

FUNDAMENTALS OF AYURVEDA

The Science of Life

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FUNDAMENTALS OF MAHARISHI AYURVEDA

Historically, Ayur-Ved is the world's original system of health care. It is probably the basis of ancient Greek medicine. Ayur-Ved is practiced today by more than 300,000 Ayurvedic doctors and is recognized by the World Health Organization as an effective, traditional health science.

While modern medicine has made great advances in the treatment of disease, it is commonly recognized that there are major gaps in modern healthcare. Maharishi Ayur-Ved helps to fill these gaps by offering natural, preventative treatments without harmful side effects.

The basis of Maharishi Ayur-Ved lies in prevention – strengthening the body's defense system and self-repair mechanisms so the individual has the ability to naturally resist disease. This is accomplished by the development of consciousness (Transcendental Meditation) and the use of specific diets, exercise programs, herbal supplements and personalized daily and seasonal routines.

FUNDAMENTALS OF MAHARISHI AYURVEDA

The development of meditation as a way to control stress and its effects has grown substantially during the last few of decades. Numerous studies have shown its beneficial effects. Meditation is a vital part of the Vedic Texts as is yoga, aroma therapy and therapeutic massage. These are thousands of years old. The ancient Vedic physicians (viajas) performed and recorded surgery, including ear, nose and throat surgery.

Using the meditation program (twice daily for at least 20-25 minutes) and a health daily routine (which includes oil massage, yoga and breathing exercises) as a basis, the next pillar is a seasonal diet and herbal supplements. One very important herbal supplement is Amrit Kalash which is a powerful antioxidant.

DOSHAS

Three fundamental principles of nature:

All things in nature possess these doshas, including humans.

They are:

Vata represented by wind and gas

increased by dry and cold

Pitta represented by fire and water

increased by heat and sour

Kapha represented by earth and water

increased by wet and cold

VATA (IMBALANCE QUESTIONS)

- ▶ ___ I often feel restless, unsettled.
- ▶ ___ My sleep comes slowly or is easily interrupted.
- ▶ ___ I tend to have dry skin
- ▶ ___ I am easily fatigued
- ▶ ___ I tend to be constipated
- ▶ ___ I feel anxious and worry too much
- ▶ ___ I am underweight
- ▶ ___ Score - Vata

PITTA (IMBALANCE QUESTIONS)

- ▶ ___ I tend to be demanding or critical
- ▶ ___ I am a perfectionist
- ▶ ___ I am often frustrated, angry
- ▶ ___ I have skin rashes
- ▶ ___ I'm often irritable and impatient
- ▶ ___ My hair is permanently gray or thinning early
- ▶ ___ I don't tolerate heat very well
- ▶ ___ Score - Pitta

KAPHA (IMBALANCE QUESTIONS)

- ▶ ___ I often feel complacent or dull
- ▶ ___ My skin is oily
- ▶ ___ I often have slow digestion
- ▶ ___ I feel lethargic
- ▶ ___ I can be possessive, over attached
- ▶ ___ I tend to oversleep
- ▶ ___ I'm overweight
- ▶ ___ Score – Kapha

VATA — DRY, COLD, BRITTLE, MOVING

Results of Balance

Mental alertness

Proper formation of body tissues

Normal elimination

Sound sleep

Strong immunity

Sense of exhilaration

Results of Imbalance

Dry or Rough Skin

Common fatigue

Constipation

Insomnia

Intolerance of cold

Anxiety, tension

PITTA — HOT, SOUR, ACIDIC

Results of Balance

Lustrous complexion

Strong digestion

Normal heat and thirst mechanism

Sharp intellect

Contentment

Results of Imbalance

Rashes, skin inflammation

Heartburn

Excessive body heat

Hostility, irritability

Visual problems

Premature gray or thinning
hair

KAPHA — WET, COLD, SLOW

Results of Balance

Muscular strength

Vitality or stamina

Strong immunity

Stability of Mind

Affection, generosity, courage

Healthy, normal joints

Results of Imbalance

Obesity

Lethargy or dullness

Nasal allergies

Sinus congestion

Slow digestion

Oily skin

CLINICAL CONDITIONS AND DOSHA IMBALANCE

- ▶ GERD – Pitta
- ▶ Osteoarthritis – Vata, progresses to include Pitta
- ▶ Sinusitis – Kapha
- ▶ COPD – Vata, Kapha
- ▶ Obesity – Kapha
- ▶ Addictions – Pitta
- ▶ Stress – Vata (worry), Pitta (anger)
- ▶ Heart disease – vascular, can be all three depending on progress of disease

HOW TO PREVENT AN IMBALANCE

Vata - Keep a calming, regular routine.

Here are some tips:

go to bed early

eat meals at the same time every day

have regular elimination

keep warm in cold weather

drink plenty of warm liquids

avoid stimulants

favor sweet, sour and salty foods

HOW TO PREVENT AN IMBALANCE

Pitta - *Moderation and keeping cool is the key.*

It is best to **avoid**:

excessive heat or exposure to the sun

alcohol, smoking

stressful deadlines

excessive activity or overwork

spicy, sour or salty foods

skipping meals

HOW TO PREVENT AN IMBALANCE

Kapha - *Stimulation is the key for you.*

To feel better:

- avoid excessive rest and oversleeping
- favor, spicy, bitter and astringent tasting foods
- get plenty of exercise
- seek out variety in life
- don't eat too much heavy, oily foods
- keep warm in cold, wet weather

DIET

- ▶ Maharishi Ayur-Ved describes six tastes, which form the basis for a healthy diet.
- ▶ Inherent within each taste are certain properties of nature that have an effect on Vata, Pitta and Kapha.
- ▶ Because each taste affects these doshas differently, to create a balanced diet all six tastes should be included in every meal – or least once every twenty-four hours.
- ▶ Special Ayurvedic teas and seasonings have been developed to assist in creating balance in Vata, Pitta and Kapha.

THE SIX TASTES AND EXAMPLES

Sweet	Sugar, milk, butter, rice, breads, pasta
Sour	Yogurt, lemon, cheese
Salty	Salt
Pungent	Spicy foods, ginger, hot pepper, cumin
Bitter	Green leafy vegetables, turmeric
Astringent	Beans, lentils, pomegranate

HOW TO USE THE SIX TASTES

To decrease Vata

Sweet, sour, salty

To decrease Pitta

Sweet, Bitter, Astringent

To decrease Kapha

Pungent, bitter, astringent

To increase Vata

Pungent, bitter, astringent

To increase Pitta

Pungent, sour, salty

To increase Kapha

Sweet, sour, salty

Generally better to decrease the increased dosha, i.e. decrease Vata

VATA PACIFYING DIET

- Eat larger quantities of food, but not more than can be digested easily.
- Dairy – All dairy products pacify Vata. Boiled milk digests better. Do not take milk with a full meal that includes many tastes.
- Sweeteners – Raw sugar, brown sugar, molasses, and honey in reasonable amounts.
- Oils – All oils reduce Vata
- Grains – Rice and wheat are good. Reduce intake of barley, corn, millet, buckwheat, rye, oats.
- Fruits – Favor sweet, sour, or heavy fruits such as oranges, bananas, avocados, grapes, peaches, melon, fresh figs, etc. Take fewer dry, light or astringent fruits such as apples, pears, pomegranates, cranberries, or dried fruit.
- Spices – Cardamom, cumin, ginger, cinnamon, salt, cloves, mustard seed and small quantities of black pepper are suitable, Minimize red peppers and chilis.
- Nuts – All nuts are good
- Beans - Reduce intake of all beans except tofu and mung dahl. (Note green beans are vegetables.)

VATA PACIFYING DIET

- Vegetables – Beets, carrots, asparagus, cucumbers, and sweet potatoes are good. They should be cooked, not raw. Acceptable in moderate quantities if cooked and seasoned with ghee and Vata reducing spices are peas, green leafy vegetable, broccoli, cauliflower, celery, zucchini, green beans, potatoes. It is better to avoid sprouts and cabbage salads and all raw vegetables.
- Meats – Chicken, turkey and seafoods are acceptable for non-vegetarians; rabbit, pheasant, and red meat should be avoided. (Red meat is not recommended in any of the diets.)

PITTA PACIFYING DIET

- Dairy – Butter and ghee are good for pacifying Pitta. Reduce use of yogurt, cheese, sour cream and cultured buttermilk for the sour tastes aggravate Pitta.
- Sweeteners – All sweeteners are good except molasses, and honey.
- Oils – Besides butter and ghee, olive and coconut oils are the best. Pittas should reduce the use of sesame, almond, and corn oil, all of which increase Pitta.
- Grains – Wheat, white rice, barley, and oats are good. Reduce intake of corn, millet, rye, and brown rice.
- Fruits – favor sweet, fruits such as grapes, cherries, melon, avocado, coconut, pomegranate, mango, sweet oranges, pineapple, and plums. Reduce sour fruits, such as grapefruit, olives, persimmons, sour oranges, unripe pineapple or bananas.
- Spices – Fennel, cinnamon, turmeric, coriander, and cardamom are suitable, Small amounts of ginger, cumin, and black pepper are fine. Use the following in small amounts as they increase Pitta: cloves, celery seed, fenugreek, salt and mustard seed. Avoid cayenne and chilis.
- Nuts – These should be eaten lightly, dry-roasted to assist digestion and very lightly salted, if at all. Nut butters, except for peanut, may also be eaten. Best, coconut, sunflower and pumpkin. Minimize Brazil nuts, cashes, filberts, macadamia, pecans, pistachio, and peanuts. Eat almonds rarely.
- Beans - Only lentils, tofu and mung beans are good for Pitta.

PITTA PACIFYING DIET

- Vegetables – Favor asparagus, pumpkin, carrots, cucumber, cabbage, potato, sweet potato, okra, green beans, green leafy vegetables, broccoli, cauliflower, celery sprouts, zucchini. Avoid hot peppers, radish, tomatoes, beets, onions, and garlic
- Meats – Chicken, pheasant and turkey are acceptable, but red meat, seafood and egg yolk increase Pitta (though egg whites do not).

KAPHA PACIFYING DIET

- Dairy – Reduced use of milk is better for Kaphas. It is better to boil milk before drinking as it makes it easier to digest. It should not be taken with meals that include all six tastes, it mixes well with sweet tastes only. Milk should always be taken warm with turmeric or ginger added before boiling to reduce congestion. Low fat milk is preferable. Avoid yoghurt, ice cream, cheese, butter, or large quantities of whole milk.
- Sweeteners – Honey, which has an astringent quality, is good for reducing Kapha. It should be used in moderation. Sugar products, however, increase Kapha.
- Oils – Kaphas should avoid large amounts of any oil; small amounts of almond and sesame oil are fine.
- Grains – Most grains are suitable. Barley, millet, corn, rye and buckwheat are good for Kaphas, but use of wheat, oats and rice which can increase Kapha dosha, should be reduced.
- Fruits – Lighter, more astringent fruits like apples, peaches, cranberries, persimmons, and pomegranates are better. Reduce heavy, very sweet, or sour fruits, like grapes, oranges, bananas, pineapple, figs, dates, avocados, coconuts, and melons.
- Spices – All are suitable except for salt, which increases Kapha.
- Nuts – Avoid nuts
- Beans – All beans are fine.

KAPHA PACIFYING DIET

- Vegetables – All are fine, except for tomatoes, cucumbers, okra, sweet potatoes and zucchini.
- Meats – Meat is not recommended, but those who cannot do without should eat the white meat from chicken and turkey. Avoid red meat (e.g. beef, veal and pork) and most seafood.

CREATING BALANCE THROUGH PROPER DAILY ROUTINE

One of the central themes of Maharishi Ayur-Ved is that the individual and nature are very closely connected. Your body is like a finely-tuned clock that runs in synchrony with the cycles of nature.

All things in nature are composed of the properties of Vata, Pitta and Kapha. There are daily, monthly, seasonal and annual cycles that influence your mind and body.

In the Ayurvedic daily routine, Maharishi Ayur-Ved gives detailed knowledge of which activity should be undertaken at what time of day so we can closely correlate our own individual biological rhythms with the daily rhythms of nature.

MAHARISHI AYUR-VED DAILY ROUTINE

Morning:

Arise early in the morning

Evacuate bowels and bladder

Clean teeth. Clean tongue.

Ayurvedic oil massage (abhyanga)

Shave and cut nails (as appropriate).

Gargle with sesame oil.

Bathe or shower

Transcendental Meditation program

Wear clean and comfortable dress suitable to the season and activity

Work or study

MAHARISHI AYUR-VED DAILY ROUTINE

Afternoon

For lunch, follow the diet to suit your personal needs for balance. Ideally, eat your heaviest meal at lunch, when the digestive fire is strongest.

Take a few minutes after eating to sit quietly.

Work or Study

Transcendental Meditation program

Evening




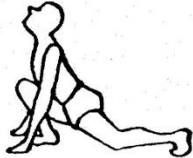

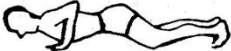
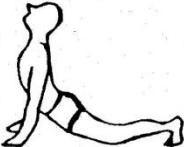





For supper follow the diet most appropriate for your personal needs for balance

Take a brief walk for ten to fifteen minutes



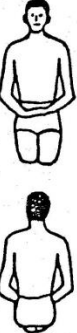

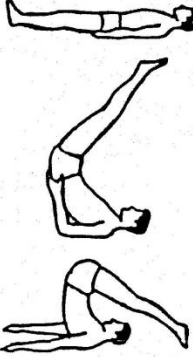
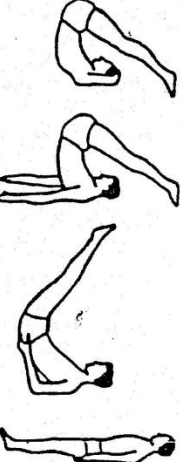
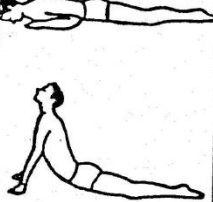
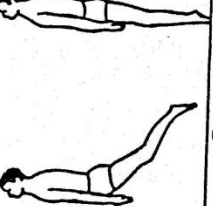




Engage in pleasant, relaxing activity (not TV or computer beyond 8 p.m.)

Early to bed

DAILY YOGA (ASANAS = POSTURE OR POSE)

SURYA NAMASKAR (SALUTATION TO THE SUN)			
<p>Normal, Restful Breathing</p>  <p>1. Salutation Position</p>	<p>Inhale</p>  <p>2. Raised Arms Position</p>	<p>Exhale</p>  <p>3. Hand to Foot Position</p>	<p>Inhale</p>  <p>4. Equestrian Position</p>
<p>Exhale</p>  <p>5. Mountain Position</p>	<p>No breathing, then ...</p>  <p>6. Eight Limbs Position</p>	<p>Inhale</p>  <p>7. Cobra Position</p>	<p>Exhale</p>  <p>8. Mountain Position</p>
<p>Inhale</p>  <p>9. Equestrian Position</p>	<p>Exhale</p>  <p>10. Hand to Foot Position</p>	<p>Inhale</p>  <p>11. Raised Arms Position</p>	<p>Normal, Restful Breathing</p>  <p>12. Salutation Position</p>

MORE ADVANCED YOGA SERIES OF POSES

<p>I TONING UP</p>  <p>Gradually</p>	 <p>5 each way</p>	<p>II SEAT</p>  <p>3 sec., 2 times</p>	<p>III HEAD OVER KNEE</p>  <p>5 sec., 1-3 times each leg</p>	<p>IV PLOUGH & HALF SHOULDER STAND</p>  <p>10 sec. each</p>	 <p>3-4 times</p>
<p>V COBRA</p>  <p>7 sec., 1-3 times</p>	<p>VI LOCUST</p>  <p>7 sec., 1-3 times</p>	<p>VII TWIST</p>  <p>10 sec., once each way</p>	<p>VIII HAND & FOOT</p>  <p>5 sec., once</p>	<p>IX LYING DOWN</p>  <p>mind & body loose - 15 sec</p>	<p>X COMFORTABLE BREATHING</p>  <p>4-5 min.</p>

PRĀṆĀYĀMA

- ▶ Prāṇāyāma is the practice of breath control in yoga. In modern yoga as exercise, it consists of synchronizing the breath with movements between asanas but is also a distinct breathing exercise on its own, usually practiced after asanas.
 - ▶ *Ujjayi* means victorious breath; it's also referred to as ocean breath due to the sound it creates. This breath is often used in *asana* (posture) practice, especially in ashtanga and vinyasa classes. Ujjayi encourages full expansion of the lungs, and, by focusing your attention on your breath, it can assist in calming the mind.
 - ▶ **How to do it:** Find a place where you can sit comfortably with a straight spine. Take a steady breath in through both nostrils. Inhale until you reach your lung capacity; maintain a tall spine. Hold your breath for a second, then constrict some of the breath at the back of your throat, as if you were about to whisper a secret, and exhale slowly through both nostrils. This exhalation will sound like an ocean wave or gentle rush of air. You should feel the air on the roof of your mouth as you exhale. Repeat up to 20 times.
 - ▶ **When to do it:** This breath can be practiced for up to 10 minutes at any time of day. Try it with an asana practice as well.

PRĀṆĀYĀMA

- ▶ **Alternate nostril breathing** - Nadhi sodhana can be done seated or lying down. To start, empty all the air from your lungs. Using the thumb of your dominant hand, block your right nostril and inhale through your left nostril only. Be sure to inhale into your belly, not your chest. Once you are full of breath, seal your left nostril with the ring finger of the same hand, keeping your right nostril closed, and hold the breath for a moment. Then release your thumb and exhale through your right nostril only. Be sure to exhale all the breath out of the right side and pause before inhaling again through the same side. Seal both nostrils once you've inhaled on the right side and exhaled through the left side. A complete cycle of breath includes an inhalation and exhalation through both nostrils. If you're just starting out, you can do a four-count inhale, holding your breath for four to eight counts, then exhale for four counts. Perform up to ten cycles and notice how your body responds. You may feel more relaxed and calmer in both your mind and body.
- ▶ **When to do it:** Nadhi sodhana is a calm, soothing breath that can be done any time of day. Try practicing this technique when you are anxious, nervous, or having trouble falling asleep.

AROMA- THERAPY

Do-It-Yourself Aromatherapy

HOW TO GET STARTED IN AROMATHERAPY:

Lavender is the first essential oil to buy as it can be used by itself in any of the methods.

Equipment needed:

- A candle diffuser: Potpourri pot or Aromalamp
- Empty spray bottles & distilled water
- Empty plastic 2 or 4 oz. bottles with a spout tip
- Cotton balls - REAL cotton (These and the bottles should be available at any drug store)
- Cold-pressed vegetable oil from the health food store (peanut, almond, sesame, etc.)

NOW buy Tea Tree oil and use in one of your spray bottles for any problem on the skin.

As you ADD Rosemary to your collection, you now have a Balancing Blend with the Lavender for bath, massage oil, & cotton-ball perfume or sachet. Also, this combination is the best spray for dispelling odors in the bathroom & kitchen. Use equal amounts of these 2 oils in blends.

NEXT is Peppermint, which is combined with Lavender (in 3 Lavender to 1 Peppermint proportions) for headache in the lamp, in carrier oil, or on a cotton ball. Also, Peppermint & Rosemary (same proportions as with Lavender) are a wonderful wake-up in a bath, lamp, or on a cotton ball to sniff.

COMBINE Lemon with Lavender in all methods and add it to your tonic combination of Peppermint & Rosemary for a citrusy tang. Also, for its deodorizing qualities: 2 drops in 2 teaspoons of baking soda in shoes, or 5 drops on a cotton ball in the vacuum cleaner bag.

LASTLY, Clary Sage can be combined with Lavender in a carrier oil for menstrual or digestive cramps; or Peppermint with Clary Sage for a cough or sore throat. Also, Clary Sage in a spray for skin inflammation.

AT THIS POINT, you should be able to combine all 5 oils with each other for countless combinations. Now you are ready to buy a good book and add some other oils. Suggested USEFUL oils to buy next: Eucalyptus, Geranium, Marjoram, Bergamot, Frankincense, Sandalwood, and

DANCING BEAR



1-800-632-BEAR

PULSE DIAGNOSIS

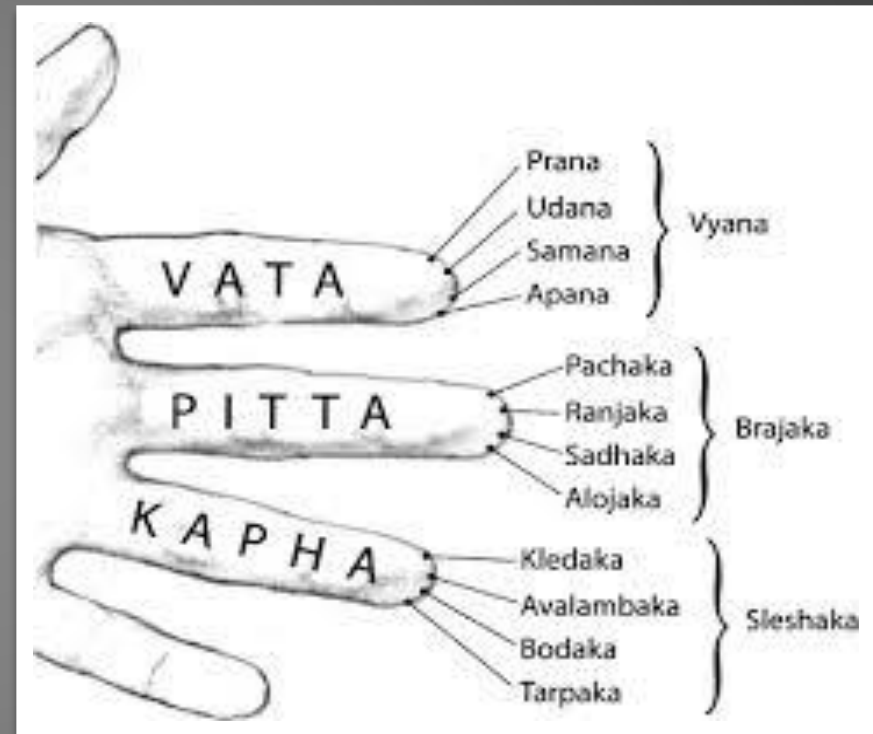
- ▶ In the ayurvedic physician training course all of the above material is presented for an understanding of the doshas and how they make-up the mind, body and spirit of all things and how they are affected by all things in nature as well as unnatural things (e.g., living in a highly populated and polluted geographic region, television, Facebook).
- ▶ Interestingly, all of the doshas and subdoshas can be evaluated in humans using the arterial pulse (Nadi). Pulse diagnosis (Vijnanam) is taught in the physician training courses.
- ▶ Using the radial pulse (right in men and left in women) one can interpret the FOUR layers of pulse. The top layer is Vata, Pitta and Kapha at the moment of evaluation. The bottom or fourth layer is what the individual's doshas were at birth. The top layer is subdivided in to subdoshas that represent organs or organ systems contained within the particular dosha.

Ayurvedic Subdoshas

Vata – Prana – brain, head, throat, heart, lungs
Udana - lungs, throat
Samana – stomach, intestines
Apana – colon, bladder, sexual organs
Vyana – diffuse; nervous and circulatory systems, skin

Pitta – Pachaka – stomach, small intestines
Ranjaka – liver, spleen, duodenum, rbc's
Sadhaka – heart
Alojaka - eyes
Brajaka - skin

Kapha – Kledaka - stomach
Avalambaka – chest, heart, lungs and lumbar
Bodaka – tongue, throat
Tarpaka – head, sinus, CSF
Sleshaka – Joints



GENERAL POINTS

To balance the entire physiology, take the herbal food supplement Maharishi Amrit Kalash- an important part of any prevention program.

Take Maharishi Ayur-Ved Teas and Seasonings at meals to ensure that your diet is balanced according to Ayurvedic principles.

Moderate exercise daily.