



MAHARISHI AYURVEDA
HEALTH CENTER



Prevention • Rejuvenation • Relief

*A Guide to Fundamental Principles and
Practices of Maharishi Ayurveda®*

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Prevention • Rejuvenation • Relief

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To learn more about the full range of holistic health programs and services offered at the Maharishi Ayurveda Health Center Lancaster, please contact us, and our knowledgeable staff will be happy to assist you.

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Part I: Fundamental Principles

Ayurveda: Ancient Origins and Modern Day Revival

What is Ayurveda?

According to the World Health Organization, Ayurveda is the oldest continuously practiced system of health care in the world, having its origins in ancient India. The word *Ayurveda* is from the combination of the Sanskrit roots “Ayus” meaning “life” or “lifespan”, and “Veda” meaning “knowledge” or “science”. Ayurveda is considered to be the complete knowledge and science of healthy life or lifespan.

Ayurveda is one of many disciplines of the *Veda* – an ancient body of knowledge expressed and preserved in the Sanskrit language, describing the total range of natural law and its application to human life for the full development of individual and society.

The practice of Ayurveda was maintained through an oral tradition for thousands of years prior to being written down about 5000 years ago. Through migration, Ayurveda is considered to have spread and become the root of many systems of health found in the world today. Due to a series of invasions and disruptions of the Vedic culture of India, many of the core practices and principles of Ayurveda and its relationship to the whole extent of Vedic knowledge had been lost, fragmented or improperly interpreted.

Maharishi Ayurveda

Over the last 50 years, through the work and guidance of Maharishi Mahesh Yogi, the world’s foremost educator and exponent of peace through development of full human potential, Ayurveda has been revived and restored in its completeness, as a comprehensive, natural system of holistic health and human potential. The name *Maharishi Ayurveda* reflects the authenticity, purity and effectiveness of this total restoration of Ayurveda, and the re-enlivening of its profound consciousness-based technologies and approaches for the full development of mind, body and environment.

Authenticity

Since 1985, the Maharishi Ayurveda Health Center in Lancaster, Massachusetts has been a pioneer in the field of mind/body medicine, specializing in the authentic, comprehensive approaches of *Maharishi Ayurveda*. We are pleased to offer this introduction to the basic principles and practices of Maharishi Ayurveda, available here at Lancaster, and at the growing number of Maharishi Ayurveda Health Centers around the world.

Restoring Balance: The Secret to Health and Longevity

The Model of Nature

Why do we feel revitalized in nature? What makes us feel refreshed and restored at the sound of a rushing stream, the sight of a star-filled night sky, or a walk in an aromatic pine woods? Nature displays a richness and complexity beyond imagination, and yet always seems to be so balanced, harmonious, sustainable and vital!

Even though sometimes we feel that we are not a part of nature or that the complexity of life overwhelms us, and that illusive “balance” is always just out of reach, in fact we cannot exist outside of nature. We are intimately tied to all of nature’s cycles and rhythms, and influenced by the small and large changes that take place inside and outside of the mind and body from moment to moment, day to day, season to season, year to year.

Maharishi Ayurveda seeks to restore and maintain our connection with the fundamental rhythms, cycles and dynamics of nature. Ill health has its origins in lack of coordination with these fundamental laws and cycles, and results in stress and wear-and-tear on the mind and body. The comprehensive and integrated approaches of Maharishi Ayurveda take into account all the aspects of mind, body and environment that play a role in creating balance and health, and support and strengthen the body’s self-repair and homeostatic mechanisms.

In this introduction to Maharishi Ayurveda, you will find practical tips and guidelines for coordinating your daily routines, exercise, sleep, and eating habits with the life-supporting rhythms and cycles of nature. You will also learn about the Maharishi Ayurveda seasonal cleansing and re-balancing program known as *Panchakarma*, and several additional time-tested methods for enlivening the mind and body’s “inner intelligence” - the secret to reducing stress, anti-aging, and living a long, happy and vital life.

The “Music of the Spheres”

Our near and far environment creates constantly changing conditions and challenges that our body spontaneously adapts to at every moment, even without our knowing it! These influences include changes in light and dark, heat and cold, wet and dry, mental and sensory input, food intake, levels of exertion or rest, as well as the more distant influences of the movement of the planets and the galaxies, the changing seasons, and the cycle of day and night. Whether we know it or not, our daily life is literally “dancing” to a grandly orchestrated symphony - the “music of the spheres”. Coordinating with this, is the Ayurvedic secret to good health, prevention and longevity!

Through built-in feedback loops and homeostatic mechanisms, the physiology is expert at adapting and responding spontaneously to these near and far influences, so that it functions optimally to support the wide range of requests and demands we make of our mind and body from moment to moment and throughout life.

The Pulse – A Mirror of the Universe

According to Maharishi Ayurveda, in our pulse we can see a perfect mirror of this interactive “dance” of mind and body with the cosmos, and get precise information about how the body is adapting to all of these near and far influences at any point in time. The pulse also conveys the state of our well being, health and happiness, or conversely, reveals any imbalances in mind and body that may be developing due to lack of coordination with nature’s cycles and life supporting mechanisms.

Maharishi Ayurveda “Pulse Assessment”

We recommend a periodic *Maharishi Ayurveda Wellness Consultation*, during which, a Maharishi Ayurveda physician or expert (called a *Vaidya* “Vigh- dyah”) will use traditional Ayurveda pulse assessment to determine the precise level of health and balanced functioning of each of the tissues, organs and bodily systems. On the basis of this, specific Maharishi Ayurveda recommendations are made for personalized diet, daily routine, exercise and herbal supplements. Maharishi Ayurveda gives special attention to the pulse, and even offers courses in self-pulse assessment as a way to maintain our health and promote prevention on a daily basis.

Unlike conventional pulse taking, traditional Ayurveda pulse assessment involves identifying the character of three separate pulses, each having five sub-pulses. These three main pulses correspond to the three fundamental divisions of nature – the three *Doshas*, which, in Ayurveda, are responsible for the health and behavior of all life.

Maharishi Ayurveda pulse assessment provides an effective road map for preventing illness before it arises, correcting any imbalances that may exist, and re-establishing balanced, holistic functioning in mind and body.

The “Doshas”

The Fundamental Divisions of Nature – The Three Doshas

According to the ancient discipline of Ayurveda, nature is divided into three fundamental governing principles called *Doshas*, which are present in all the forms and processes in nature, and are considered to play an essential and role in all aspects of our body, mind and environment.

These three fundamental aspects of nature are:

Vata Dosha: Expresses as Movement

Pitta Dosha: Expresses as Energy

Kapha Dosha: Expresses as Structure

These three Doshas are derived from combinations of the five elements (called *Mahabhutas*). The five elements From light to heavy are: Space, Air, Fire, Water, Earth.

The two lightest elements – *Space and Air combine to create Vata Dosha.*

The medium weight element - *Fire creates Pitta Dosha.*

The two heavier elements - *Water and Earth combine to create Kapha Dosha.*

Each Dosha's characteristics are derived from the qualities of the specific element(s) that make it up. They are as follows:

Dosha:	Element:	Essential Qualities:
VATA	Space and Air	Light, Cold, Expansive, Subtle, Dry, Moving, Unstable
PITTA	Fire	Medium, Hot, Intense, Focused, Energy, Transformation
KAPHA	Water and Earth	Heavy, Cool, Moist, Unctuous, Slow, Stable, Structure

The three Doshas and their roles in Mind, Body and Environment:

VATA Dosha is responsible for "Space" and "Movement" in mind, body and environment.

Primary Elements: Space and Air

In the Environment:

Vata Dosha is reflected in the space in the universe, and all movement in nature, displayed in the movement of planets and galaxies, in the air and the wind, the ocean currents, weather patterns, and the migration of birds and animals, as well as in transportation, communications and information transfer.

In the Body:

In the body, Vata Dosha is located in all of the channels and micro-pores and cavities of the body, through which information, nutrients, bodily fluids and waste products flow. The channels and cavities or spaces in the body are called "Srotas" in Ayurveda. (We will consider the importance of the Srotas and keeping them open and free of accumulated impurities in Section II, Part V.) Vata Dosha is associated with respiration or the movement of the breath or Prana". Prana conveys the life giving force in Ayurveda, and integrates all aspects of mind and body. Vata Dosha is also responsible for the movement of the joints and muscles, for circulation, the movement of the nerve impulses through the nervous system, the movement of food through the digestive track, and for elimination.

In the Mind:

Vata Dosha is also responsible for all movement of the mind in the form of thought, all mental processes, and the intellectual and spiritual dimensions of life.

In General: Vata Dosha has its seat in the upper body, the head, and also in the colon. It is associated with the sense of hearing and touch. Vata Dosha, being the lightest and most subtle of the three doshas, is considered in Ayurveda to be the leader and integrator of the other

doshas, and so special attention to keeping Vata Dosha in balance is a key part of the Maharishi Ayurveda programs, recommendations and daily routines outlined in this introductory guide.

PITTA Dosha is responsible for “Energy” in mind, body and environment.

Primary Element: Fire

In the Environment:

Pitta Dosha is responsible for heat and energy production and transformation in nature, and is reflected in our environment by the light and heat-giving energy of the sun, by the processes of photosynthesis, chemical and nuclear reactions, and geothermal energy. In the human environment we see Pitta Dosha present in the activities of manufacturing and transforming of materials from one state into another, in cooking, in the creative arts and business, and in all things that require energy to work.

In the Body:

Pitta Dosha is predominant in all metabolic and bio-chemical processes, heat production, digestion, endocrine and hormone activity and in the immune system

In the Mind:

Pitta Dosha gives the mind creativity, energy and drive, which flow through the channels of thought, speech and action to bring about transformation, and promote progress and evolution. Pitta Dosha in the mind is precise, focused and motivated, and seeks satisfaction through the senses, work and recreation. Pitta Dosha is also associated with the emotions. Pitta also produces a tendency toward intensity, “burn out” or ups and downs in energy levels, but also gives the ability to recover quickly.

In General: Pitta Dosha is associated the sense of sight, and has its seat in the mid-section of the body, and particularly the stomach and heart.

KAPHA Dosha is responsible for “Structure” in mind, body and environment.

Primary Elements: Water and Earth

In the Environment:

Kapha Dosha expresses itself as the material “stuff” of the universe including the planets, stars, all geological and biological life, the chemical elements, molecular, atomic and sub-atomic structures, as well as water, the oceans, the rain, fossil fuels, architecture, etc.

In the Body:

Kapha Dosha is associated with the tissues the body, (fat, muscle, blood, bone, skin, hair, nails, nerve tissue and reproductive tissues) Kapha is also associated with the musculoskeletal system, the organs, and all the various bodily fluids and lubricants.

In the Mind:

Kapha Dosha manifests in the mind as the qualities of stability, dependability, devotion, attachment, happiness and fluidity.

In General: Kapha Dosha is associated with the mid to lower regions of the body, and has its seat in the lungs. Kapha Dosha is also associated with the sense of taste and smell.

Ayurveda Constitutional Types

Our Unique Ayurveda Constitution

According to Ayurveda, we each display unique mental and physical attributes that reflect the specific proportion and distribution of the three Doshas in mind and body with which we were born. The proportion of the three Doshas in mind and body determines our unique Ayurvedic constitutional type, and whether we will have a tendency toward more of or less of the air and space qualities of Vata, the fire qualities of Pitta, or the earth and water qualities of Kapha.

For example, do you tend to be:

1. Quick to come up with ideas, but quick to move on to the next? (Vata)
2. A perfectionist and have a lot of competitive fire and drive? (Pitta)
3. Easy going, dependable, good-natured, make changes slowly, but stick to them? (Kapha)

The Ten Ayurveda Constitutional “Dosha” Types:

Vata (Vata Dosha predominant)

Pitta (Pitta Dosha predominant)

Kapha (Kapha Dosha predominant)

Vata/Pitta (Vata predominant with Pitta second)

Vata/ Kapha (Vata predominant with Kapha second)

Pitta/Vata (Pitta predominant with Vata second)

Pitta/Kapha (Pitta predominant with Kapha second)

Kapha/Vata (Kapha predominant with Vata second)

Kapha/ Pitta (Kapha predominant with Pitta second)

Vata/ Pitta/ Kapha (Tri-Doshic – all three in equal proportion)

Vata Constitutional Type

Elements: Air and Space

The Vata type of person has a lighter build or frame, rough or dry skin, and will have a tendency to feel cold, even when others are comfortable. The cold, dry and windy weather of late fall will be aggravating for a Vata type of person, and hot, warm, humid weather of late spring, early summer will be soothing. Vata types are verbal learners, and can be acutely aware of sounds, and sensitive to touch.

A Vata type will be more interested in ideas and the big picture, and less interested in the details or how to get something done. As visionaries and philosophers, they will be more engaged with the world of the mind than with the senses or the body. Vata types perform activity quickly, are always in motion, can change direction without notice, and are quick to learn, but quick to forget.

Under stress a Vata type of person will tend toward mental anxiety, worry or fear, and are prone to insomnia, joint problems, constipation, memory loss or indecision, and disorders of the nervous system. In a balanced state, Vata types are uplifting, mentally quick, expansive in their thinking, and will move quickly through situations. Vata types prefer to pursue spiritual matters, and tend to be intellectuals. They make good editors, theorists or analysts, and would be happier in research than in engineering or manufacturing.

Pitta Constitutional Type

Element: Fire

A Pitta type of person has a compact medium build, performs actions with moderate speed, can have a tendency toward reddish complexion or hair, soft lustrous skin, early graying or balding, and generally feels warm or hot, even when others feel cold. Pitta types are bothered most by hot weather, and prefer the cooler weather or times of day. Under stress, the fiery Pitta ("type A" personality) will have a tendency towards irritability, frustration, impatience or anger, and can suffer from addictions or excesses. Pitta types are more likely to develop ulcers, heartburn, skin rashes, hypertension and heart conditions.

Pitta types tend toward precision and perfectionism, enjoy sensory stimulation and the finer things of life such as the arts, entertainment and good food. They are affectionate and like to be surrounded by beauty and by nature. Pitta types enjoy competitive sports or activities which create a sense of achievement. They are good earners, but also big spenders.

Pitta types have a keen sense of sight, and are visual learners. When in balance, Pitta types are energetic, bright, enthusiastic, creative and empathetic. They make good leaders, artists and entrepreneurs. They are pioneering and also like to create efficient systems and procedures, but once these are in place and working, they like to move on to a new challenge.

Kapha Constitutional Type

Elements: Water and Earth

Kapha types have a larger build, a tendency toward thick oily skin and hair, large liquid eyes, and move and speak slowly with a fluid-like motion. They are slower to learn, but also slow to forget. They are dependable, stable, and can miss a meal and not feel discomfort. They make lasting friendships and are very devoted. Kapha types are easy going, fun loving, and do not tend to worry or get upset easily. Kapha types feel uncomfortable in the late winter and early spring when the weather is cold and wet, and prefer the dry, warm weather of late summer and early fall.

When under stress or out of balance, Kapha types will tend toward lethargy, procrastination or oversleeping, and are prone to depression. Kapha types may have difficulty with attachment and letting go of cherished relationships or objects, and are also more prone to respiratory conditions, weight gain and fluid imbalance. Kapha types due to their bodily strength and durable muscle and bones, make good athletes, and are usually loyal team players. Whereas Pitta types enjoy a challenge, Kapha types would prefer not to be in the limelight or in leadership roles, and do not want to be called upon to provide the creative solutions. However, Kapha types are often the backbone of an organization, and are the kind of person leaders depend on to see the task through, and they typically stay at one job for many years.

The Principle of Balancing the Doshas

Opposites Decrease Each Other, Likes Increase Each Other

It is a fundamental principle of Ayurveda that similar qualities increase each other, and opposite or dissimilar qualities decrease each other. We have seen that each of the three Doshas - Vata, Pitta and Kapha, have unique qualities derived from the characteristics of the specific five elements that make them up, such as cold or hot, wet or dry, moving or stable, rough or smooth, or light and heavy. In Ayurveda, all things in the universe also are made up of the five elements and their divisions of varying proportions of Vata, Pitta and Kapha. Exposure to various activities, environments or foods, can cause an increase or decrease in particular Doshas.

“Pacification” and “Aggravation” of the Doshas

A Dosha will increase in proportion to the others when it is exposed to things that have similar characteristics, and if continuously or chronically exposed to those influences, may become what in Ayurveda is called “aggravated”. On the other hand, a Dosha can be reduced in its proportion when exposed to things that have opposite qualities. If a Dosha is “aggravated”, then it is possible to “pacify” or reduce the Dosha by introducing things with opposite qualities.

For example: Excessive mental activity, excessive motion due to travel or over exercising, exposure to cold, windy weather, or an overly light or rough diet, may cause an increase or “aggravation” of Vata Dosha, whose characteristics are cold, rough, dry and moving. On the other hand, exposure to warm, wet, unctuous, heavy or stable things (opposite qualities) will reduce or “pacify” Vata Dosha.

Balance and Your Ayurveda Constitutional Type

According to Maharishi Ayurveda, “balance” is different for each person, so what is considered “balance” for you is different than what is considered “balance” for another person. For example, if your Ayurveda constitutional type is Pitta-Kapha, you will be IN balance with a higher proportion of Pitta than Kapha or Vata. This is your natural state of balance, where all of

the positive traits of your unique constitution will shine forth! For a Vata-Pitta type, they will be IN balance with a higher proportion of Vata than Pitta or Kapha, and in this state, their natural strengths and qualities will also shine forth.

So in Ayurveda, the definition of balanced Doshas is that each Dosha is in its natural proportion to the other Doshas according to the person's unique Ayurveda constitutional type, not that we all aim to have an equal proportion of Vata, Pitta or Kapha in mind and body.

Maharishi Ayurveda does not diagnose or treat disease, but assesses the level of balance or imbalance of the Doshas. Two people with the same symptoms may be given completely different recommendations according to their natural constitutions and specific imbalances. For example, two people may have insomnia, one is due to an imbalance in Pitta Dosha, and the other is due to an imbalance in Vata Dosha. According to Maharishi Ayurveda, to correct their specific imbalances it will require a Vata pacifying regimen for one, and a Pitta pacifying regimen for the other, also taking into account many additional factors such as the person's unique constitution, the specific season, the person's age, and the conditions and climate where they live.

The Mind and Body's Inner Intelligence

As we saw, our mind and body are constantly reacting to the changing internal and external conditions we are exposed to in order to maintain the state of balance and health that is uniquely ours. Through many natural feedback loops, the mind and body make self-regulating choices to maintain the balance of the three Doshas. We do this by choosing influences that will reduce a Dosha when it is aggravated, and increase it when it is sub-normal.

For example we spontaneously seek the cool shade when it is too hot, or water when we are thirsty, and we desire to sleep when we are tired. One person prefers a rough towel and another prefers a soft smooth towel. When it is dry, cold and windy, we might crave more unctuous or oily foods, and when it is cold and wet out we might crave more warming spicy foods. When the flow of intelligence in the mind and body is vital and healthy, we are able to spontaneously assess and choose those things we need at every moment to keep the Doshas in balance, and prevent imbalance from arising.

What Causes Imbalance?

With the increase of stress, fatigue, overload, and the influence of environmental toxins and pollutants, the flow of this inner intelligence of mind and body is disrupted. When our mind and body are not coping as effectively as they were designed to, aggravation of the Doshas results, and this further disrupts the feedback mechanisms that help us to make healthy choices. Lack of knowledge of coordination with nature's intelligence and the various influences of the seasons, activities, foods, and daily routines also contributes to aggravation of the Doshas.

Maharishi Ayurveda views this disruption of coordination with nature and with this inner intelligence of mind and body as the root cause of imbalance. Maharishi Ayurveda does not

diagnose or treat disease, but aims to restore balance to the Doshas by enlivening and strengthening the natural intelligence within the mind and body.

How Do We Restore Balance?

In the second section of this booklet, you will find a guide to the various recommendations of Maharishi Ayurveda for coordinating our activities with the intelligence of nature, and for reducing the effects of stress on mind and body at the root of the disruption and aggravation of the Doshas. You will learn about the specific qualities of many foods and how they can be used to increase or decrease specific Doshas, and also learn about the specific qualities of the times of day and the seasons and how they influence the functioning of the Doshas. You will find a guide to Maharishi Ayurveda's recommendations for Dosha balancing exercises, herbs and daily routines, as well as recommendations for meditation and other approaches for enlivening our inner intelligence and our natural connection with nature's intelligence, the basis of optimal health, prevention and well being.

The Doshas and the Divisions of Time

The three Doshas – Vata, Pitta and Kapha are also expressed in the cycles and divisions of time, including the annual cycle of the seasons, the 24 hour cycle of the day and night, and the cycle of individual life from the beginning, to the middle and later years of life.

The Life Cycle:

The life span of an individual is divided into three periods: early, middle and later life:

From birth to about age 25, Kapha Dosha is predominant.

During this time the body is in a growing period, building and refining the structures and material of the body, organs and tissues, and learning is actively taking place. Kapha problems such as congestion are more common during this period.

From age 25 to 75, Pitta Dosha is predominant.

During this time Pitta gives us the energy we need to work, raise a family, and/or pursue the many activities of daily life. This period is characterized by productivity, focus, creativity and achievement. Pitta conditions are more common during this time such as digestive disorders, hypertension and heart conditions.

From age 75 to 100 +, Vata Dosha is predominant.

During this time a person may feel more inclined toward spiritual pursuits. This is a time where one's practical life wisdom can be passed on to younger generations, and shared for the benefit of the society or community. During Vata time of life it is common to feel more Vata related conditions such as arthritis (drying of the joints), weight loss, and sensitivity to cold.

The Yearly Cycle:

The annual cycle of the earth revolving around the sun gives us the sequence of seasons. In Ayurveda there are three main seasons, governed each by one of the three Doshas. The yearly cycle of the seasons is divided into:

Hot and Dry:	Summer/ Early Fall	Pitta Dosha Predominant
Dry and Cold:	Fall /Early Winter	Vata Dosha Predominant
Cold and Wet:	Late Winter/ Early Spring	Kapha Dosha Predominant

The 24 Hour Cycle:

The 24 hours of the day are divided into a sequence of periods of Kapha, Pitta and Vata, each lasting for 4 hours. This cycle repeats twice in 24 hours.

Maharishi Ayurveda's guidelines for an Ideal Daily Routine provides a precise map for success – it give us the knowledge of how to coordinate our activity with what nature and our body are doing at specific times of the day, according to which Dosha is predominant at that time. Each Dosha period occurs once during the day and once during the evening.

Periods of the Doshas During the 24 Hour Cycle

Pitta time is from 10:00 Am to 2:00 PM, and also again from 10:00 PM to 2:00 AM.

Vata Time is from 2:00 PM to 6:00 PM and again from 2:00 AM to 6:00 AM.

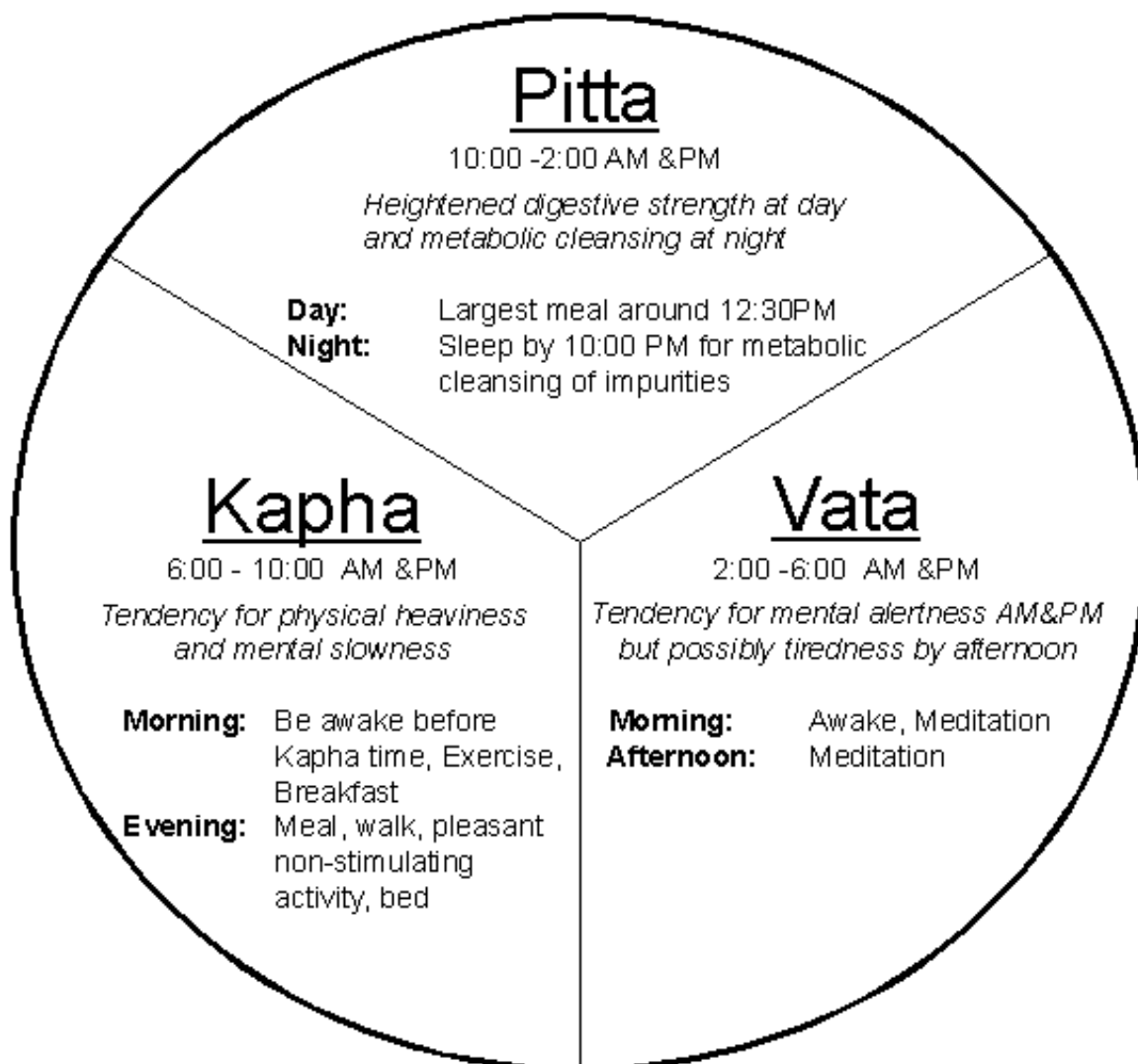
Kapha Time is from 6:00 AM to 10 AM and again from 6:00 PM to 10:00 PM.

Pitta time is from 10:00 Am to 2:00 PM, and also again from 10:00 PM to 2:00 AM.

Vata Time is from 2:00 PM to 6:00 PM and again from 2:00 AM to 6:00 AM.

Kapha Time is from 6:00 AM to 10 AM and again from 6:00 PM to 10:00 PM.

Doshas and times of day



Examples of the Doshas and Their Roles at Different Times of Day

During both the day and night periods of Pitta time, (10:00 to 2:00), energy is highest and metabolism is strongest. During the day cycle of Pitta, we use this digestive fire which is strongest at mid-day when the sun is highest, to digest our food and gain the most nutrition from it. We also use the energy of Pitta to perform the work we do. At night, this cycle of Pitta is equally important for “digesting” or metabolizing the experiences of the day. While we are asleep, the energy of metabolism can be used to process nutrients and rebuild bodily tissues and bio-chemicals needed to perform activity effectively the next day.

Many people experience feeling drowsiness increasing during the Kapha period in the evening (6:00 PM to 10:00 PM), and this is just what nature intended! The heavy, slow quality of the Kapha period at night is designed to send us off to a sound restorative sleep. But, if we are not asleep by 10:00 PM, suddenly we get a “second wind”, and feel an upsurge of energy and motivation. Artists often feel an increase of creativity at this time. This is because Pitta Dosha is increasing.

If we are awake during Pitta time of night, it is common to suddenly become hungry around midnight – the height of the Pitta period when again digestion is the strongest. But this energy or digestive fire, if diverted to digesting food at night, will prevent the body from having the energy it needs to metabolize the nutrients and waste products from the day’s activities, and to restore and rejuvenate our mental, physical and emotional health. If we are chronically staying awake during this important period of Pitta, (10 PM to 2 AM.) Pitta and other imbalance can result.

Likewise, each period of the day is ideal for supporting specific functions in mind and body that are governed by the Dosha that predominates at that time. Coordination with this 24 hour cycle is one of the most profound things we can do to maintain good health and prevent the development of imbalances that can lead to illness. A detailed overview of the Maharishi Ayurveda *Ideal Daily Routine* is presented in Part II of this booklet.

Your Road Map to Health and Prevention

There are many factors that are influencing mind and body at every point in time, and they are often overlapping. From an Ayurvedic point of view, we are never static! We may be wondering, how can I choose the things that are best for me when there are so many simultaneous influences? Luckily, we do not have to make these decisions intellectually, or follow an intricate manual for daily living. We are designed to spontaneously make these mind and body balancing adjustments naturally.

The main goal of Maharishi Ayurveda is to provide an effective road map through understanding, and through its integrated practical approaches, to restore and enliven the inner intelligence of mind and body that spontaneously computes what we need from moment to moment for balanced healthy life, and a sustainable state of well-being.

The Six Tastes

Balanced Diet and the Six Tastes

Maharishi Ayurveda emphasizes the importance of a balanced diet. According to Ayurveda, we have six distinct tastes, which also derive their properties from the three Doshas and the elements that make them up. All foods, also being made of nature, display varying proportions of the qualities of the Doshas, and in this way can be used to help “balance” the Doshas in us. Food is our best medicine, and with this Maharishi Ayurveda guide, you will enjoy experiencing the profound health and well-being that food can bestow. The six tastes are:

Sweet
Sour
Salty
Pungent
Bitter
Astringent

The Six Tastes and Their Corresponding Doshas

Dosha	Element(s):	Associated Tastes	Balancing (opposite) Tastes
VATA	Space and Air	Bitter, Astringent, Pungent	Sweet, Sour, Salty
PITTA	Fire	Pungent, Sour, Salty	Bitter, Astringent, Sweet
KAPHA	Water and Earth	Sweet, Sour, Salty	Bitter, Astringent, Pungent

The Six Tastes and Examples of Foods that Contain Them:

Sweet:

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

Sour:

- Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries, plums
- Sour milk products such as yogurt, cheese, whey, sour cream, etc.
- Fermented substances such as wine, vinegar, soy sauce, pickles
- 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 such as chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic.
- Mild spices such as turmeric, anise, cinnamon, and “fresh” herbs like oregano, thyme and mint
- Raw vegetables such as radishes, horse radish, onions

Bitter:

- Fruits such as olive, grapefruit
- Green leafy vegetables such as spinach, kale, green cabbage, Brussels sprouts
- Spices such as fenugreek, turmeric

Astringent:

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

How the Six Tastes Affect Vata, Pitta and Kapha

Maharishi Ayurveda recommends that our diets include all six tastes, and ideally that all six tastes are eaten in each meal, or at the main meal. If we are chronically not getting some of the six tastes, then imbalances can arise. Each type of food has a different effect on Vata, Pitta and Kapha, as well as digestion, metabolism and tissue development. Diets in which only certain food groups and tastes are predominant, can lead to significant imbalances in the physiology. When the diet does not contain all six tastes, it can also lead to experiences such as still feeling hungry after finishing a large meal, feeling weak and tired in the late afternoon, or developing cravings for certain foods.

Sweet, Sour, Salty:

Increases Kapha, Decreases Vata

Pungent, Bitter, Astringent:

Increases Vata, Decreases Kapha

Pungent, Sour, Salty:

Increases Pitta

Sweet, Bitter, Astringent:

Decreases Pitta

How Food Qualities Affect Vata, Pitta and Kapha

Heavy:

Increases Kapha, Decreases Vata

Cold:

Increases Vata and Kapha, Decreases Pitta

Oily:

Increases Kapha, Decreases Vata

Light:

Increases Vata, Decreases Kapha

Hot:

Increases Pitta, Decreases Vata and Kapha

Dry:

Increases Vata, Decreases Kapha

Maharishi Ayurveda Balancing Spice Mix

Maharishi Ayurveda *Churnas* are ready-made mixtures of health-promoting spices that contain all six tastes, and can be used in cooking vegetables, soups and grains, or sprinkled directly on food at the table. Churnas can also be used to help balance the influence of the particular season or to adjust dishes for people with different constitutions. Their name refers to the Dosha that they balance, so Vata Churna “pacifies” or reduced Vata Dosha, Pitta Churna pacifies or reduces Pitta Dosha, and Kapha Churna pacifies or reduces Kapha Dosha. We recommend using Vata, Pitta and Kapha Churnas (spice mixtures) available through Maharishi Ayurveda Products (www.MAPI.com).

Your Personalized Maharishi Ayurveda Diet

For specific diet guidelines, we recommend a Maharishi Ayurveda Wellness Consultation with our experienced Vaidya from India or one of our expert Maharishi Ayurveda physicians, during which you will receive personalized recommendations for beneficial foods according to your individual constitution, the specific season, and also with regard to your particular state of balance and imbalance. In Part II of this booklet you will also find Maharishi Ayurveda principles for healthy eating, digestion and nutrition, as well as several basic Maharishi Ayurveda health-promoting recipes.

Prevention and Maharishi Ayurveda

Six Stages of Disease

Maharishi Ayurveda recognizes six stages of disease, starting with the accumulation of one or more Doshas. We have seen that corrective steps can be easily taken at these early stages to re-balance the mind and body through modifying the behavior or circumstance that may be causing the disturbance of specific Doshas.

If left un-checked, the disrupted Doshas will begin to become aggravated, and we may begin to feel some indications of the increased influence of that Dosha, such as overheating with Pitta, or chills with Vata, or lethargy and lack of motivation with Kapha. In stage three, these aggravated Doshas begin to mobilize and disseminate throughout the various tissues and *Srotas* or channels and micro-pores of the body, causing blockage or further disruption of the flow of nutrients and information to the various tissues, organs and systems in the body.

In stage four, the mobilized Dosha localizes in a specific area of the body, which leads to stage five at which point we begin to feel more defined symptoms of discomfort or imbalance such as stiffness in the joints (Vata), or acid indigestion (Pitta) congestion and allergy flare ups (Kapha). Stage six is the final stage of the progression of imbalance, and this is usually when the symptoms are conventionally manifest enough to begin to take some action.

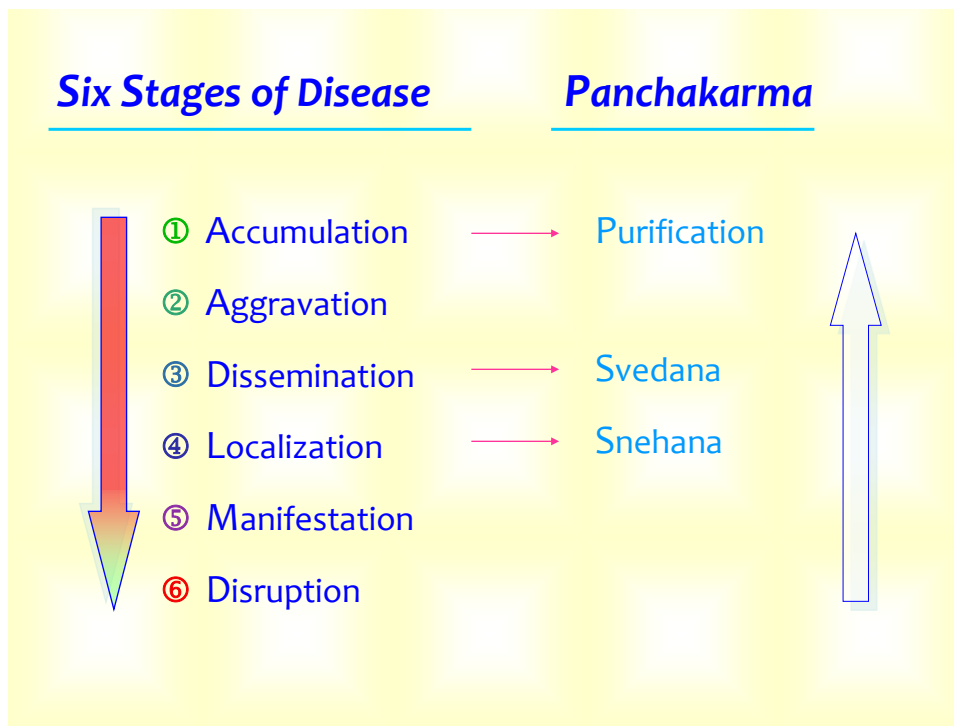
Whereas conventional medicine can detect imbalances only at stage five and six, Maharishi Ayurveda can detect imbalances forming from stage one, through this natural understanding of the Doshas, individual constitutional tendencies and the use of Maharishi Ayurveda pulse assessment. A Maharishi Ayurveda Wellness Consultation is recommended seasonally to detect imbalances, and provide early corrective measures to maintain good health year-round.

Panchakarma: The Maharishi Ayurveda Seasonal Cleansing and Re-Balancing Program

Prevention is better than cure! The Maharishi Ayurveda Panchakarma seasonal cleansing and rebalancing program offered at the Maharishi Ayurveda Health Center in Lancaster, is recommended regularly at the change of seasons or at least once a year, to eliminate the accumulation of any imbalances from the previous season, due to undue stress, fatigue or overload, or build up of metabolic impurities and environmental toxins.

Panchakarma is one of the primary approaches of Maharishi Ayurveda for deeply balancing all the Doshas, and includes a sequence of several days of customized Maharishi Ayurveda treatments. These include warm herbalized oil massages, heat and herbalized steam treatments, application of herbalized boluses for deep muscle and joint health, a cleansing diet and light eliminative therapies. Maharishi Ayurveda Panchakarma employs a precise sequence of treatments starting with oleation (*Snehana*) to loosen the impurities from the tissues, followed by heating treatments (*Swedana*) to open the *Srotas* or micro-pores of the body through which impurities are mobilized, and then gentle cleansing and elimination therapies to ensure the mobilized impurities are fully eliminated.

Panchakarma is an effective means to reduce the build-up of stress-related bio-chemicals and environmental toxins in the body that contribute to the adverse effects of aging, weaken immunity and inhibit self-repair mechanisms.



Ama and Ojas and Reversal of Aging



According to Maharishi Ayurveda, this build up of metabolic impurities and environmental toxins in the body is called *Ama*. *Ama* is a whitish-yellow sticky plaque like substance that accumulates in the tissues and Srotas (channels and micro-pores of the body). *Ama* is produced as the result of improper diet, improper daily and seasonal routines and the wear and tear and stress of daily life, as well as exposure to environmental pollutants and toxins. *Ama* in the body is considered to be the primary contributing factor to poor immunity, ill health and the development of many of the common chronic disorders. The accumulation of *Ama* also is a major factor that contributes to the adverse effects of aging.

Maharishi Ayurveda provides knowledge of how to prevent the build-up of *Ama*, and also how to eliminate *Ama* once it has accumulated. The most effective thing we can do to reduce and eliminate *Ama* in the body is the Maharishi Ayurveda Panchakarma program, which is recommended for 5 to 7 days for prevention, and for those with some signs of imbalance or with chronic disorders, 7 to 14 days is recommended. For those with more established conditions, there is also a 21 day program, or our 7 or more day Enhanced Maharishi Panchakarma Rejuvenation program. Please call to inquire about the ideal Maharishi Panchakarma Rejuvenation program for you, toll Free: 877-890-8600, or email info@lancasterhealth.com, or visit us at www.lancasterhealth.com.

The opposite of Ama is said to be *Ojas*, the most refined product of digestion associated with the lustrous “glow” of health and youthfulness. Ojas is said to be the finest connection between matter and mind or consciousness, and is essential for the proper formation of the tissues. It is located and produced in the clean open Srotas or micro-pores of the body. This is another reason why Maharishi Ayurveda places so much emphasis on maintaining the healthy state of the Doshas in mind and body and keeping Ama from being produced. When Ama clogs the Srotas, then Ojas cannot be produced. With reduced Ojas, the bodily tissues begin to age prematurely, and the bodily functions are less vital. When Ojas is in good concentration, it is associated with the experience of “bliss”. Maharishi Ayurveda defines bliss as an unshakable feeling of happiness, health and well-being that comes from a mind and body free of impurities, regularly producing Ojas.

The World Health Organization gives this definition of health: *“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

From the classical texts of Ayurveda: *“One who is established in the Self, whose Doshas (fundamental elements) are in balance, who has balanced Agni (metabolic fire), properly formed Dhatus (tissues), proper elimination of Malas (metabolic waste products), and whose Self, mind, and senses remain full of bliss (Ojas), is called a healthy person.”* Sushruta, XV, 41

And from the great sages of Ayurveda: *“Ayurveda Amritanam” – Ayurveda is for Immortality.*

According to Maharishi Ayurveda, the goal of a healthy life is the experience of what is called *“Sama Dosha”*, a state of balance, integration and wholeness that can be lived 24/7, throughout all the three changing states of consciousness, waking, sleeping and dreaming. The most powerful tool for establishing this integrated state as a living reality, is the unique experience of transcendental consciousness experienced easily and regularly during the twice daily practice of the Transcendental Meditation (T.M.) Technique™.

The unique style of brain functioning* measured during the practice of T.M. correlates with the subjective experience of “unity”, total integration of mind, body and environment, and is in its character “bliss”. This state of what in Maharishi Ayurveda is called “Pure Consciousness” is found at the basis of both mind and matter. The experience of this state is highly prized in all cultures, as well as all literary and spiritual traditions, and is also the subject of *Unified Field Theories* in modern physics.

According to Maharishi Ayurveda, the most profound and effective way to balance all of the Doshas, dissolve impurities in mind and body, and maintain the healthy production of Ojas, is to practice the Transcendental Meditation Technique, a shortcut to permanently establish the state of Sama Dosha. We hope this booklet will provide a guide to the many ways that Maharishi Ayurveda offers to support the blossoming of fully developed life in perfect health and enlightenment, the natural outcome of balance in life.

*Visit www.TM.org for further references, information and research on the Transcendental Meditation Technique.

Part II: Maharishi Ayurveda: Practical Approaches for Prevention, Rejuvenation and Relief

Ideal Daily Routine for Balance and Prevention

For maximum health and vitality, it is ideal to perform specific behaviors when nature's rhythms are most supportive of that activity. For example, we can eat the largest meal of the day when digestion is strongest, go to sleep at the time of day that supports sleep and biological cleansing, and awaken and practice our meditation when nature is supportive of the mind expanding and having greatest mental clarity.

There are many natural cycles and rhythms that are taken into account in Ayurveda, and form the basis of the Ayurvedic ideal daily routine. We saw that Vata, Pitta and Kapha Doshas, and the functions they control, become more enlivened at different times of the day. In each four hour period that a particular Dosha is active, its strength builds as it moves toward the mid-point of that period, and then wanes as it moves toward the next Dosha's period. So each Dosha is strongest at the mid-point two hours into its four hour period, and weaker at the beginning and end of that four hour period.

Following are the times when Vata, Pitta and Kapha and their corresponding physiological functions are most active:

6:00 AM to 10: AM: Kapha Dosha is most active

Preparation for the day's activities. Good time for exercise as the heavy stable quality of Kapha gives good balance and endurance, and helps avoid aggravating the Vata and Pitta Dosha. Avoid sleeping into this period to prevent dullness of mind and difficulty getting going in the morning.

10:00 AM to 2:00 PM: Pitta Dosha is most active

Digestion is strongest at the middle of this Pitta period, so for maximum nutrition and assimilation, eat the more substantial meal of the day at lunch about 12:30 PM. Day time Pitta period is good for productive work.

2:00 PM to 6:00 PM: Vata Dosha is most active

As the energy of Pitta wanes in the late afternoon and Vata Dosha increases, the mind may begin to experience fatigue, and it may take more effort to focus. Once the whole daily routine is adopted, energy remains more even during the day. Rather than artificial stimulants you can try warm herbal teas with Vata balancing spices prepared in hot water or boiled in milk.

(Vata, Pitta and Kapha pacifying herbal teas as well as an herbal anti-oxidant coffee substitute called Rajas Cup. Available in our Maharishi Ayurveda natural health products and bookstore, and also from Maharishi Ayurveda Products www.MAPI.com.)

Late afternoon is the ideal time for Transcendental Meditation which will refresh and revitalize mind and body, and dissolve the accumulated stress and fatigue of the day.

6:00 PM to 10:00 PM: Kapha Dosha is most active

Enjoy uplifting relaxing activity, family, recreation. Avoid computers and late evening work. Dinner should be a lighter meal and should be taken early so as not to disturb sleep. A light walk after dinner is very beneficial for digestion, circulation, and good sleep. Bed by 10:00 PM.

10:00 PM to 2:00 AM: Pitta Dosha is most active

For best health and prevention, plan to be asleep by 10 PM. Sleep during this most restorative time allows maximum metabolic cleansing of impurities to take place. Research has shown that sleep before midnight is extremely beneficial.

2:00 AM to 6:00 AM: Vata Dosha is most active

At this time Vata Dosha actively moves the impurities digested by Pitta into the channels of elimination ready to be removed from the body. Vata Dosha being responsible for upward and downward movement in the body, also gives good support for evacuating bowel and bladder at this time. Teeth cleaning, tongue scraping, sesame oil gargle are recommended at this time, as well as Ayurveda self oil massage (*Abhyanga*) to remove impurities that have moved out to the skin during the earlier part of the Vata period. When we get up and start the day before 6:00 AM during Vata time, we carry the Vata qualities of lightness and clarity into the day. This is a good time for meditation, as Vata Dosha governs the mind, and supports the expansion of the mind during meditation.

Maharishi Ayurveda Recommendations for Ideal Daily Routine

Following is a description of the Maharishi Ayurveda Ideal Daily Routine from morning through evening. It is beneficial to have the vision of the ideal daily routine, and even if we are not able to achieve it perfectly right away, and to begin to incorporate it gradually. As practice of the daily routine becomes more of a habit, it becomes self-motivating due to the increased vitality and balance it creates in mind and body. Many people find their sleep, digestion and elimination improve dramatically, and the need for artificial stimulants to get through the day falls away, just from implementing this one simple and effective Ayurvedic tool.

The Day Starts the Night Before

According to Ayurveda eight hours of sleep, taken at different times of the day, does not create the same level of rest and rejuvenation. The greatest benefits of sleep come between 10:00 PM and 6:00 AM. Kapha is the heavy, dull, inert principle in nature and Kapha time supports falling asleep. If we are in bed by 10:00 PM then we are sleeping during Pitta time (10:00 PM–2:00AM) when the metabolism cleans the body of toxins and impurities. What we want to avoid being wake at 12:00 midnight, eating, reading or watching TV. If such behavior becomes a pattern then the body is cheated out of an important daily balancing process. Over time this can lead to the development of many serious imbalances. Importantly, 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 proper daily routine. This is why the day starts the evening before and proper bedtime is the foundation for the next day's activity.

Maharishi Ayurveda Daily Routine – Cycle of 24 Hours:

Early Morning Routine: (Vata time)

Awake before 6 AM (Vata time)
Drink cup of room temperature or warm water
Elimination

Morning Routine: (Kapha time)

Clean teeth, scrape tongue, cut nails, sesame oil gargle
Ayurveda Oil Massage (Abhyanga)
Warm shower or bath
Yoga Asanas, Sun Salutation
Pranayama (balancing breathing exercise)
Transcendental Meditation
Exercise according to your constitutional type
Breakfast of fresh or cooked fruits, cooked grain
Dress in comfortable natural fiber clothes

Late Morning Routine: (Pitta time)

Activity of work, study, etc.

Mid Day Routine: (Pitta time)

Main meal at lunch
Rest 5-10 minutes after lunch, follow with a 10 minute walk
Continue activity of work, study, etc.

Late Afternoon Routine: (Vata Time)

Yoga Asanas, Sun Salutation
Pranayama (balancing breathing exercise)
Transcendental Meditation

Evening Routine: (Kapha time)

Optional can exercise according to your constitutional type
Lighter meal at Dinner - ideally at least 3 hours before sleep
Rest 5- 10 minutes after the meal, follow with brief walk
Light, relaxing activity, avoid computers, late night TV or work
Hot milk or Ayurveda tea before bed
Sleep by 10:00 PM (9:30 PM is better for 8 hours of sleep and awaking naturally before 6 AM)

Late night Routine: (Pitta time followed by Vata time)

10:00 PM to 2:00 AM: (Pitta time) Sleep while body is repairing and cleansing
2:00 AM to 6:00 AM (Vata time) Sleep while body is mobilizing the metabolic waste products for elimination in the AM. Awake naturally before 6:00 AM

Optional additions to the Daily Routine

Hot Water regimen

Sip boiled hot water throughout the day for aiding digestion, balancing Vata Dosha and keeping the Srotas open. Boil in AM for at least 5-10 minutes and put in a thermos for use during the day. Drink as warm as is comfortable. Do not drink half an hour before a meal or 1 ½ hours after a meal.

Herbal supplements (Rasayanas)

Maharishi Amrit Kalash food supplement is a powerful natural anti-oxidant and free-radical scavenger. It is recommended for immunity and vitality, and is usually taken in the morning before breakfast with warm water or hot milk, and in the evening before bed with warm water or hot milk. Available in our Ayurveda natural health products and bookstore, and also from Maharishi Ayurveda Products www.MAPI.com

Aroma Therapy

Precisely crafted organic essential oils using ancient Ayurveda formulas for balancing the Doshas and mind and body through the sense of smell. Specific formulas are beneficial for mental alertness, calmness, balanced emotions, supporting good sleep, etc. Use in your home or office with any aroma diffuser, or put a few drops in a cup of boiling water. Available in our Ayurveda natural health products and bookstore, and also from Maharishi Ayurveda Products www.MAPI.com

Maharishi Gandharva Music (to balance the time of day)

The ancient art of classical Indian music was intended for creating harmony and balance in the environment and to balance the influences at each time of day. Maharishi Gandharva music is available on CDs from a variety of accomplished artists, offering vocal and instrumental melodies for specific times of day. Available in our Ayurveda natural health products and bookstore, and also from Maharishi Ayurveda Products www.MAPI.com

Explanation of the Specific Parts of the Ideal Daily Routine

Arise before 6:00 AM

It is recommended to awaken before 6 AM. Since we do not want to strain or use alarm clocks to do this, the only way it can happen easily and spontaneously is to go to bed before 10 P.M. The period before 6 AM is the time when all of nature is awakening and Vata is most enlivened in the environment. 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. If we sleep past 6 AM then we sleep into the Kapha time of day. If a person sleeps until 7:30 it means he or she has been sleeping for 1 1/2 hours into Kapha time and becomes imbued with the qualities of excess Kapha – dullness, heaviness and lethargy.

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 it is recommended to drink some fresh, room temperature, plain water or lemon water upon awakening.

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 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 residue from the buildup of toxins and impurities from the night and should be removed. The level of coating on the tongue in the morning is a general indication of the level of the buildup of Ama in the system.

Maharishi Ayurveda Self Oil Massage: *Abhyanga*

Daily Ayurveda oil massage (*Abhyanga*) is one of the most effective balancing and rejuvenating regimens we can adopt in our daily routine. It is ideally done early in the morning when many impurities are delivered to the skin during Vata time at night are waiting to be eliminated. The skin is given great importance in Ayurveda, as it is the largest organ of elimination in the body. The motion and pressure and the penetration of the oil into the skin creates friction that helps to loosen up impurities, and also improves circulation and immunity.

Abhyanga should be followed by a hot shower or bath to help open the pores to allow the loosened impurities to be flushed out. *Abhyanga* balances all three Doshas, and is especially beneficial for balancing Vata Dosha, and stimulating the nervous system. Most people report feeling much more stamina and balance throughout the day after incorporating the *Abhyanga* in their daily routine. If doing a daily oil massage is not possible, we recommend including it when you have time.

Instructions for the *Abhyanga* are given in the Appendix of this booklet. Personalized recommendations for Dosha balancing *Abhyanga* oils are given during a Maharishi Ayurveda Wellness Consultation, and organic *Abhyanga* oils balanced for the seasons and the Doshas are Available in our Maharishi Ayurveda natural health products and bookstore, and also from Maharishi Ayurveda Products www.MAPI.com

Yoga Asanas and/or Sun Salutations

After the bath or shower it is highly recommended to perform a gentle set of Yoga Asanas and/or the Sun Salutation, which 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 creates integration of mind and body. Wherever there is stiffness or inflexibility in the body it indicates that part of the body is less communicative with the 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 Yoga Asanas and Sun Salutations is a vital pillar of good health. Instruction in the Yoga Asana postures and Sun Salutation are offered at the Maharishi Ayurveda Health Center in Lancaster, and are best

learned from qualified instructors for proper practice and benefits. Please contact us if you would like to locate a qualified instructor in your area.

Pranayama (breathing exercises)

Pranayama is a name given to a number of health-promoting natural breathing exercises effective for balancing Vata, Pitta and Kapha Doshas. Pranayama can be practiced at anytime, or according to the specific instructions given. A basic Pranayama called alternate nostril breathing is especially good for enlivening “Prana” the life breath, and balancing all of the Doshas, Practiced for about 5 – 10 minutes for its health and balancing effects it also serves as preparation for meditation. Pranayama further purifies and refines the mind/body connection, as well as remove dullness and fatigue. Instruction in Pranayama is offered at the Maharishi Ayurveda Health Center in Lancaster, or by qualified instructors in your area. Contact us for a qualified instructor near you.

We respect the fact that many individuals are already practicing some type of eyes closed meditation daily. However, we highly recommend the Transcendental Meditation 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. Visit www.TM.org for more information and to locate a qualified teacher in your area.

The Transcendental Meditation Program™

Maharishi Ayurveda recommends the natural effortless practice of the Transcendental Meditation (or TM technique for short) as the single most powerful healing and balancing method available. The TM technique has more scientific validation of health improvements in individuals than any other mental technique studied by science, and has been the subject of over 600 published research studies by over 200 universities and research institutions worldwide. The National Institutes of Health have sponsored over 20 million dollars of research on the benefits of TM for reducing hypertension and heart disease alone.

During the 20 minute twice daily practice of TM, the mind and body experience a state of deep rest. Regular TM practice helps the body throw off accumulated stress and fatigue, improves health, vitality, immunity and mental functioning, and is considered ideal preparation for the activity of the day. The TM technique is also a very powerful means to develop higher states of consciousness and unfold the full potential of mind and body.

Note: Instruction in the Transcendental Meditation technique requires a period of several consecutive days. If you are interested to learn this technique while visiting the Maharishi Ayurveda Health Center in Lancaster, be sure to mention your interest, as it will be important to schedule your visit to accommodate the required number of days of the instruction. For further information or to locate a certified instructor of the TM program in your area, visit www.tm.org or call 888-Learn-TM to be connected to the center closest to you.

Exercise for Balance and Vitality

Exercise helps cleanse the body, improves circulation, respiration, digestion and elimination and increases mind-body coordination. Exercise is recommended daily in the morning ideally

during Kapha time in the early morning sun when the air is cool and fresh. Exercise plays an important role in maintaining health. Exercise helps mobilize 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. 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.

Maharishi Ayurveda 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 rebalancing 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 straining 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.

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.

Exercise According to Body Type

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, with 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 Ayurvedic 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. Neuro-muscular 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: We recommend you consult an experienced instructor for proper practice of the Maharishi Yoga Asanas and Pranayama, either at the Maharishi Ayurveda Health Center in Lancaster, MA, or by contacting us to locate a qualified instructor near you.

Natural Fabric Clothing

Maharishi Ayurveda 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. Polyester clothes are not recommended.

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, light spices, ripe sweet juicy fruits and whole grains cooked in water are examples of items that are nourishing and appropriate for most people at breakfast. Please follow the advice of your medical doctor regarding any changes in your diet.

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 and 1:30, when digestion is strongest.

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. Every meal should be eaten in a comfortable environment while sitting

down. 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 after, by adding this 10-minute rest period to the end of the meal. After this rest period, it is recommended to walk at least 3-5 minutes before returning to our activities.

Yoga Asanas, Pranayama and Meditation (TM practice) Twice Daily

After work, but some time before the evening meal, it is again recommended to go through the three-part sequence of Yoga Asanas, Pranayama, and practice of the TM technique. By investing in this after-work rejuvenation period to remove accumulated stress, to develop consciousness and to increase mind-body coordination, many people report continuously improved health and balance as time goes on.

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 recommended 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 crucial practices for maintaining good health.

Since digestion is stronger in the early evening it is better to have dinner between 5:30 and 7:00 pm 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 is recommended.

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 enlivened in nature between 6:00 and 10:00 PM an evening walk is recommended. Not only does this aid the body in 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 of sleep we get.

Maharishi Ayurveda Seasonal Routines

Diet and the Seasons

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.)

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.

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, taken at cooler times of the day, is recommended. To keep Pitta in balance it is important not to overexert in the hot sun. To keep Vata in balance, it is important not to over exert, and to stay well hydrated, and avoid very cold, drying and windy conditions.

Seasonal Maharishi Ayurveda Wellness Consultations with our in-residence Vaidya

Enjoy the ancient wisdom of Maharishi Ayurveda with an authentic Wellness Consultation with our Vaidya (Ayurveda Expert from India). Whether joining us for a few hours, a day, or for an extended stay, your path to daily vitality, balance and prevention starts with an individual Maharishi Ayurveda Wellness Consultation.

Our Vaidya will include a traditional pulse assessment during your consultation. You will also received individualized recommendations for diet, exercise, home self-oil massage (*Abhyanga*), ideal daily routine and herbal supplements. All of this is based on your personalized pulse assessment, unique constitution, individual balances and imbalances, and your personal health and wellness goals. To schedule an appointment, call us toll-free at 877-890-8600 or email us at [info\(at\)lancasterhealth.com](mailto:info(at)lancasterhealth.com).

Seasonal Maharishi Ayurveda Cleansing and Re-Balancing Program (Panchakarma)

After the body has been functioning for 4 months in a specific climatic conditions of any of the seasons it builds up an accumulation of toxins and impurities that come from functioning in that particular Dosha period. 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 Ayurveda recommends cleansing the body of accumulated toxins and blockages at the change of seasons. Seasonal Maharishi Rejuvenation Therapy (Panchakarma) at the change of season helps prevent these impurities from accumulating in large quantities and hardening in the tissues and micro-pores of the body (Srotas).

The toxic pollution from our modern industrial society has also created another compelling reason to internally cleanse the body on a regular basis. In the U.S. there are between 75,000 to 100,000 synthetic chemicals that are used in various types of industry and agriculture. These toxins are found everywhere in our environment and in our physiology, and can now be found in virtually every living organism around the world.

Regardless of lifestyle, profession, eating habits, or geographic location, toxins are accumulating in our bodies. By the time we reach age 40 our toxin level is substantial. The most common toxic compounds accumulating in humans are PCB's, dioxins and various pesticides including DDT/DDE. Accumulation of these compounds has been associated with a wide variety of disease conditions. Some scientists believe these chemicals are the primary reason for the increasing incidence of breast cancer. In the 1950's breast cancer was an almost rare disease. Today, one out of eight women will get breast cancer.

A recent published study on Maharishi Rejuvenation Therapy (MRT) involved 48 subjects who received MRT treatment and showed a marked decrease in PCB and DDE levels after treatment. The reason MAHARISHI REJUVENATION Therapy may be especially effective in detoxifying the body of these chemicals is that MRT uses various pure, natural oils in a variety of its cleansing treatments. Most of these toxins are lipid (oil) soluble and end up concentrating in fat tissue. MRT helps remove and eliminate these toxic deposits from their location in fat tissue throughout the body.

How to Schedule a Maharishi Ayurveda Cleansing Panchakarma Program

Your Maharishi Ayurveda Panchakarma (PK for short) program begins with filling out a brief health questionnaire, on the basis of which our Vaidya (Ayurveda Expert from India) will design a pre-Panchakarma preparation program for you. This is usually done at home before you arrive, but can also be done in-residence. The pre PK preparation begins the process of loosening metabolic impurities, and involves eating a lighter diet and other preparations such as herbal teas to aid in metabolizing the impurities from the body. This is ideally done for a period of about a week, about 1-2 weeks before you arrival. For women, we do not give treatments on the first few days of the menstrual cycle, so you will also need to consider your monthly cycle when scheduling your Panchakarma program.

When you arrive you will have an in-person consultation with our Vaidya. On the basis of your questionnaire, the Maharishi Ayurveda pulse assessment and your particular health and wellness goals, the Vaidya will design the specific sequence and selection of treatments for your in-residence Panchakarma program. The ideal amount of time for your Panchakarma program is seven days of treatment and two days for travel on either end of your stay, as we do not recommend travel on treatment days for maximum benefits from your program.

We offer 3, 5, 7, 14 and 21 day Panchakarma packages, and can customize your stay to suit your time and resources. Another scheduling consideration is that we recommend for those who have the time that you schedule a “rest day” at the end of your PK program which helps to stabilize that profound transformation that the mind and body have enjoyed during your visit, before launching fully back into your at home activities.

We suggest calling and speaking with our Reservations office to schedule your Panchakarma in the most effective way for your time and resources. Call us at toll free 877-890-8600, or email us at info@lancasterhealth.com and one of our knowledgeable staff will help answer any questions you may have.

A Sample of Maharishi Ayurveda Balancing and Rejuvenating Treatments

Abhyanga

A soothing four-hands, full body application of specially prepared oils. Abhyanga is performed in synchrony by a team of two specially trained technicians using a special sequence of strokes which promote the absorption of warm herbalized oil deep into the skin and tissues. This procedure loosens impurities, revitalizes the skin, and promotes balance in the whole physiology.

Shirodhara

Promotes deep relaxation and inner harmony as a soothing continuous flow of herbalized oil is poured slowly and gently across your forehead. Beneficial for the mind and the entire nervous system, reduces mental anxiety, promotes mental clarity, restores balance and calm.

Abhyanga and Shirodhara

A powerful treatment combination that promotes deep relaxation and revitalization, and balances all three Doshas “Vata, Pitta and Kapha”.

Swedana

Swedana, an herbalized Ayurvedic steam bath for elimination of impurities which opens the internal channels of your body to facilitate the elimination of impurities that have accumulated due to stress, improper diet, or daily routine.

Abhyanga and Local Podikhizi

After Abhyanga, two technicians apply soothing, warm cloth boluses made of an herbal powder and oil mixture to any specified area of the body to alleviate joint and muscle pain.

Abhyanga and Pinda Swedana

Balancing for the physiology and strengthen and nourishing for the joints and muscles. After Abhyanga, two technicians apply cloth boluses filled with herbalized rice and milk paste to the area/s of the body affected by pain or stiffness.

Pizzichili

Two technicians simultaneously administer a continuous flow of warm herbalized oil over the entire body. The oil penetrates deeply into the body tissues to soften and mobilize deep-seated impurities that have been lodged in the tissues. Traditionally valued for soothing and revitalizing muscles and joints, and balancing the whole physiology, it is often referred to as the royal treatment of Ayurveda.

Udvaartana

Udvaartana can help eliminate cellulite while stimulating, nourishing and cleansing the skin. In this treatment, a special herbalized paste is applied simultaneously by two technicians to the whole body using a specific sequence of strokes. This unique treatment is valued for supporting balanced weight loss while maintaining normal energy levels and vitality.

Nasya

The purpose of Nasya therapy is to remove impurities from the head area. Nasya incorporates an herbalized oil massage of the head, and face areas, followed by the inhalation of herbalized steam. A localized heat treatment is applied, followed by special herbal preparations which are self-administered through the nostrils. This treatment is greatly valued for its effectiveness in promoting increased mental clarity, vitality and balance.

Lancaster

Additional Programs and Services Offered at Lancaster

Maharishi Vedic Sound Therapy

(A minimum of three sessions recommended.)

Maharishi Vedic Sound therapy utilizes specially chosen sounds from the Vedic Literature to enliven the inner intelligence of the body (the body's self-repair mechanisms) and restore proper physiological balance. Each session lasts 90 minutes and can be added to your schedule during your Maharishi Ayurveda Panchakarma program.

Maharishi Vedic Vibration Technology - MVVT

(Three sessions required.)

Maharishi Vedic Vibration Technology (MVVT) is a gentle, non-medical approach for relief from pain and symptoms of many chronic disorders. MVVT uses the ancient technology of subtle Vedic Sounds to enliven the inner intelligence of the mind and body, and help restore normal balanced functioning. An MVVT expert will administer refined impulses of sound, or vibration, to specific areas of the body (such as joints, back, head, etc.) to help restore balance and proper physiological functioning.

Part III: Maharishi Ayurveda Health Center Lancaster

The Mansion

The Maharishi Ayurveda Health Center Lancaster is one of the world's leading destination holistic centers for Ayurveda, where elegance, green practices and natural healing approaches have been our trademark for over 25 years. Our historic 22 room mansion was designed by Guy Lowell, the architect of the Museum of Fine Arts in Boston, and features 15 elegantly appointed private guest rooms with private bath, marble fireplaces, and a serene landscape of over 200 acres of pristine woods and charming gardens.

Personalized Service

We take pride in our internationally trained staff of Maharishi Ayurveda technicians with many years of expertise in their field. We are also very fortunate to have the wisdom and great practical expertise of our in-residence Maharishi Ayurveda physician from India who offers Maharishi Ayurveda Wellness Consultations, and who personally oversees each of our guest's individualized Maharishi Rejuvenation Panchakarma program.

Organic Ayurveda Cuisine

We pay great attention to the quality and nutrition of our food. "We are what we eat!". We prepare all of our dishes on the premises with the freshest organic ingredients, using health conscious practices and precise Ayurvedic principles. Please inform us prior to your arrival of any specific dietary requirements you may have, we are happy to accommodate you. Our cuisine includes many Vegan compatible choices. (Please let us know if you follow a strictly Vegan diet, so we can best accommodate your needs.)

Health Education for Prevention

Our guests also enjoy an informative evening knowledge program featuring live or videotaped talks on the fundamentals of Maharishi Ayurveda with practical health tips for the seasons and for maintaining good health after you return home. Cooking demonstrations are also offered with our head chef, who gives tips on making many of the delicious Ayurvedic dishes you may enjoy during your stay. Guests also enjoy individualized Yoga instruction and informal discussions with our health and wellness staff.

Day and Overnight Ayurveda Spa

Day and Overnight Ayurveda Spa visits are also offered here at the Maharishi Ayurveda Health Center in Lancaster, depending on availability. Our Day and Overnight Spa features an a la carte menu of our most popular Maharishi Ayurveda balancing and rejuvenating treatments. For a complete list, please visit our website at www.lancasterhealth.com.

Part IV: Ideal Eating Behavior, Food Preparation and Selected Recipes

Proper Eating Behavior and Ayurvedic Food Preparation

Without proper diet medicine is of no use, with proper diet medicine is of no need.

— Ancient Ayurvedic precept

Proper 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.

General principles

- 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 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.
- Eat sitting 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.

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.

Eat organic food whenever possible. Strictly avoid genetically engineered or genetically modified food. Avoid using a microwave as it can aggravate Vata in the food.



Maharishi Ayurveda Recipes

From the Kitchen at the
Maharishi Ayurveda Health Center Lancaster, MA

Sweet Lassi – Yogurt Drink

Preparation for one person:

¼ cup fresh Organic Yogurt
1 cup Water
½ tsp. organic Raw Sugar (or to taste)
Blend all together

Options:

Rose water, pinch of cardamom and sugar to taste makes a Pitta balancing Lassi
Other spices can be used such as cinnamon, nutmeg, fennel, saffron
Sweeteners, such as raw sugar, maple syrup, agave nectar, Sucanat
Rose Petal Jam, or pureed fruits, such as banana, mango, peach

Digestive Lassi – Yogurt Drink

Preparation for one person:

1 Part Fresh Organic Yogurt
4 Parts Water
1-2 Pinches of Salt
1-2 Pinches Cumin, Ginger, Black Pepper, or Turmeric
Fresh Cilantro, Parsley or Fresh Mint

HINT: To keep the Lassi drink from separating, blend the yogurt with a whisk before adding the water. Then add water and other ingredients, and mix well until smooth and creamy. Some prefer mixing with a blender or hand beater.

NOTE: Maharishi Ayurveda recommends having Lassi rather than straight Yogurt, as the healthy pro-biotic enzymes contained in the yogurt are more easily assimilated in the form of Lassi. Lassi is best taken at the end of the lunch meal to replenish the digestive enzymes consumed during the meal. It is not recommended to have Lassi in the evening.

Maharishi Ayurveda Recipes

From the Kitchen at the
Maharishi Ayurveda Health Center Lancaster, MA

Yellow Split Mung Bean Dahl Soup

Dahl Soup

Yields: about 6 cups

High in protein and easy to digest, balancing to the Doshas

Melt 1-2 tablespoons. Ghee (or olive oil) in pot.

Add ½-1 tsp. Cumin powder,

1 tsp. Coriander powder,

½ tsp. Turmeric

Chopped leeks (optional)

Sauté all for a minute or two

Can add some chopped tomato, and sauté briefly

Add 2 cups chopped veggies

(winter squash, zucchini, yellow squash, spinach, carrot, sweet potato, or others)

Wash 1 cup yellow split mung beans

Add to pot with 6 cups water

Simmer approx. 40 minutes—until beans have disintegrated and become creamy

Watch pot—can burn easily

May add more water, if soup becomes too thick

Add chopped cilantro or parsley at end, after heat has been turned off

Salt to taste

Alternatively, can use Vata, Pitta or Kapha Churna to spice the dal, instead of spices listed

Mung Dahl Khichari

Khichari is a thick soup made of rice or other grain cooked together with beans, lentils or dahls (Dahls are beans of many varieties including mung beans and chick peas). This combination provides complete protein and is a staple of many cultures.

Prepare a mixture of ¼ cup basmati rice and 2 tablespoons mung dahl beans.

To the washed mung beans and rice, add enough water to cover. Return to boil, lower heat. Simmer, stirring occasionally. Add more boiling water during the cooking process, as needed.

Can add chopped vegetables at beginning of cooking (such as: spinach, zucchini, butternut squash, carrots, asparagus, tomatoes, leeks, etc.). Simmer

When cooked, heat 1-2 tsp. ghee in small skillet. Add spices to taste - pinch turmeric, pinch cumin, pinch salt, pinch black pepper. Fry approx. 30 seconds in the ghee. Add to khichari, along with ½ tsp. lemon juice. Can add some chopped, fresh cilantro or parsley, if you like.

All Season Balancing Fruit Compote

A delicious recipe from the kitchen at the Maharishi Ayurveda Health Center Lancaster, MA, for balancing all the Doshas!

Here is a dish that is quick and easy to prepare, and can be served for a breakfast treat, for a heart-healthy snack, or for delicious naturally low cholesterol dessert. Fruit compote is virtually fat free, full of flavor, and pleasing to all the senses! For Vata balancing, serve it warm on cooler fall days, or when the weather is hot, let it cool and serve at room temperature for a perfect Pitta balancing treat!

Choose fresh organic seasonal fruits that are readily available such as apples, plums, pears, peaches, bananas, cranberries and mangos.

1. Peel and cube 2 medium apples, one peach or nectarine, and one additional fruit such as a pear, plum or mango.
2. Place in a saucepan with ½ cup water on medium low heat. (*Note: High cooking temperatures break down vitamins and nutrients that are in the fruits.*)
3. Add a pinch of cardamom, a pinch of powdered ginger, a sprinkle of cinnamon, and 2 or 3 whole cloves (optional). *Note: A slice of fresh ginger root can be used instead of the powdered ginger.*
4. Simmer over medium low heat in a saucepan with ½ cup of water, stirring occasionally until tender. If water boils off before tender, add a dribble of hot or room temperature water while cooking.
5. Serve in individual dishes warm or at room temperature. Makes 4 half-cup servings.

Variations:

- a. Use only apples, pears and banana, to which a tablespoon of grated coconut can be added during cooking.
- b. Use apples and plums and add whole cranberries for a more chutney-like compote.

ENJOY!

Lancaster Butternut Squash with Cilantro Sauce

Peel and cube a medium Butternut Squash.

Two options for cooking the squash:

1. Toss butternut squash cubes or chunks with olive oil, salt and black pepper. Bake in 375° oven for about 20-30 minutes, or until tender.

OR

2. Steam butternut squash cubes until tender. Drain.

Cilantro Sauce:

In skillet, sauté in 1-2 Tbsp. olive oil: 1 cup cubed zucchini, ¼ cup chopped leeks, and black pepper, salt, and cumin powder, to taste.

Do not add water, cook until liquid from zucchini has evaporated.

Puree cooked zucchini mixture in a blender or food processor with 2 slices of fresh ginger, ¼ cup chopped cilantro and 1 Tbsp. olive oil.

If using steamed squash, add more salt to the sauce. If using baked squash, use less salt in sauce, because salt has already been added.

Serve with cilantro sauce drizzled over the cooked squash cubes.

Makes 4 servings.

Appendix 1

Maharishi Ayurveda Health Center Lancaster

Qualities and Characteristics of Vata, Pitta and Kapha

If you do not have access to a consultation with a physician trained in Maharishi Ayurveda, then information in this section may help you determine which Dosha is strongest or most imbalanced. This can help you choose the appropriate Ayurvedic massage oils, teas, seasonings and other products that are Dosha specific.

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

Lancaster

- 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



Appendix 2

Maharishi Ayurveda Instructions for DAILY SELF OIL MASSAGE Abhyanga

The purpose of Ayurvedic daily oil application is to promote the removal of physiological impurities from the body, and to lubricate and promote flexibility of the muscles, tissues, and joints. The classical texts of Ayurveda also indicate that daily oil massage promotes softness and luster of the skin as well as youthfulness. The following are some simple instructions to assist you in learning the Ayurvedic daily oil massage.

1. Unless specific oil has been recommended for you, sesame oil should be used. If you find sesame oil unsuitable in some way, you may also try olive oil or coconut oil as alternatives. To purify the massage oil, “cure” it by heating it to about 212 degrees Fahrenheit on a candy thermometer. We suggest curing one quart or liter of oil at one time, as this will cover about 15 massages. Alternatively, the oil for each day’s massage may be cured on a daily basis.

Note: Please be aware that sesame and other oils are flammable, for this reason they should be cured in the following way:

- Always heat oil on low heat, never on high heat.
 - Oil should never be heated unattended.
 - Once oil reaches the proper temperature, it should be removed from the heat and stored in a safe place to gradually cool.
2. Heat ¼ cup of cured oil to slightly above body temperature. Start by massaging the head. Place a small amount of oil on the fingertips and palms and begin to massage the scalp vigorously. The massage for the head and for the entire body should be with the open part of the hands rather than with the fingertips. Since the head is said to be one of the most important parts to be emphasized during Ayurvedic Daily Massage, spend proportionately more time on the head than you do on other parts of the body.
 3. Next, apply oil gently with the open part of the hands to your face and outer part of your ears. You do not need to massage these areas vigorously.
 4. Massage both the front and back of the neck, and the upper part of the spine. Continue to use your open hands, in a rubbing type of motion.
 5. You may now want to apply a small amount of oil to your entire body and then proceed with the massage to each area of the body. This will allow the oil to have maximum amount of time in contact with the body.
 6. Next massage your arms. The proper motion is back and forth over your long bones, and circular motion over your joints. Massage both arms, including the hands and fingers.

7. Now apply oil to the chest and abdomen. A very gentle circular motion should be used over your heart. Over the abdomen a gentle circular motion should also be used, following the bowel pattern from the right lower part of the abdomen, moving clockwise towards the left lower part of the abdomen.
8. Massage the back and spine. There will be some areas, which you may have difficulty reaching, but do the best you can.
9. Massage the legs. Like the arms, use a back and forth motion over the long bones and circular motion over the joints.
10. Lastly, massage the bottoms of the feet. The feet are also considered especially important, and proportionately more time should be spent here than other parts of the body. Use the open part of your hands and massage vigorously back and forth over the soles of the feet.
11. It is recommended that ideally after your oil massage you should leave the oil on the skin for 5-15 minutes before taking a warm tub bath or shower.
12. This completes the Ayurvedic Daily Massage. Ideally, about 10-20 minutes should be spent each morning on the massage. However, if this time is not available on a particular day, it is better to do as very brief massage than to skip the massage altogether. Once you have added the Ayurvedic Daily Massage into your daily routine, the benefits will make it quite natural for you to continue the massage on a permanent basis.
13. It is advised that women omit the Ayurvedic Daily Massage during the first 3 days of menstrual flow.
14. The Ayurvedic Daily Massage should be avoided when fever or chest congestion is present.

Appendix 3

Maharishi Ayurveda Health Center Lancaster

Additional References and Resources

Books:

The Answer to Cancer by Hari Sharma, M.D. (excellent overview of Maharishi Ayurveda)

Conquering Chronic Disease Through Maharishi Vedic Medicine by Kumuda Reddy, M.D. , Linda Egenes

Forever Healthy: An Introduction to Maharishi Ayurveda Health Care by Kumuda Reddy, M.D., Stan Kendz

The Ageless Woman: Natural Health & Beauty After Forty with Maharishi Ayurveda by N. Lonsdorf, M.D.

Golden Transition: Menopause Made Easy through Maharishi Vedic Medicine by Kumuda Reddy, M.D. and Janardhan Reddy, M.D.

Total Heart Health by Robert Schneider, M.D. (Fundamentals of the Vedic approach to health for longevity and heart health.)

Science of Being and Art of Living by Maharishi Mahesh Yogi

Transcendental Meditation (T.M.) by Robert Roth (introduction to the T.M. program)

Heaven's Banquet by Miriam Hospodar (Excellent Maharishi Ayurveda cookbook)

Web Sites:

www.lancasterhealth.com (Maharishi Ayurveda Health Center – in-residence Panchakarma facility)

www.doctorsontm.org (Excellent site for information about the health benefits of Maharishi Ayurveda)

www.MAPI.com Maharishi Ayurveda Products International (online catalog of Ayurveda products, health tips, newsletters, etc.) 800-255-8332

www.TM.org Broad spectrum overview of the Transcendental Meditation Program, benefits, & research

www.TMbusiness.org

Center for Leadership Performance offering the T.M. Program for business leaders and professionals

www.mgc-vastu.com

Principles of Vedic Architecture and City Planning for promotion of individual and collective health

www.mvoai.org

Maharishi Vedic Organic Agriculture Institute promoting Agriculture in accord with natural law for individual health and global sustainability

Conclusion

We hope this introductory guide to the fundamental principles and practices of Maharishi Ayurveda for prevention, rejuvenation and relief has been informative, and that it continues to provide inspiration as a resource and a practical guide for the many health-promoting approaches outlined within. We also hope that the information contained in this booklet will lead to continued enjoyment and unfolding of your optimal health and well-being.

We look forward to seeing you and serving you at the Maharishi Ayurveda Health Center in Lancaster, and to the opportunity to assist you in achieving your personal health and wellness goals. We hope you will call upon us if we can help answer any questions you may have. We invite you to visit our website for more information, and contact us if you would like to receive seasonal health-promoting tips, recipes, and messages from our Vaidya via our monthly e-newsletter.

With best wishes for your health, happiness and success,

All of the Staff and Management
Maharishi Ayurveda Health Center Lancaster, MA, USA



Prevention • Rejuvenation • Relief

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