, moist, and heavy qualities of Kapha. Eat more baked, broiled or grilled warm foods. Avoid cheeses, ice creams and yogurts. Add pungent spices. Eat more vegetables. Cut down on sweets. Sweet, salty and sour tastes aggravate Kapha, so they should be avoided. Pungent, astringent and bitter tastes reduce Kapha and should be added.

**Drinks** should be made with ginger, calamus and clove. Emphasize herbal teas. Use medicated wines such as Draksha and Ashwagandha. Drink warm water.





# Ritucharya: Spring

## Kapha Season

**Massage** and body therapies should be done with dry herbal powders such as Haritaki or Ginger or heating oil such as Mustard. Spring is a good period for Vamana.

**Yoga** practices such as Bhasrica Pranayama and sun salutations, shoulder stand, boat, bow, lion and camel pose can be practiced.

**Sleep** during the daytime should be avoided.

**Dress** is bright warm colors like gold, orange.

**Herbs** to benefit Kapha include Pippali, Maricha (Black Pepper), Haritaki, Guggul, Ginger and Punarnava.





# Ritucharya: Spring

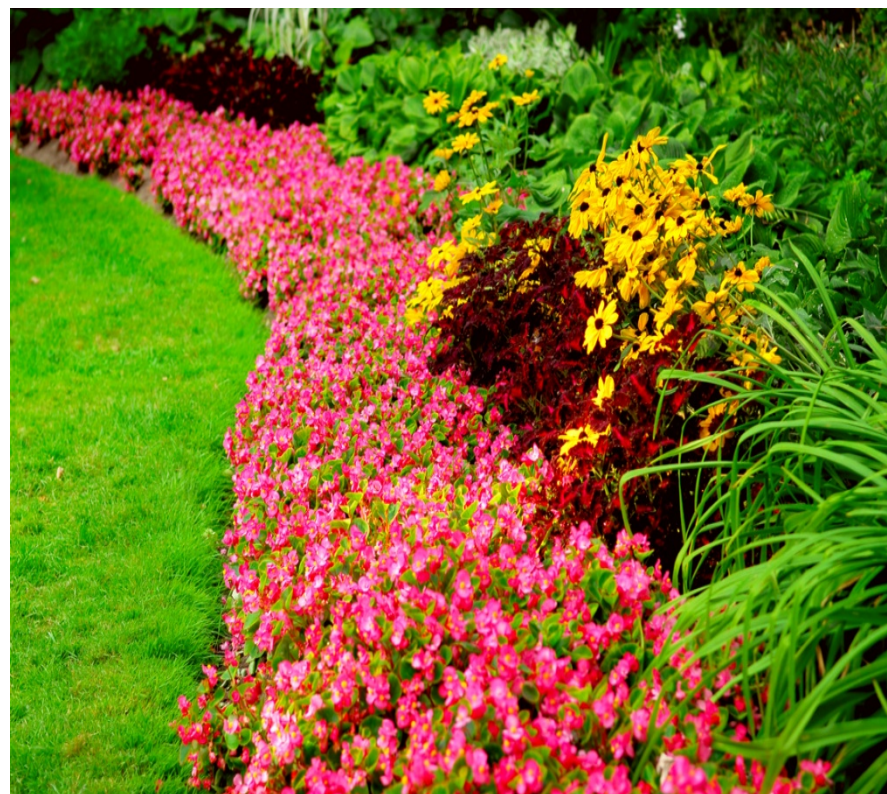
## Kapha Balancing Tea

### Ingredients

- ▣ 4 cups water
- ▣ 1 inch cinnamon stick
- ▣ 1/4 teaspoon turmeric powder
- ▣ 1/2 teaspoon grated Ginger
- ▣ 1 Tablespoon cumin seeds

### Procedure

Heat water in a pot. Add all the ingredients. Boil for 5 minutes. Strain and serve hot.







# Ritucharya: Summer

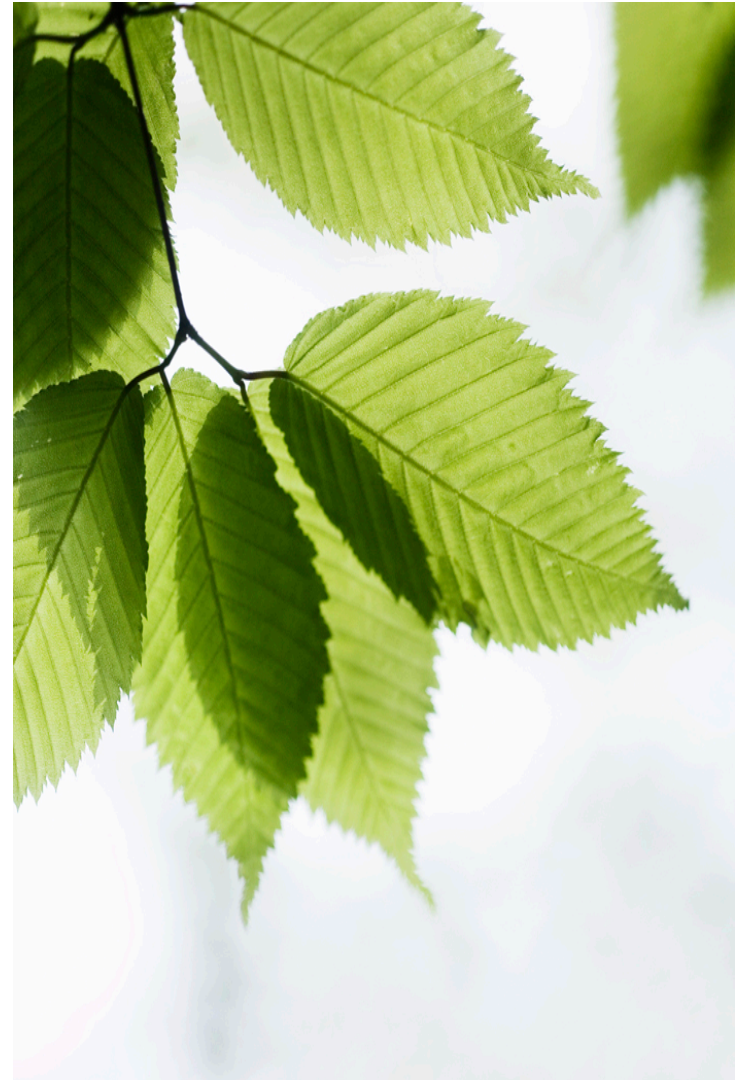
## Pitta Season

Summer represents the hot, bright, sharp qualities of Pitta, so our diet and lifestyle should be designed to balance this energy.

**The diet** should be cool, heavy and bland to counter Pitta's hot, light and sharp qualities. Add more fruit and vegetables to the diet. Avoid hot, spicy, sour and pungent tastes. Emphasize sweet, astringent and bitter tastes, which palliate Pitta. Avoid alcohol. Working in a hot kitchen provokes Pitta so cook your meals in the morning.

**Drinks** such as Lassi (yogurt drink), lime juice and coconut water should be emphasized.

**Massage** in the morning with coconut or sunflower oil. This is an ideal period for Virechana





# Ritucharya: Summer

## Pitta Season

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# Ritucharya: Summer

## Pitta-Balancing Tea

### Pitta Balancing Tea

#### Ingredients

- ▣ 4 cups water
- ▣ 1-tablespoon mint leaves
- ▣ 1-tablespoon cumin seeds
- ▣ 1-tablespoon coriander seeds
- ▣ 1-tablespoon fennel seeds

#### Procedure

Heat water in a pot. Add seeds and leaves. Boil for 5 minutes. Let cool. Strain and serve cool.





# Ritucharya: Fall/Winter

## Vata Season

Fall and winter are marked by the cold, dry, windy and rough qualities that are hallmarks of Vata Dosha, so our diet and lifestyle should be designed to balance this energy.

**The diet** should be warm, moist and heavy to counter Vata's cold, dry and light qualities. Soups, stews and pasta with gravy are the right foods for the fall and winter season. Eat a handful of nuts such as pecans or almonds, which are heavy and oily. Butter and natural cheese are good choices for fats. Avoid salads, raw fruits and vegetables. The tastes to avoid are pungent, astringent and bitter. Favor sweet, salty and sour tastes.

**Drinks** such as herbal teas made with cumin and fennel or ginger and mint are beneficial. Have a cup of warm milk at bedtime. Avoid iced tea and cold water.





# Ritucharya: Fall/Winter

## Vata Season

**Wake** at 5 a.m. when the weather is calm.

**Massage** warm sesame oil all over the body and take a warm shower. Bastis are particularly beneficial during the fall and winter months.

**Activities** to avoid include listening to loud noises and music and driving quickly.

**Dress** in red, orange, yellow colors to pacify Vata. Wear warm clothing.

**Yoga** practices to benefit Vata include gentle alternate nostril Pranayama, forward, backward bending, vajrasana, spinal twist, camel, cobra, pavan muktasana and shavasana.

**Herbs** to benefit Vata include dashmul, ashvagandha, vidari, brahmi, haritaki and triphala.





# Ritucharya: Fall/Winter

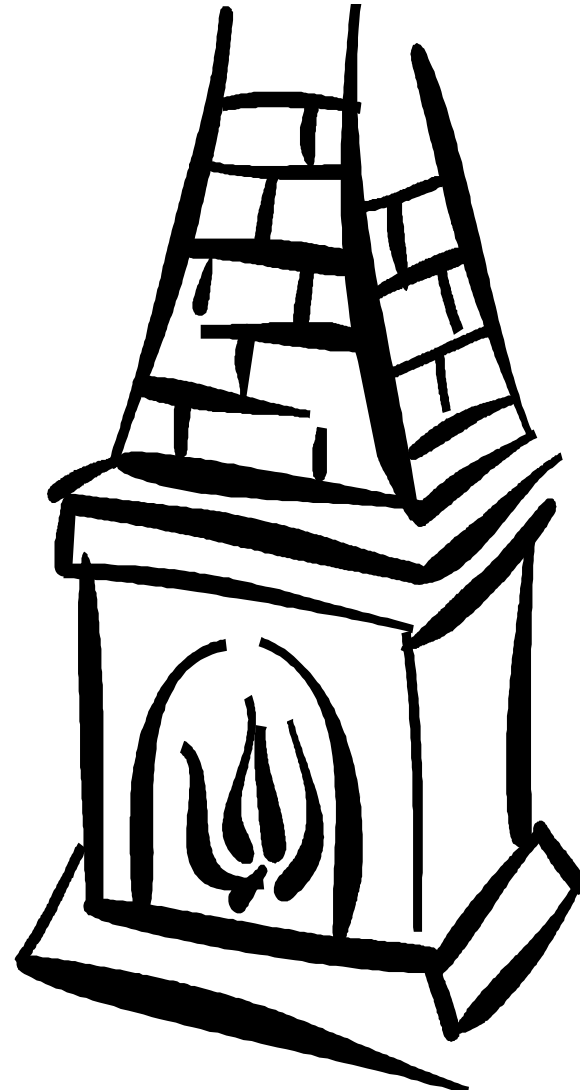
## Vata-Balancing Tea

### Ingredients

- ▣ 4 cups water
- ▣ 1-tablespoon fennel seeds
- ▣ 1-tablespoon coriander seeds
- ▣ 1-tablespoon cumin seeds
- ▣ 2pods of cardamom

### Procedure

Heat water in a pot. Add fennel, coriander and cumin seeds and cardamom pods. Boil for 5 minutes. Strain and serve hot.






# Ritusandhi

*Ritusandhi* represents the period between seasons, beginning from approximately eight days before the end of the previous season and ending eight days after the beginning of following season. Ritusandhi typically lasts for approximately fifteen days.

**Ritusandhi** is an important period because:

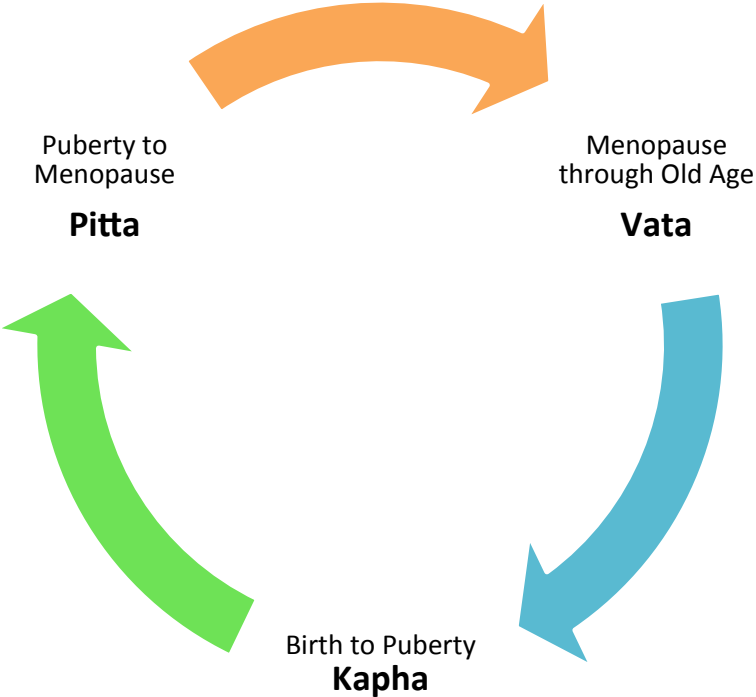
- ▣ Our bodies have become accustomed to the food and weather we experienced during the previous season.
- ▣ Adapting our diet and lifestyle helps prevent the Doshas from accumulating, aggravating and causing disease.
  - ▣ For example: As the seasons begin to change, the Doshas of the approaching season begin to accumulate. Eating hot foods in the spring begins to cause an accumulation of Pitta, eating cold foods in the late summer begins to accumulate Vata and eating heavy foods in the winter begins to accumulate Kapha.



 **Ritu:** Season  
**Sandhi:** The *joint*, or period that joins two seasons.



# The Life Cycle







# Satvritti


In life, we should all live by Satvritti (honesty).

Satvritti is meant to be both personal and social. When we work and live in society, there are certain guidelines everybody should follow to improve the overall health of the society. Along with personal routines, Ayurveda has described some guidelines for social behavior.

## The Importance of Satvritti

The Ayurvedic approach is universal and cosmic. Human beings are a part of the entire cosmos. From the perspective of Sankhya Philosophy, we learned that the sense organs, organs of action and the body are developed from the mind. The mind controls the body, so the body should be balanced by the mind. Purely physical treatments are not enough.

The Mind is comprised of three gunas: Sattva, Rajas and Tamas. Sattva causes balance and harmony. Rajas and Tamas cause imbalance. Rajas increases agitation, while Tamas increases dullness, heaviness and ignorance. Desire, anger, greed, pride, addiction, fear, worry and jealousy are all examples of effects caused by Rajas and Tamas, which aggravate all three Doshas, causing physical and mental disease. Because of this, mental cleansing and removing of clutter is essential. Satvritti increases Sattva, which maintains health, happiness and peace, thereby preventing mental and physical disease.

 **Sad (Sat):** Truthful, pure  
**Vritti:** Behavior



# Diet : A Definition

Anything we take in to nourish our body and mind.

- Air
- Water
- Food
- Emotions
- Information through sense organs





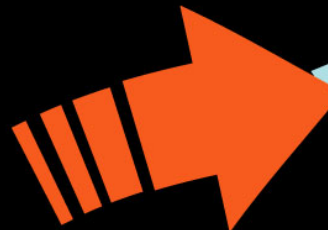
# Diet

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."



~ Ancient Ayurvedic Proverb

# HEALTH and DISEASE



**Strong Agni**

**Ojas**  
Subtle  
Nourishment



**Weak Agni**

**Ama**  
Toxic Residue

**Srota**  
Circulatory  
Channel

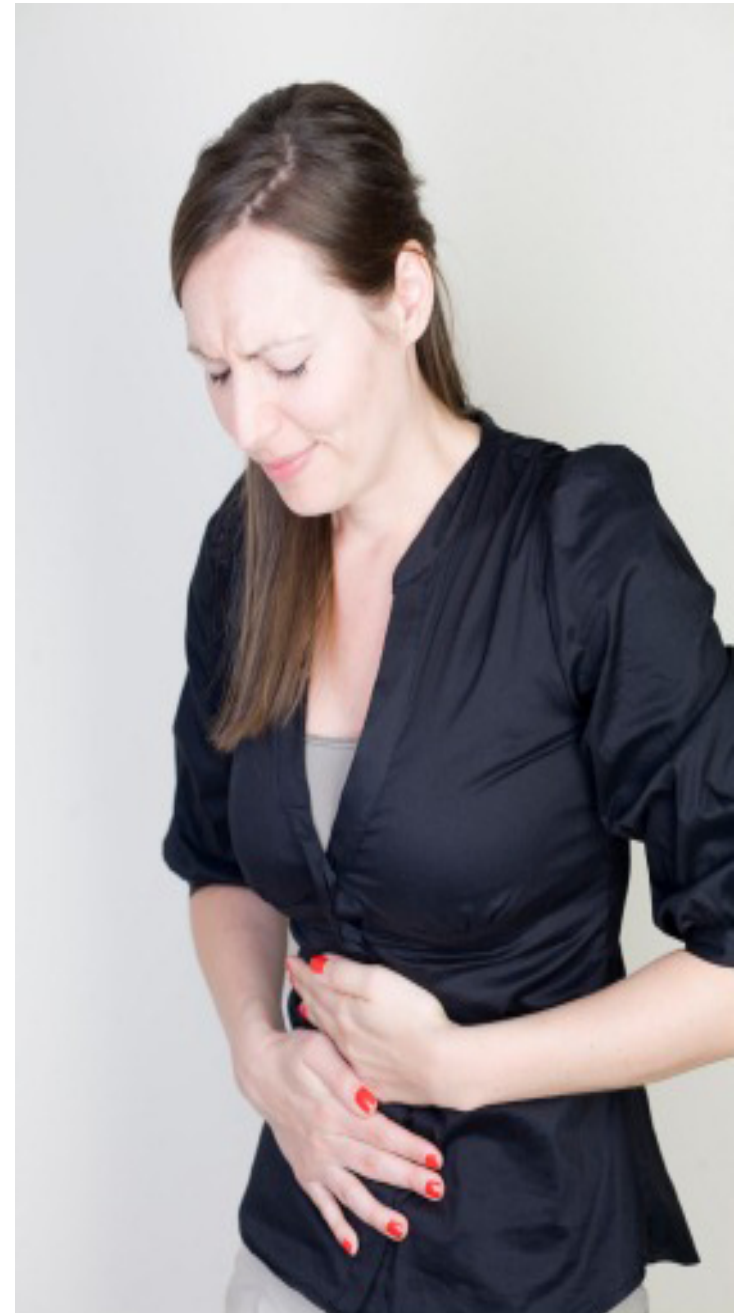
**Srota**  
Circulatory  
Channel





Tissue sludge, toxic colon,  
congested liver, blood  
impurities and ***weak vital  
organs***, mental fog,  
fatigue, and hormonal  
imbalance

***Pre-mature*** Aging, lack of  
sensory clarity, Fatigue,  
Chronic diseases ***loss of  
overall Vitality***





# Symptoms of a Toxic Body

- Overweight
- Fatigue
- Headaches
- Food Cravings
- Allergies
- Frequent illness
- Digestive problems
- Tongue Coating
- Mood Swings
- Skin problems



# Ama: Treatment

- Fasting: Skip a meal or eat a fruit
- Drink warm water, eat liquid soups
- Use digesting herbs such as ginger, black pepper, cumin seeds and garlic

Herbs to reduce  
and digest Ama

Bitter

Pungent

- In chronic cases, do Panchakarma





# Ayurvedic Nutrition: East & West

Subject	Conventional Nutrition	Ayurvedic Nutrition
Why We Eat	Personal preference, habit, body image, emotions, etc.	To take in Prana to live
Nutritional Element	Calories	Panchamahabhuta
Focus	Counting calories from different food groups	How the body processes what we eat
Importance	Caloric value	Balancing diet depending on Individual Constitution
D i e t a r y Recommendations	Depends on food groups	Depending on the taste and quality of the food
Goal	You are what you eat	You are what you digest





Eat Right Be Bright





## Super foods

- Made *in* Nature and Made *by* Nature
- Power-Packed with Nutrients, Bioflavonoids, Fiber and Antioxidants, High in ORAC value, ANDI Score
- Greater Bio-Availability, Recyclable
- Intelligent Foods, Organic, Non-GMO
- Seasonal Variations for Seasonal Needs
- Locavore
- Lively, Vibrant; Prana, Mana & Qi Foods



# Food Guidelines: Eating

1. Eat enough quantity considering the state of Agni, and Doshas.
2. Eat three meals a day.
3. Eat after previous food is digested.
4. Set specific time and place.
5. Eat with proper frame of mind (a happy mood).
6. Create a pleasant environment (flowers, music, incense).
7. Wash hands thoroughly.
8. Feed somebody before you eat.
9. Bless your food before eating.
10. Do not eat very slow or very fast. Take your time and chew your food longer (each bite 32 times, according to Ayurveda). Food starts digesting in the mouth by Bodhaka Kapha. We enjoy the taste of the food while it is in the mouth. It reduces the amount of food we eat.
11. Do not talk or laugh while eating. Do not eat on the run or while watching TV. Concentrate on the food and eat.
12. Eat less, exercise more.

# The Twenty Tattvas | Qualities

## The Tattvas and Doshas

**Heavy/Light** | Guru/Laghu

**Cold/Hot** | Shita/Ushna

**Wet/Dry** | Snigdha/Ruksha

**Dull/Sharp** | Manda/Tikshna

**Smooth/Rough** | Slakshna/Khara

**Dense/Flowing** | Sandra/Drava

**Soft/Hard** | Mridu/Kathina

**Static/Mobile** | Sthira/Chala

**Gross/Subtle** | Sthua/Sukshma

**Cloudy/Clear** | Picchila/Vishada

Attribute	V	P	K	Attribute	V	P	K
Heavy	↓	↓	↑	Light	↑	↑	↓
Dull	↓	↓	↑	Sharp	↑	↑	↓
Cold	↑	↓	↑	Hot	↓	↑	↓
Oily	↓	↑	↑	Dry	↑	↓	↓
Smooth	↓	↑	↑	Rough	↑	↓	↓
Dense	↓	↓	↑	Liquid	↑	↑	↓
Soft	↓		↑	Hard	↑	↓	↓
Static	↓	↓	↑	Mobile	↑	↑	↓
Gross	↓	↓	↑	Subtle	↑	↑	↓
Cloudy	↓	↓	↑	Clear	↑	↑	↓



# Six stages of the disease

- 1. Sanchaya (accumulation)
- 2. Prakopa (aggravation)
  - 3. Prasara (spread)
- 4. Sthana-samshraya (localization)
  - 5. Vyakti (Manifestation)
  - 6. Bheda (differentiation)



# Ayurvedic Treatment

- Natural healthy diet to suit the individual's body type, age, Agni, season & activity
- Therapeutic nutritional supplements to improve digestion, assimilation & elimination
- Healing Botanical medicines and herbs
- Detoxification by gentle Cleanse, Fasting
- Ayurvedic massage and body work tx/PK
- Physical exercise and Therapeutic Yoga Postures
- Meditation, Pranayama, Energy work



# Ayurvedic Treatment

- 5 Sense Therapy
- Ears- Sound- Primordial Sounds
- Skin-Touch- Massage
- Eyes-Sight- Visualization
- Tongue- Taste- Healing Foods
- Nose-Smell-Aromatherapy



# Ayurvedic Wisdom

- Eat foods which are Fresh, Alive and Vibrant like fruits/vegetables, complex grains, nuts, seeds, sprouts and clean water
- Eat in Small Quantities, Chew Well, drink enough water
- Do Pranayama & Meditate daily 20 minutes
- 30 minutes of brisk physical exercise daily. Rotate
- Minimize compulsive habits Smoking, Alcohol, Drugs, Tobacco
- Observe yourself in a detached manner
- Do something good daily. Sweet Words & Deeds, Positive Affirmations
- Treat your body like temple and not like a trash can (Kaya/Vacha/Manasa)
- Seasonal cleanses Twice a Year (Spring & Fall) One Week each
- Frequent Vacations, Slow down the pace of life
- Try to learn something New, Laughter, Ample Rest
- Happiness is just a “State” of Mind