

Ch. 4: How We Can Stay Healthy

p. 47 Ayurveda is interested in how we stay well, so emphasizes prevention.

Awareness is the master key to remaining healthy.

Like increases like
Opposites balance

p.48 Living consciously, listening to the body's intelligence is one of the most effective ways to prevent disease.

Developing an awareness of the potential causes of imbalance, and of one's moment-to-moment state of well-being, is the necessary first step to maintaining health. The second is taking action.

Taking Action to Modify the Cause

B.G. "skill in action is called yoga."

A substantial part of the Ayurvedic pharmacy is the Ayurvedic art of cooking.

Restoring Balance

p. 49 Become aware, modify causes you can't avoid, or avoid them. Next step is to restore balance. Easy to overlook in daily life!

Techniques for Cleansing and Purification

Once disease has begun, it is too late for the principle of opposites. Now use techniques to cleanse and purify body of excess doshas and accumulated toxins.

When doshas are aggravated because of poor diet, unhealthy lifestyle, negative emotions, other factors, they first affect agni (biological fire that governs digestion and assimilation).

When agni becomes weak or disturbed food is not properly digested.

The undigested unabsorbed food particles accumulate in the gastrointestinal tract and turn into the toxic sticky substance called ama. In the 3rd spread stage of disease, ama clogs intestines, overflows through bodily channels and infiltrates the bodily tissues causing disease.

Is felt as fatigue, lack of clarity, heaviness. Constipation, diarrhea, gas, bad taste in mouth, bad breath, stiffness,...

p. 50 Disease is a crisis of ama, in which the body seeks to eliminate the accumulated toxicity. Key to prevention of disease is to help body eliminate toxins.

Internal cleansing systems – panchakarma (5 actions)

1. Preparatory: internal oleation. Drink small amount of ghee/flax oil for several days (3-5 or more). The oil/ghee creates a thin film in the body's channels that lubricates them, allowing ama lodged in deep CT to move freely without sticking to channels, to the gastrointestinal tract for elimination,
2. External oleation: oil massage (snehaha), and sweating (swedana)

After 3-7 days the doshas will have been "ripened". Then one of the 5 actions is selected as most expedient route to elim. excess dosha.

These include:

- Therapeutic vomiting (vamana): kapha from stomach
- Laxative therapy/purgation (virechana): pitta from small intestine, colon, kidneys stomach liver spleen.
- Medicated enema therapy (basti): vata from colon
- Nasya _ herbs and oil for head and upper
- Rakta Moksha blood letting. (illegal in US)/ Blood purifiers like burdock.

If person is too weak the palliation and pacification (shamanam) is used.

p. 51-52 **A Simple Home Purification**

1. 3 days of internal oleation (ghee/flax)
2. 5-7 days external oiling, and rinse leaving some on
3. Every night take triphala (tablets) or ½ to 1 t. steeped in hot water for 10 min
4. On last 3 days (like begin on day 6) do enema using dashmoola tea (1 T dash to 1 pint H2O)
5. Entire time, rest and have light mono diet: days 4-8 eat only kichari
(Chart on p. 53)

Meditate and do yoga too!

Rejuvenation and Rebuilding

Rasayanas = rejuvenatives bring renewal and longevity to cells. Gives strength, vitality, increases tone, energy. Immunity, longevity.

Rejuvenatives for:

V-ashwagandha: 1 t. in hot milk 2x daily

P-Shatavari: 1 t. in warm milk 2x daily

K-punarnava: 1 t. in warm water 2x daily.

Also use chyanvanprash.

p. 54 Every cell is a center of intelligence and awareness. Every cell carries the sense of self for its own survival. It is the sense of self in the cell that maintains the size and shape of the cell. Self-esteem, self-confidence, self-respect, promote cellular intelligence-nec. for proper cell function and immunity.

p. 55 Self-esteem strengthens our cells and all aspects of our bodies. A lack of self-confidence and self-love is detrimental. Cancer is an example of this lack. Cancer cells have lost their intelligence and grow separate from the body. They are irregular and robust and have an isolated selfish sense of self in conflict with the life of normal healthy cells. A war goes on between them and healthy cells.

Ch. 5 Ayurvedic Lifestyle: The Ultimate Preventive Medicine

p. 56 How you live your daily life is the key factor in determining your quality of experience. It is also the factor over which you have the most control. (what you eat, how late you stay up, whether you exercise)

To take control of lifestyle and structure new habits, what principles guide you?

In Tune with Nature: master key to good health

p. 57 Being in tune with nature means being in tune with your nature, your *prakriti*: how you are built mentally, physically, emotionally. So what you choose to do revolves around your doshic make-up (and capacity! ☺)

Ayurvedic Daily Routine

Regulated daily routines puts us in harmony with nature's rhythms/bio clock/aids digestion, absorption, assim. of food, peace happiness, long life.

Regularity in eating, elimination and sleep helps maintain integrity of the doshas.

Organs and times:

Morning = lungs

Midday = stomach

Afternoon = liver

Late afternoon = colon kidneys

Daily doshic cycle:

6 am – 10 am = kapha

10 am – 2 pm = pitta

2 pm -6 pm = vata

6 pm – 10 pm = kapha

10 pm -2 am = pitta

2 am – 6 am = vata

p. 58 dinacharya = daily routine

Most Salient Features of Dinacharya:

1. Wake up early (5:30 6 am)
2. Say a prayer
3. Wash face, mouth, eyes (massage eye lids roll around)
4. Drink copper cup of hot water
5. Evacuate
6. Clean tongue and teeth- scrape tongue
7. Gargle with warm sesame oil (swish and spit)
8. Put 3-5 drops of ghee or sesame oil in nostrils
9. 4-5 oz. quick oil massage (V-sesame, P-sunflower, K-corn)
10. Bathe
11. Exercise: aerobic & yoga

p. 60 Seat of

- Vata is in pelvic cavity
 - Pitta is in solar plexus
 - Kapha is in chest
12. Pranayama
 13. Meditate
 14. Breakfast
 15. Work
 16. Lunch
 17. Sit Straight, walk Straight
 18. Take a Walk
 19. Supper
 20. Happy chores, sing, recreate
 21. Spiritual reading before bed
 22. Bedtime 10 -11pm!
 23. Sex according to dosha 10-11 pm.

Seasonal Routines

p. 65-70. Main things:

Summer- cool to address heat

Fall – dryness so dashmoola ashwagandha bala and vidari

Winter – chyananprash

Spring- cumin coriander and fennel tea/ginger black pepper and pippali.