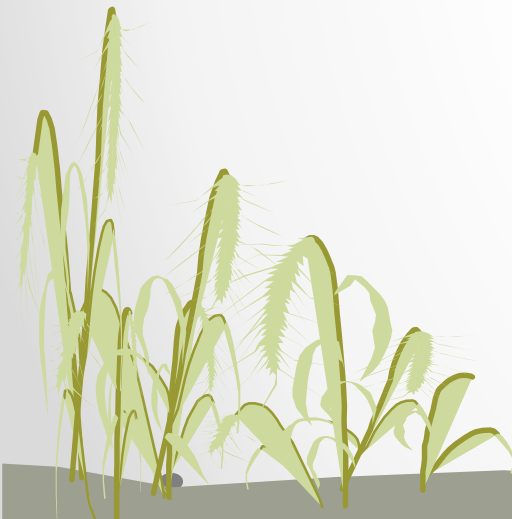


Plant Based Healing with Ayurveda



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Our Agenda Today

What is Ayurveda – a brief intro
How is it different from regular Medicine
Plant-based Medicine with Ayurveda
Explaining Ayurveda
What conditions are healed
Case studies and examples



Ayurveda Who??



- ❖ Ayurveda, a thousands-of-year-old Indian scientific and medicinal practice, is based on the belief that health hinges on striking the perfect balance between mind, body, and spirit.

Ayur (long life) Veda (knowledge or science)
= Science of Longevity

- ❖ This science was taught by Gurus from one Generation to the next. It is a modality which deals with Not only body but mind and spirit as well.
- ❖ Sushrutha is the father of modern surgery.



Ayurveda treats causes and not just symptoms

- ❖ Each body is treated as a unique body
- ❖ Every individual is conditioned by a unique mix of vital elements, life-style, food consumption, and behaviors
- ❖ Therapies are tailored to address an individual's person specific body type and conditioning
- ❖ Examine the symptoms – understand the root cause of what is causing a condition

Example

For hypo-active thyroid, we try to understand what specific imbalances in diet, life-style or patterns are causing the condition, and correct them using targeted therapy

Ayurveda Medicines are plant based

- ❖ Preparation of medicines from plant sources is performed ritualistically by highly trained Vaidyas
- ❖ Medicine preparation and treatments follow centuries old traditions
- ❖ Medicines consist of herbal extracts from specific trees, plants and roots
- ❖ Most medicines are delivered into the body via powders, kashayas (liquids) , lehyas (pastes), through oral intake, massages, and various other means

Example

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Human body is made up of Five elements

- ❖ Our body is made up of 5 elements called पञ्च महाभूत (Panch Mahabhuta)
- ❖ Combination of these elements will make our specific body constitution



Combinations of the elements define doshas (body types)



Vata is combination of Air and Space

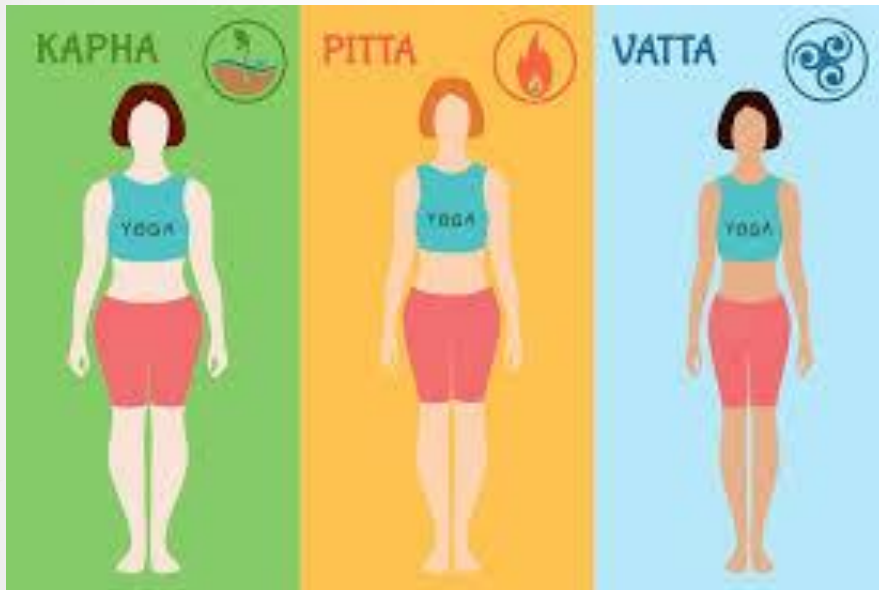


Pitta is Fire and Water



Kapha is of Water and earth

How do doshas manifest in our body type



In general

- **Kapha** body is large and heavy
- **Pitta** body type is of medium proportions
- **Vata** body is lean and lanky

Our specific dosha types are set when we are born, as well as by years of conditioning by our lifestyles and traits

No one body type is better than the other

Most people possess a combination of these doshas

Ayurvedic healing focuses on Balancing Doshas

- Our health is affected when our doshas are not in balance
- The food we eat, when we eat, our life-style, our state of mind – all affect our doshas, and hence their balance in our body
- In Ayurvedic therapies, focus is identifying the imbalances and causes for them

Examples

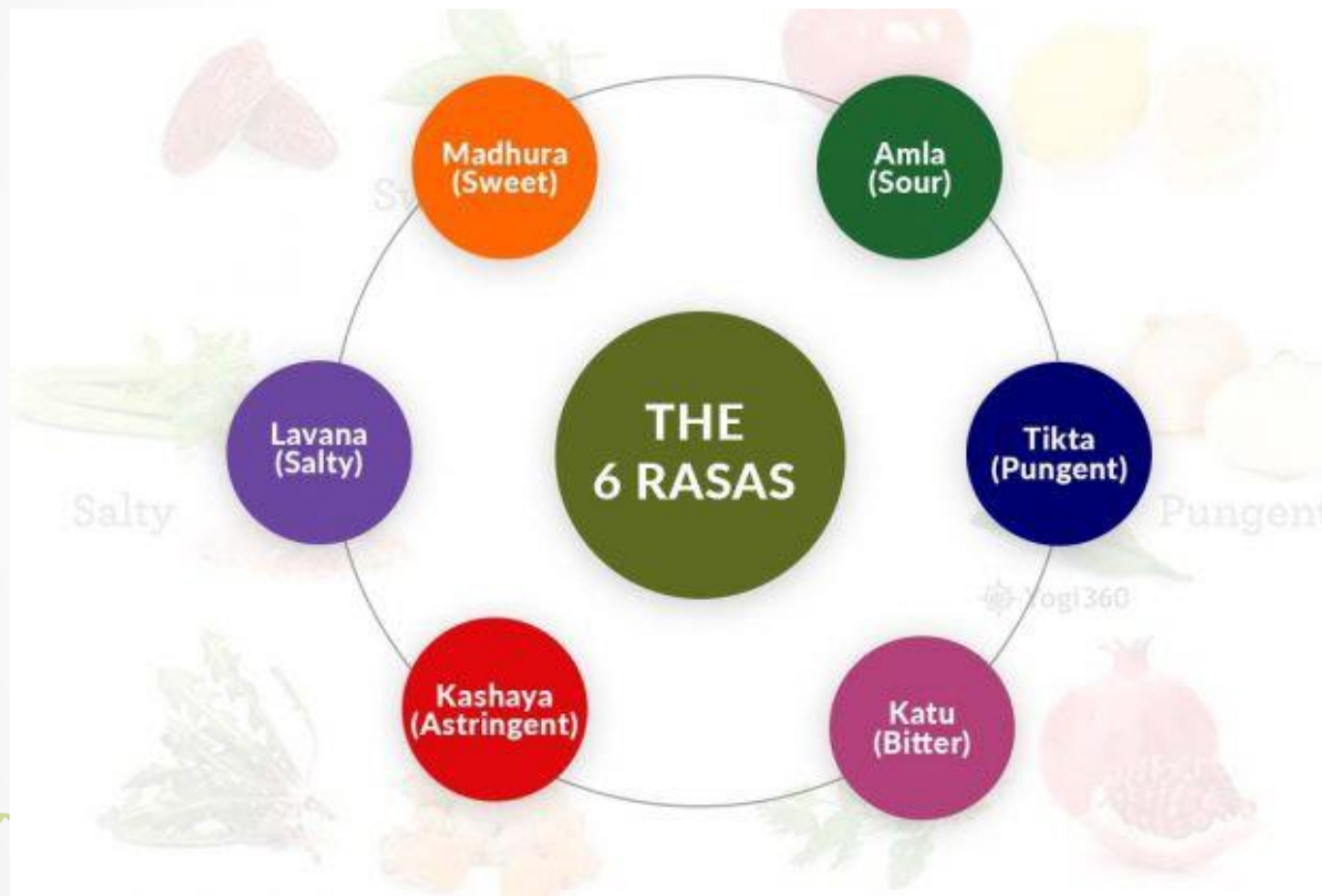
Skin conditions are caused by an imbalance of Vata dosha

Stomach acidity is the result of Pitta imbalance

Weight gain is the result of excessive Kapha

Dosha and diet

Six tastes and their effect on the Dosha



We need to incorporate all six tastes in our everyday meals

How much of each – depends on our basic constitution, body type or dosha

This ensures optimal nutrition and balance of doshas

VATA Body Type

- ❖ Usually light in frame, these types have lots of energy, pulsed with sudden periods of fatigue
- ❖ Often has dry skin and hair, paired with cold hands and feet, vatas tend to sleep lightly and wake up easily, have low tolerance for loud noises
- ❖ When imbalanced, this body type can manifest in weight loss, weakness, hypertension, and restlessness. When Vata is out of balance one feels depressed, edgy. Skin will be dry and itchy.

The main qualities of vata are dry, light, cool, rough, subtle, and mobile.

- **Eat foods that are Sweet Sour and Salty**
- **Avoid or limit Bitter, Pungent and Astringent foods**

Pitta Body Type

- ❖ Usually of average size and weight, Pittas also often have great digestion, lots of energy, and a great appetite.
- ❖ When out of balance, Pittas may also deal with rashes, peptic ulcers, excessive body heat, heartburn, and indigestion.

The main qualities of Pitta are

- **Sour, salty and pungent foods will increase Pitta and excessive intake will create imbalance**
- **Sweet, bitter and astringent will balance the Pitta**





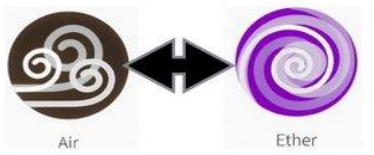
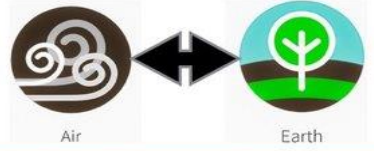
Kapha Body Type

- ❖ Kapha are often have a strong build and bright skin. They sleep and eat well.
- ❖ They are your sounding boards, your friends to keep. They are the heavy lifters in all tough jobs.
- ❖ When imbalanced, Kaphas can experience bloating, weight gain, fluid retention, allergies, and depression.

The main qualities of Kapha are

- **Sweet, sour and salty foods will increase the Kapha**
- **Pungent, bitter and astringent foods will balance Kapha**

Effect on Dosha

TASTE	Elements	Source examples	Effect on Dosha		
			VĀTA	PITTA	KAPHA
SWEET (madhura)	 Earth Water	Honey, rice, sugar, fruit, carbohydrates, grains, natural sugars, milk	↓	↓	↑
SOUR (amla)	 Earth Fire	Yogurt, citrus fruits, ascorbic acid, vitamin C, vinegar, cheese, fermented foods	↓	↑	↑
SALTY (lavana)	 Fire Water	Seaweed, tamari, table salt, sea salt, sea vegetables	↓	↑	↑
PUNGENT (katu)	 Air Fire	Cayenne, chile pepper, black pepper, ginger, garlic, herbs and spices	↑	↑	↓
BITTER (tikta)	 Air Ether	Turmeric, dark leafy greens, herbs and spices	↑	↓	↓
ASTRINGENT (kashāya)	 Air Earth	Alum, green banana, legumes, raw fruits and vegetables, herbs	↑	↓	↓

So what to Do?

- ❖ As a first step, we must know our body type
- ❖ Most bodies are not just one kind. Each one of us are a combination the three main types
- ❖ We need to eat foods that balance our individual doshas to promote health
- ❖ Most illnesses we experience can be traced to various levels of imbalance of doshas

Ayurveda believes that our bodies can rest themselves if we give them a chance

Diet is a critical part of regaining health



Daily Morning routine for Spring

- We must wake up early and go to bed early.
- Sleep time between 10pm -4 am is the ideal sleep time . According to Ayurveda this is the time body is busy cleaning up your body. Janitor duties begin. All toxics are removed.
- So wake up, brush, shower, apply oils, wear after shower robe (For obvious reasons). Some Yoga or light exercises, and then Pranayam and Meditation. Time to change and eat breakfast or drink warm water (if you are Kapha) Go to work.

Diet for Spring

General tips for all dosha (tridosha) types:

Though the weather is getting warmer, in Spring we still have cool and wet weather

- ❖ Switch to lighter soups with a bit of bitter, astringent and pungent taste
- ❖ Make food using onion-garlic, ginger, wheat, barley, rice etc.
- ❖ Use spices such as coriander, turmeric etc.
- ❖ Use warm water with local raw honey and lemon juice (do not use honey with hot water or beverages)
- ❖ Avoid fried foods

Daily Afternoon Routine

- Have lunch according to your body types. For example -
Vatas limit consumption of cold salads
- Include sprouts made at home
- Include millet based soups and stoups
- Do not hesitate to take a catnap for 5-15 minutes for better focus



What can I eat?

- ❖ Eat as much as organic fruits and veggies. Even your favorite Potatoes
- ❖ Seeds and nuts – add protein from plant-based sources
- ❖ Fats - add healthy fats to your diet including your favorite oil, ghee etc. Avoid 'refined' or 'hydrogenated' fats
- ❖ Fermented food in moderation - yogurt, Sauerkraut, Kamboocha, and all food fermented (Kaanji Bada)
- ❖ Fiber – get most fiber from veggies and fruits

Hands-off food types by Dosha

Vatas stay away from cold and uncooked foods



Pittas stay away from spicy foods



Kaphas stay away from sweet and salty foods





Oil it up!

Use Coconut nut oil if you have
hot flashes

Mustard oil if you are freezing all
the time

Sesame oil is generally good for all

Ghee is the best for babies and
seniors

Do not forget the scalp

- ❖ Spend some time to get a scalp massage
- ❖ Use the right oils for your scalp

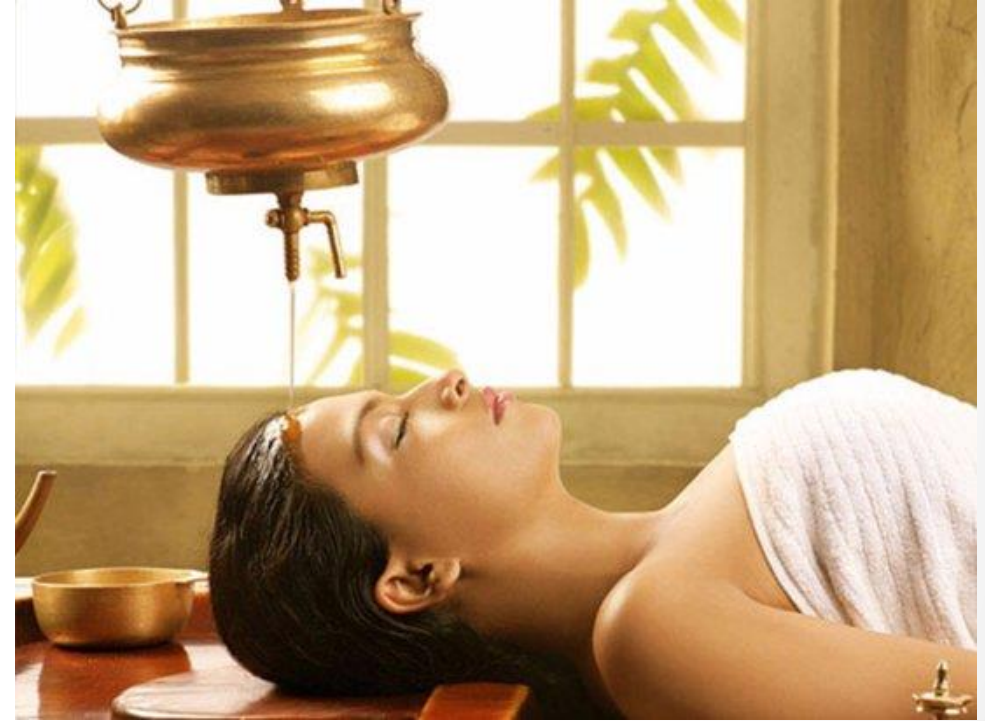
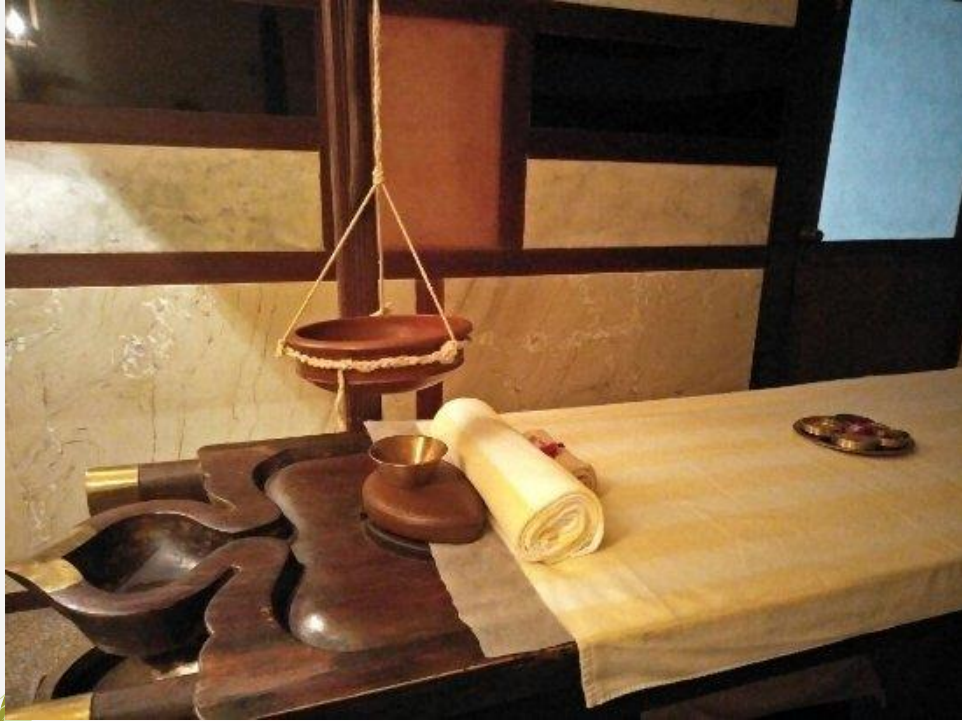
Our scalps get depleted of nutrition during winter

Plant based oils help to rejuvenate nutrition and health



Ayurvedic Therapies

Shirodhara



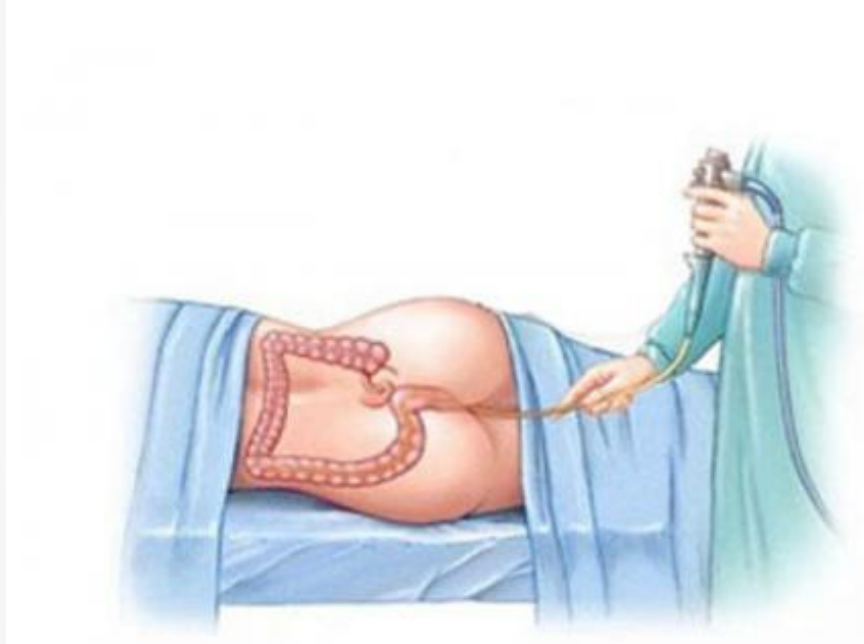
Ayurvedic Basti



Enema/ Basti

When Patient's doshas are in imbalance, medication is also given via enema

This reduces burden on digestive system while providing a fast and effective therapy



What can I do at home and...?

- Love your self...Massages, eat right and exercise
- Choose the right oils for cooking as well as massages
- Have a routine
- Get some Ayurvedic Massages
- Learn to cook Ayurvedic cooking for your family and your self
- Yogveda LLC at Hinsdale IL has cooking and lifestyle classes

Contact at Yogeva.org or write to yogahabitat@gmail.com



Some suggestions for books to read

- Dr. Hebbbar has the easiest books
 - Living easy with Ayurveda
 - Tridosha Made easy
- Dr. Frawley has a few books and all of them are great
- Marianne Teitelbaum “ Healing the Thyroid with Ayurveda”



Resources and references

Classical texts such as

- Charak Samhita, Sushruta Samhita, Astangahridaya, Dravyguna vigyan
- Easyayurveda.com
- Study notes at International University of Yoga and Ayurveda FL
- Study notes at KLE Ayurveda College Belgaum
- Illustrations from various websites through Google

