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## Ayurvedic Therapies & Western Modalities

All holistic therapies, whether Chinese Medicine or Ayurveda, Homeopathy or Naturopathy seem to agree on two things. First, body has the ability to heal itself. It just needs help!

Second, it is the root cause, not the symptoms that should be treated through herbs, medicines, lifestyle changes, bodywork, energy-work and so on. Most important, the individual should be treated as a whole. So, the therapies aim to help an individual mentally, emotionally, physically and spiritually. Here is an example of eastern Ayurvedic therapy that can compliment a western modality and work together to create amazing results.

### Shirodhara and Cranio Sacral

Ayurvedic Therapies like Shirodhara work on balancing the CNS (Central Nervous System) activate the cerebrospinal fluid also activates the forehead chakra. This treatment is helpful in creating new neuron pathways and helps in communication of muscles and the 'brain'. Hence, in India, Ayurvedic Clinical studies in Alzheimer and Parkinson's patients have been remarkable. The Shirodhara can be complimented by Cranio Sacral work, that, also works on the same principle. We believe it is more of an energy changing modality. By combining these modalities and energywork, amazing results can be achieved in Parkinson's disease.

### Abhyanga Oil Massage and Lymphatic Massage

Abhyanga or massage not only works on a physical level on the fascia, tissue but also affects the internal organs through massage of glands and soft works on an energetic level – energizing and balancing the chakras. Every individual is unique. So, Ayurvedic treatment, lets say, for joint pains, are different for each individual with same symptoms. These two modalities can be combined together beautifully. Lymphatic massage done before the Abhyanga and drainage of lymph nodes after the Abhyanga oil massage that works on physiological, energetic and bodies meridians can help heal chronic conditions .

*In the Photo above, the treatment shown is Elakizhi (also ilakizhi), a bolus bag massage with medicinal leaves . Effective in improving the strength of muscles, relieving body pain and helping diseases such as arthritis and paralysis. In this treatment, herbal leaves are applied to the whole body in bundles with hot medicated oils. The treatment is also known by the name Patrawedam. Ricinus, drum stick, tamarind and calotropis gigantea are among the herbal leaves used for the treatment. The leaves are fried together in neem or castor oil until a brown color is attained. Lemon pieces and coconut scapes are then added to it. All these are tied in cloth boluses and dipped in medicated oil to massage the body. When the process is complete, patient is given a bath in moderately hot water.*

# 3 Magical Ayurvedic Herbs!

## Triphala, Manjishta, and Neem

Some Ayurvedic Magic herbs that build immunity are listed below.

### Triphala

Triphala is used to promote appetite and digestion, increase the number of red blood cells, and aid in removal of undesirable fat in the body. When dissolved in the mouth, Triphala is used to clear congestion and headaches. Other claimed benefits include helping maintain normal blood sugar levels, as well as improvement in skin tone and colour. The oil and herb we use

are according to the body constitution – Vata, Pitta or Kapha. This is the first difference. A person with Kapha.

**Manjishta:** Rubia Cordifolia or Manjishtha is a climbing plant found in Himalyan region or hilly areas of India.

Manjishtha is known as best blood-purifying herb in Ayurveda. It purifies the blood by removing toxins from blood, dissolving obstructions in blood flow and removing stagnant blood. It is alterative, anti-tumor, astringent,

deobstruent, diuretic, emmenagogue, hemostatic, lithotriptic in action and acts effective as an immune regulator. Manjishtha is at the same time bitter,

astringent and sweet in taste and heavy, dry and hot in effect thus it is a pacifier of both kapha and pitta.

Manjishtha is used in treatment of number of diseases like raised uric acid and gouty arthritis, glandular swellings, recurrent skin infections

and other diseases of the skin like pigmentation anomalies and leucoderma, gynecological problems, like white discharge and irregular menstruation. It is used in many herbal formulations also. It can be used both internally as medicine or externally as face pack. This herb is specially advisable in skin ailments such as pimples, acne, freckles and discoloration but it can also used for gaining luster or glow

of the skin.

Neem: Indian medical practitioners have made poultices from Neem leaves to cure skin diseases such as boils, ulcers, eczema, and ring worm. Pastes and extracts from Neem trees have also proven effective in treating various skin fungus conditions, including athlete's foot and lesions in the mouth and vagina. More serious

diseases such as chicken pox and small pox have been treated with Neem tree pastes; and even people suffering from herpes and hepatitis B viruses have obtained relief from Neem tree preparations.

Oil made from the Neem tree's fruit and seeds is light to dark brown in color and somewhat bitter tasting; almost like a combination of peanuts and garlic. The oil contains

### Recipe: Kapha Salad

Kapha body type is dominated by element Earth and Water. Hence, they tend to be water retentive and also hold more weight. They are also prone to cold, sinuses and cough. Hence a salad with vegetables that are natural expectorants, bitter, pungent or astringent works for them.

**Recipe - 2 Radishes (Astringent and pungent. Reduces 'cold'), Moong Sprouts (low calorie, high in protein), 1 carrot, Few Kale leaves, Baby Spinach leaves**

**Dressing: 1 tsp Sesame seeds (Black or white), 1 tsp Sesame oil (spraying), Pinch of Sea salt, Pinch of Black Pepper, White Pepper**

**Grate the radishes, carrot and mix them with sprouts. Spread the Kale and Spinach leaves on the salad plate and put the radish, carrot and mung sprout mixtures.**



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This FREE course is an Introduction to Ayurveda. By the end of this module, you will be able to list the history of Ayurveda in Chronological order, the various treatises, the philosophy behind it.

# Kirtan & Food Festival

Thank you for showing up and attending our first function as Ayurveda Yoga LLC on June 21<sup>st</sup>, 2009. Ecstatic Kirtan, meditation and beautiful Ayurvedic Food was theme of the day!

## Attention: Volunteers for Ayurvedic Body Constitution Analysis

We want to thank you for volunteering for Ayurvedic Body Constitution analysis, lifestyle coaching for our study.

The first lifestyle coaching session and cooking class will be held in end of July in Escondido.

For those of you, who would like to volunteer for a free holistic health analysis based on Ayurveda, please write to

[grooverm@ayurvedayogatraining.com](mailto:grooverm@ayurvedayogatraining.com)

