



Science of Ayurveda I

Ayurvedic Education Series

Rudra Prasad

Copyrighted 2020 Ayurveda Holistics LLC.

Opening Prayer

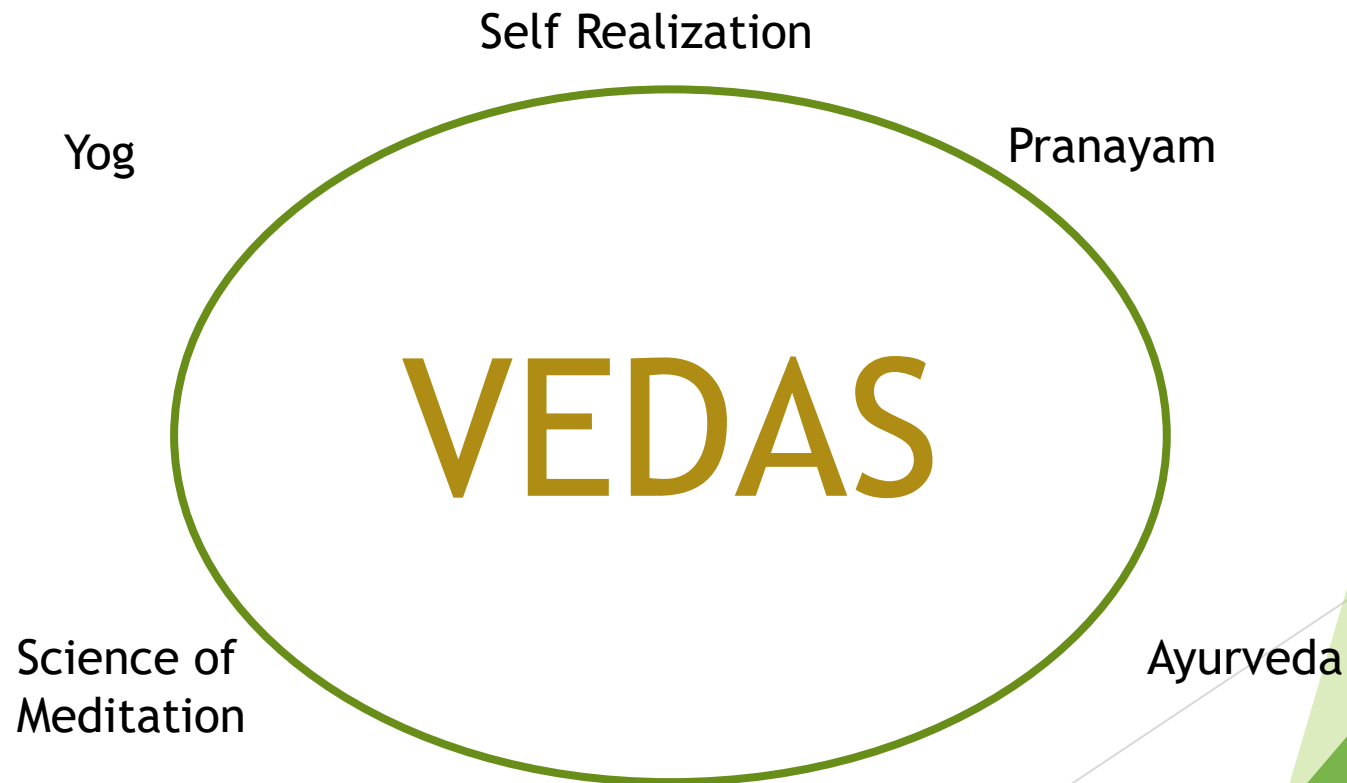
ॐ भूर्भुवस्वः। तत्सवितुर्वरेण्यम्। भर्गो देवस्य धीमहि। धियो
यो नः प्रचोदयात्

*Om Bhūr Bhuva~Swah', Tat savitur varenyam, Bhargo
devasya dhīmahi, Dhiyo yo nah prachodayāt*

We meditate on that most adored Supreme Lord,
the creator,
whose divine light illumines all physical, mental and
spiritual realms.
May this divine light illumine our intellect.

Rig Ved 3.62.10

Richness in Ancient Knowledge



What is this Ayurveda Science

- ▶ Merriam Webster
 - ▶ **Definition of Ayurveda.** : a form of alternative medicine that is the traditional system of medicine of India and seeks to treat and integrate body, mind, and spirit using a comprehensive holistic approach especially by emphasizing diet, herbal remedies, exercise, meditation, breathing, and physical therapy.
- ▶ More than 5000 years, worlds oldest medicine including surgery
- ▶ The body heals itself

The Bottom line, the Revelation or Punchline

- ▶ The body heals itself, but the growing conditions must be created, just as a plant grows through adequate sunlight, the best soil and nutrient source and water
- ▶ Similarly body has to be nourished properly

Footnote: This material primarily addresses cases of reasonable health with some imbalance

2nd Brain or GUT

- ▶ Mouth (Tongue, salivary glands), Esophagus, Stomach, Liver, Pancreas, Gallbladder, Small Intestine, Large Intestine, kidney, bladder, etc..
- ▶ Heart and Lung work to support the digestive function
- ▶ Very complex
- ▶ Suffers from overwork!

What's important to know

- ▶ Eat at regular times
- ▶ Large Meal at Lunch
- ▶ Chew
- ▶ Movement daily
- ▶ Food Fast 16 hours
- ▶ Do not drink too much while eating, at the same time plenty of water, other liquids
- ▶ Include plenty of greens and fruit - Bhajie, Ochro, Karela, Saijan, Mango, apple, berries
- ▶ Liquids - always warm
- ▶ Unless digestion is good, veg should always be cooked
- ▶ Reduce refined - white sugar, flour and rice
- ▶ Salt - Rock or Sea (Throw out your Iodized salt!)

Clean your system!

- ▶ Daily - Use regulators such as Triphala
- ▶ Monthly - Clean out with Senna or Castor
- ▶ Annually - Ayurvedic System of Panchakarma (Deep Clean!)
- ▶ Food can rot in the body (like in a garbage can)
- ▶ This is why fresh and organic is best - Try to grow your own
- ▶ Start being more careful with what you put into your body
- ▶ Notice how we've gotten used to "sticky" man made or processed food, we as humans change the food that came from the earth
 - ▶ Sugar cane juice or raw product changed to white sugar
 - ▶ Wheat changed to white flour
 - ▶ Rice refined to give "polished" version

Immunity Booster - Basic Daily Inclusion of

- ▶ Lemon
- ▶ Garlic
- ▶ Green Tea
- ▶ Spinach
- ▶ Ginger
- ▶ Turmeric

Work hand in hand with Nature

- ▶ Practice non-violence (avoid the thought, word and action of harm to plants, animals, humans) - Avoid stepping on insects
- ▶ Practice listening to your body when pains etc.. arise
- ▶ Incorporate more veg and fruits
- ▶ Practice Dinacharya - exercise, clean up, pranayama
- ▶ Each morning
 - ▶ Lemon Juice - ½ Juice of lemon, 1 Tbs Honey, Glass Warm Water
 - ▶ Gentle bowel movement regulation, Drink 1 Tablespoon of this:
 - ▶ 1 Tsp Triphala
 - ▶ 1 Tsp Ginger Juice
 - ▶ 1 Tsp Honey



Science of Ayurveda II Medicinal Plants

Ayurvedic Education Series

Rudra Prasad

Copyrighted 2020 Ayurveda Holistics LLC.

OM DHANWANTREYA NAMAHA

ॐ सर्वे भवन्तु सुखिनः

सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु

मा कश्चिद्दुःखभाग्भवेत् ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah

Sarve Santu Niraamayaah |

Sarve Bhadraanni Pashyantu

Maa Kashcid-Duhkha-Bhaag-Bhavet |

Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, May All be Happy,
- 2: May All be Free from Illness.
- 3: May All See what is Auspicious,
- 4: May no one Suffer.
- 5: Om Peace, Peace, Peace.

Recap

- ▶ If you treat this body correctly such as through exercise, pranayama (deep breathing) and right eating, it will continually heal itself - for instance when exposed to a virus such Covid, it can have enough of the right antibodies to fight back.
- ▶ The body sustenance comes from the food we eat and the master brain that processes the food is our digestive system (the 2nd brain)
- ▶ Use often In the kitchen - Garlic, Ginger, Turmeric, Lemon, Spinach (Bhajie)
- ▶ Key plants or leaves - Neem, Saijan, Tulsi, Karela, and, Green leaves - spinach, methi, etc.

Curry Leaves

- ▶ Weight loss (Tea drank on empty stomach)
- ▶ Improve digestion - excellent flavor, you can use a few leaves in your food preparation
- ▶ Prevents Greying of Hair
- ▶ Lowers cholesterol
- ▶ Promotes eye health
- ▶ Leaf paste Heals wounds and burns

Neem (Sanskrit NEEMBA)

- ▶ Used in toothpaste
- ▶ Neem Leaf - Very Bitter but main benefit - Blood purifier, Diabetes, gum disease, fever disease, fever, eye disorders, skin ulcer
 - ▶ Antiseptic, Anti-Bacterial, Anti-Viral
 - ▶ Wound Healer
 - ▶ Excellent Liver helper (enhancing digestion)
 - ▶ Insect Bite
 - ▶ Insect repellent
- ▶ Neem Bark Powder
 - ▶ Used in toothpaste
 - ▶ Gums and Gingivitis

Moringa

- ▶ Entire Tree - Antioxidant - read Anti aging
- ▶ Pod - Hard outside, everything else edible including seeds
- ▶ Bark - Antibiotic
- ▶ Flowers - Edible! salad or cooked (mushroom taste)
- ▶ Leaves - Highly nutritious
 - ▶ Can be put in soups, dal etc.
 - ▶ Leaf powder used in shakes, cereals etc.
 - ▶ Healthy hair, detox, kidney stones

Bush Tea

- ▶ Soursop Leaf - Anti Cancer
- ▶ Guava Leaf - Diabetes management, Boost immunity
- ▶ Mango Leaf - Anti diabetic, Reduces diarrhea, Good for Gut
- ▶ Lemon Leaf - Nerve disorders like insomnia
- ▶ Karela Leaf - Liver and Bowel cleanse
- ▶ Lemon Grass - Regulate high blood pressure, heals cold and flu, improve digestion, reduce fever, Immunity booster
- ▶ Broadleaf Thyme - CHEST related issues like Cough, Cold, asthma, fever

ORAC Spices are Important

- ▶ **Oxygen Radical Absorbance Capacity**
- ▶ Natural Fruits and Vegetables, Spices such as:
- ▶ Clove, Cinnamon, Turmeric, Cumin, Ginger
- ▶ Also Coffee, Cocoa
- ▶ Herbs Parsley, Tulsi, Thyme
- ▶ *Extracts of Ginger, Tulsi, Turmeric have 10 times ORAC value

Appendix

Moringa (Saijan)

BENEFITS OF MORINGA

India's Natural Ayurvedic Uses moringa Leaves to prevent & Treat over 300 Diseases.

4x Vitamin A in Carrots

7x vitamin C in Oranges

4x Calcium in Milk

3x Potassium in Banana

3x vitamin E in Almonds

3x Iron in Spinach

Promotes Beautiful Skin

Stimulates Hair Growth

Anti-Ulcer

Normalizes Blood Sugar

Vision Improvement

Improves Digestion

Reduces Wrinkles/Age lines

Nutrition for Infants 6 months & older and Pregnant & Nursing Mothers

Liver Protection

Treats Urinary Disorders

Detoxification

Treats Kidney Stones & Headache

Increased mental Clarity

Improves Wound Healing

Reduces Risk of Cancer

Regulate chronic Constipation

Great for Joint Pains

