

**The Maharishi  
Ayurveda Approach  
to Healthy Daily  
Routine**

**The Raj Ayurveda  
Health Center**

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**Disclaimer:** The information in this booklet is not intended for use in the diagnosis, prevention or cure of any disease. The information in this booklet is given for educational purposes only and should not replace the advice of your physician. Before making any changes to your diet or exercise routine it is always wise to check with your own personal physician. This booklet does not take the place of a medical consultation and all recommendations should be checked with your health care provider to ensure suitability for you.

The statements in this booklet regarding products have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease. If you have any serious, acute or chronic health concern, please consult a trained health professional who can fully assess your needs and address them effectively.

## **Introduction**

Our behavioral patterns of eating, sleeping, work, rest and rejuvenation determine whether we have good health or start to face a wide a variety of disorders as we age.

Health is a choice. However, choice is only powerful if we have the option of choosing right over wrong. This booklet is designed to provide you with the knowledge to enable you to choose behaviors in each major area of daily living that will help you develop the highest possible state of health now and into the future.

The knowledge you receive in this booklet is based on Maharishi Ayur-Veda, the world's oldest and most comprehensive system of natural health.

Too many times as health deteriorates the energy and will to make changes in behavior also is reduced, creating a downward spiral in health. The knowledge in this booklet allows each participant to experience an upward spiral in health. As you make positive changes in behavior, you should notice positive changes in health thus encouraging you to make more positive changes in behavior.

### **Introduction to Maharishi Ayur-Veda**

The easiest way to understand the unique approach of Maharishi Ayur-Veda is to review the description of nature from modern physics.

Physics tells us the world exists in layers. The surface levels of nature behave like particles and are the domain of classical physics. The deeper, subtler levels of nature behave like wave patterns in fields and are the domain of quantum physics.

Modern medicine is a health care system based on an analysis of health from the molecular level in classical physics. Maharishi Ayur-Veda is a health care system based on an analysis of health from the deepest quantum mechanical level in nature, the Unified Field.

## **Vata, Pitta and Kapha: The Three Doshas**

The Vedic Rishis described three fundamental fields that are the first expressions of the Unified Field. These fields orchestrate the functioning of the entire physiology on grosser, more manifest levels. Vedic science calls these first three fields (or doshas) **Vata**, **Pitta** and **Kapha** and gives detailed descriptions of their structure and activity within the body.

In the introduction we saw that Vata, Pitta and Kapha, the three doshas, were the first expressions of the Unified Field. They are located at the deepest quantum mechanical level of nature's functioning. Vata, Pitta and Kapha are subtle but powerful fields that create the structure and function of the physical world including the human body.

Maharishi Ayur-Veda diagnoses and treats imbalances that are present in Vata, Pitta, Kapha and their subdivisions. Imbalance in the doshas is imbalance in the body's inner intelligence responsible for proper functioning of all the grosser, more material aspects of the physiology. Treating Vata, Pitta and Kapha imbalances is equivalent to enlivening the body's natural healing, balancing and self-repair processes.

From this perspective we can see the primary role that Vata, Pitta and Kapha play in Maharishi Ayur-Veda. Ayurvedic diagnosis is not a diagnosis of disorder in the material level of cells and tissues but an assessment of balance in Vata, Pitta and Kapha. Ayurvedic treatment does not take something from the outside like drugs or surgery to attack the disease. Rather its purpose is to restore the proper functioning of these divisions of biological intelligence so that true healing may occur from within.

### **Basic Functions of Vata, Pitta and Kapha**

Following is the basic information regarding, functions, qualities and characteristics of Vata, Pitta and Kapha.

**Vata** governs bodily functions concerned with movement. Vata is especially involved in the movement of electrical activity up and down the nerves and therefore has a major function in the nervous system and brain. The flow of food through the digestive tract and the circulation also are controlled by the function of Vata.

**Pitta** governs bodily functions concerned with heat, metabolism and energy production. Pitta's main activities are to control the chemical transformation processes associated with digestion and metabolism.

**Kapha** governs bodily functions concerned with physical structure and fluid balance. It is mainly concerned with fluid balance and the buildup of the gross structure of the body including fat, tissues and muscles.

These three types of processes can be seen at the basis of any system in nature. For example, think of a car. It has moving wheels and parts that would be like the "Vata" function. It has an internal combustion engine that creates chemical transformations to turn gasoline into heat and energy to power the car. This is like the "Pitta" function. The car also has a chassis that provides the overall structure for the vehicle. This is like the "Kapha" function.

Food is evaluated for its strength and balance of Vata, Pitta and Kapha. For example, an apple is high in Vata quality, hot pungent spices have strong Pitta activity, and heavy desserts and sweets are high in Kapha.

Behavior is analyzed for its influence on the Vata, Pitta and Kapha fields. For example, staying up late at night increases and disturbs Vata. Eating a large meal late in the evening aggravates Kapha. Exercising in the hot sun can aggravate Pitta.

This Vedic perspective of health is effective because it is rooted in the deepest quantum mechanical reality of nature's functioning. The classical level of molecules that modern medicine deals with is very superficial compared to the quantum mechanical world from which Vedic Science functions.

### **Vedic Science, Ayurveda and Maharishi Vedic Health**

Ayurveda is the natural system of health care based on Vedic Science. However, Vedic Science contains many other disciplines within it that also can positively influence health. Maharishi Vedic Health contains not only the knowledge of Ayur-Veda but includes healing modalities from many other disciplines of Vedic Science as well.

Maharishi Vedic Health and Maharishi Ayur-Veda<sup>SM</sup> have the word Maharishi as a qualifier to distinguish them as the revival of the complete and authentic practice of Vedic health and differentiate them from the many incomplete and diluted interpretations of Ayurveda and Vedic knowledge that are found in the world.

In this context the word Maharishi means authentic. A true modern-day Vedic Rishi, Maharishi Mahesh Yogi, founder of the Transcendental Meditation program has revived the proper understanding and practice of the various disciplines of Vedic Science. Maharishi Vedic Health, Maharishi Ayur-Veda and the Maharishi Vedic Approach to Health<sup>SM</sup> bear his name to verify these systems as being complete and revivals of the authentic knowledge and practice of Vedic Science.

With this background you are prepared to gain the most from the practical recommendations in this booklet and the theoretical discussions which accompany them.

## Daily Routine

The environment and physiology have many natural cycles and rhythms that should be taken into account in our daily patterns of living. The basis of Ayurvedic daily routine is the fact that Vata, Pitta and Kapha, and the functions they control, become more enlivened at different times of the day. Following are the times when Vata, Pitta and Kapha and their corresponding physiological functions are most active.

<b>2:00 AM to 6:00 AM</b>	Vata active	Awake before 6:00 AM Good for meditation
<b>6:00 AM to 10:AM</b>	Kapha active	Good for exercise Avoid sleeping into this period
<b>10:00 AM to 2:00 PM</b>	Pitta active	Digestion is strongest Largest meal at lunch (12:30)
<b>2:00 PM to 6:00 PM</b>	Vata active	Tendency for tiredness Herbal tea & spices in water or milk Rejuvenate with meditation
<b>6:00 PM to 10:00 PM</b>	Kapha active	Evening walk To bed before 10 PM
<b>10:00 PM to 2:00 AM</b>	Pitta active	Metabolic housecleaning strong Sleep for best purification

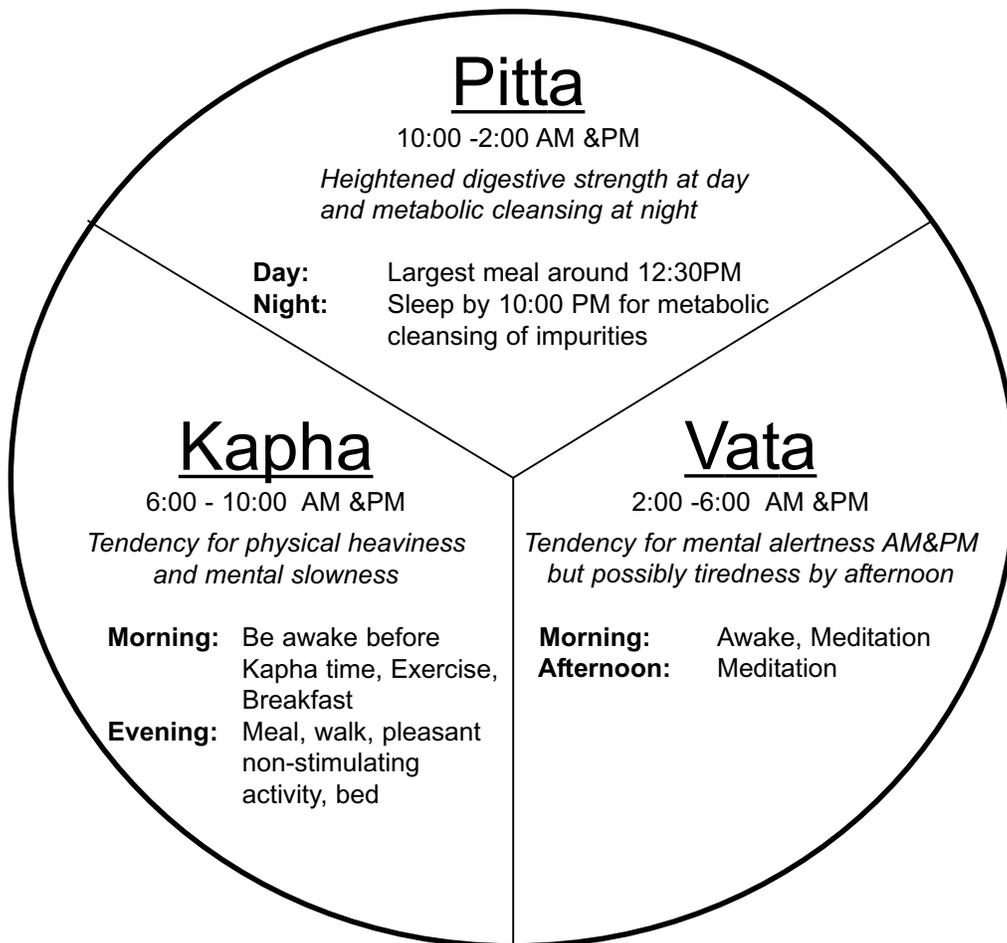
The goal is to perform specific behaviors when nature's rhythms are most supportive of that activity. Eat the largest meal of the day when digestion is strongest. Go to sleep at the time of day that supports sleep and biological cleansing. Awake and meditate when we will have greatest mental clarity.

Disregarding the laws of nature leads to illness while living in accord with natural law brings the full support of the evolutionary power of nature which is at the basis of the growth and development of all living things. The ideal daily routine described here is an operating manual for how to live life in accord with natural law and keep the human mind/body system functioning efficiently with the least amount of wear and tear.

From this deepest perspective, an ideal daily routine is not just for prevention of disease but also the path to the enfoldment of full human potential and development of the highest state of consciousness.

Following is a chart that sequentially describes an ideal daily routine from morning through evening. It is important to know what ideal behavior is and to have a clear vision of the goal even if we are not able to achieve it perfectly right away. As understanding of daily routine grows over time people find that it becomes easier and easier to move in the direction of an ideal daily routine.

# Doshas and times of day



## **Ideal Daily Routine Description**

### ***To Bed by 10:00 PM - The Day Starts the Evening Before!***

#### **Morning**

Arise before 6 AM  
Evacuate bowels and bladder  
Clean teeth, scrape tongue  
Abhyanga - oil massage  
Bath or shower  
Sun salutations and/or asanas and Pranayama  
Transcendental Meditation technique  
Exercise  
Wear clean, comfortable, natural fabric clothing  
Light breakfast followed by morning work or study

#### **Afternoon**

Warm cooked lunch with all six tastes  
Rest for 10 minutes after eating followed by a brief walk  
Afternoon work or study  
Sun salutations and/or asanas and Pranayama  
Transcendental Meditation technique

#### **Evening**

Early, light evening meal  
Rest for 10 minutes after eating followed by a brief walk  
Pleasant, relaxing activity  
To bed before 10 PM with natural fabric clothing and bedding

#### **Daily**

Proper diet and eating behavior  
Take Amrit Kalash Rasayanas AM & PM

### **The day starts the night before**

Every organism in nature has a rest cycle. This is the time the energy and attention of the organism is freed from being involved in outer activity and can focus on internal balancing and healing. Making the most of this healing time is the foundation of good health. If this regeneration period is disturbed, imbalance and sickness result.

According to Ayur-Veda 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 if we go to bed in Kapha time (before 10:00 PM). 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 are situations where we are awake 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.

## **Morning Routine**

### **Awake before 6 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 toxin buildup that is occurring during the evening.

### **Ayurvedic herbalized oil massage: Abhyanga**

Daily morning Ayurvedic oil massage is one of the most powerful rejuvenation regimens one can add to their daily routine.

The motion and pressure of the massage create heat and friction and help to loosen up impurities, improve circulation and enliven the body. The quality of the oil is also important as it is being massaged into the entire surface area of the body and is being absorbed. The proper oils and herbs create a cleansing and nourishing influence throughout the body and help keep the skin youthful and supple.

Ayurvedic oil massage is especially good at removing Vata imbalance that causes weakness and fatigue. Most people report feeling much stronger, smoother, and balanced throughout the day as a result of their morning abhyanga.

Ideally a health trained in Maharishi Ayur-Veda should do a diagnosis of balance and imbalance to recommend the most appropriate herbalized oil for you.

### **Asanas and/or sun salutations**

After the bath or shower it is highly recommended to go through a three-part sequence of practicing Yoga asanas, pranayama and eyes closed meditation (we highly recommend the Transcendental Meditation (TM<sup>®</sup>) technique). Although each of these practices is valuable alone, when used in this sequence each step prepares you to gain even greater effects from the following ones.

Asanas and sun salutations 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 helps reconnect the physiology with its inner intelligence. Wherever there is stiffness or hardness in the body it indicates that part of the body is losing contact with 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 asanas and sun salutations is a vital pillar of good health.

Yoga asanas postures are also excellent for this but should be learned from qualified instructors for proper technique and the correct sequence of postures. Maharishi Vedic Schools and Maharishi Vedic Health Centers can be found in many major cities and teach excellent courses in Yoga asanas. Call **1-888-Learn-TM** or connect to **www.tm.org** for the local center near you.

### **Pranayama (Ayurvedic breathing exercises)**

Pranayama is practiced after asanas or sun salutations. Pranayama further purifies and refines the functioning of the body and also helps remove dullness and fatigue. The best source of pranayama instruction is through Maharishi Vedic Schools and Maharishi Vedic Health Centers. Qualified instructors of the TM technique can also instruct you in the proper practice of pranayama after TM instruction.

Asanas and pranayama sequentially remove surface fatigue and tension thereby preparing the mind and body to gain the most from the meditation period.

### **Eyes closed meditation (ideally the TM technique)**

We respect the fact that many individuals are already practicing some type of eyes closed meditation daily. However, we highly recommend the TM 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.

**Maharishi Ayur-Veda describes the twice-daily practice of the TM technique as the single most powerful healing recommendation available.** The TM technique has more scientific validation of health improvements than any other mental technique studied by science. During the 20 minute TM practice the body goes into a state of deep rest in which there is more orderly brain functioning and increased mental awareness. Regular TM practice helps the body throw off deep stress and fatigue, improves mental functioning and is an ideal preparation for the activity of the day. The TM technique is also a very powerful means to develop higher states of consciousness and the full health potential of the physiology. For more information go to:

**www.tm.org** or **call 888-Learn-TM** to be connected to the center closest to you.

## **Exercise**

Exercise helps cleanse the body, improves circulation and increases mind-body coordination. Exercise is recommended daily in the morning when the sun is rising and the air is cool and fresh. Exercise plays an important role in maintaining health. Exercise increases circulation and helps remove 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. Exercise is a key procedure for helping the body's natural internal cleansing processes.

Exercise increases mind-body coordination. 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.

## **Instructions**

- **Quantity:** 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.

## **General Points:**

- 1) **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.

- 2) **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, because of 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 Ayur-Vedic 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:** Consult experienced instructors for proper practice of asanas and pranayama. We recommend Maharishi Vedic Schools and Maharishi Vedic Health Centers in your areas for instruction. Connect to [www.tm.org](http://www.tm.org) or call **1-888-Learn-TM** for location of a center near you.

### **Natural fabric clothing**

Maharishi Ayur-Veda 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. It is strongly recommend that people do not wear polyester clothes of any kind.

### **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 mixed 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.

## **Afternoon Routine**

### **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.

### **Asanas, pranayama and meditation (TM practice)**

After work, but some time before the evening meal, it is again recommended to go through the three-part sequence of asanas, pranayama, and the TM technique. By investing in this after-work rejuvenation period to remove accumulated stress, to develop consciousness and to increase mind-body coordination, we have a much better chance to grow healthier day by day instead of becoming more tired and imbalanced as time goes on.

## **Evening Routine**

### **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 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.

## **Additional Daily Routine Recommendations**

### **Drinking warm or room temperature water throughout the day**

Most everyone can benefit from drinking water frequently throughout the day. This provides a daily cleansing of the digestive tract. It also keeps the channels of circulation open and helps the body eliminate impurities.

### **Maharishi Amrit Kalash<sup>®</sup> Rasayana**

Rasayanas are Ayurvedic herbal preparations that have general, overall balancing and nourishing effects for people of all constitutions. Maharishi Amrit Kalash is the premiere rasayana in Maharishi Ayur-Veda. Scientific research has found Maharishi Amrit Kalash to be exceptionally high in antioxidant and free radical scavenging activity. It has 1000 times the antioxidant property that vitamin C or E has. The Amrit Kalash rasayanas are usually taken twice a day, morning and evening. These herbal compounds are available through The Raj Herbery (see enclosed products catalog for details).

## **Seasonal Routines**

### **Diet and the Seasons**

#### **1. 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.)

#### **2. 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.

#### **3. 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.

## **Seasonal MAHARISHI REJUVENATION Therapy**

After the body has been functioning for 4 months in the specific climatic conditions of any of the seasons it builds up the toxins and impurities that come from functioning in that particular climate. 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 Ayur-Veda recommends cleansing the body of accumulated toxins and blockages at the change of seasons. Seasonal Maharishi Rejuvenation Therapy every four months helps prevent these impurities from accumulating in large quantities and hardening in the tissues.

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 100,00 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 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.

## Appendix 1

### Qualities and Characteristics of Vata, Pitta and Kapha

If you do not have access to a consultation with a physician trained in Maharishi Vedic Medicine, then information in this section can be used to 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
- 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

### How the Food Tastes Affect Vata, Pitta and Kapha

<b>Sweet, Sour, Salty</b>	Increases Kapha	Decreases Vata
<b>Pungent, Bitter, Astringent</b>	Increases Vata	Decreases Kapha
<b>Pungent, Sour, Salty</b>	Increases Pitta	
<b>Sweet, Bitter, Astringent</b>	Decreases Pitta	

### How Food Qualities Affect Vata, Pitta and Kapha

<b>Heavy</b>	Increases Kapha	Decreases Vata
<b>Cold</b>	Increases Vata and Kapha	Decreases Pitta
<b>Oily</b>	Increases Kapha	Decreases Vata
<b>Light</b>	Increases Vata	Decreases Kapha
<b>Hot</b>	Increases Pitta	Decreases Vata and Kapha
<b>Dry</b>	Increases Vata	Decreases Kapha

### Choosing Your Herbalized Massage Oils

The “Herbal Massage Oil” formulations can be chosen on the basis of the strength of imbalance in Vata, Pitta or Kapha according to the following chart. Simply choose the oil in the category in which you have the strongest **imbalance**. These oils are available by mail order from The Raj.

## Appendix 2

### Balanced Diet and The Six Tastes

Maharishi Ayur-Veda emphasizes the importance of a balanced diet and provides a simple system to achieve it. According to Ayur-Veda, all foods can be divided into six fundamental categories according to taste: **Sweet, sour, salty, pungent, bitter, astringent**. Each taste contains nutritional factors that the body needs for proper functioning. Ayur-Veda recommends that our diets include all six tastes. Ideally, lunch and dinner would both contain all six tastes.

Imbalance in the diet can be a major source of imbalance in the body. Each type of food has a different effect on Vata, Pitta and Kapha, as well as digestion, metabolism and tissue development. As a result, diets in which for months or years 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 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.

Following are the six tastes and some major foods within each category:

#### **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 especially dried fruits
- Cooked vegetables like potato, sweet potato, carrot, beetroot, cauliflower, string beans
- Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, 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, cabbage
- 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 including chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc.
- Mild spices such as turmeric, anise, cinnamon, and “fresh” herbs like oregano, thyme, mint, etc.
- Raw vegetables such as radish, onion, cauliflower

**Bitter:**

- Fruits such as olive, grapefruit
- Green leafy vegetables such as spinach, 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, peas (dahl)
- Vegetables including sprouts, lettuce, green leafy vegetables, most raw vegetables
- Fruits like pomegranate, berries, persimmon, cashews, most unripe fruits

**How the Tastes Affect Vata, Pitta and Kapha**

<b>Sweet, Sour, Salty</b>	Increases Kapha	Decreases Vata
<b>Pungent, Bitter, Astringent</b>	Increases Vata	Decreases Kapha
<b>Pungent, Sour, Salty</b>	Increases Pitta	
<b>Sweet, Bitter, Astringent</b>	Decreases Pitta	

**How Food Qualities Affect Vata, Pitta and Kapha**

<b>Heavy</b>	Increases Kapha	Decreases Vata
<b>Cold</b>	Increases Kapha and Vata	Decreases Pitta
<b>Oily</b>	Increases Kapha	Decreases Vata
<b>Light</b>	Increases Vata	Decreases Kapha
<b>Hot</b>	Increases Pitta	Decreases Vata and Kapha
<b>Dry</b>	Increases Vata	Decreases Kapha

The *Raj Recipe Book* contains much more detailed information on appropriate diets for different conditions.

## Appendix 3

### 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

#### A. 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.

##### 1. 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.
- **Eat organic food whenever possible. Strictly avoid genetically engineered or genetically modified food.**
- Do not use a microwave as it can aggravate Vata in the food.

## **B. 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.

## Appendix 4

### **MAHARISHI AYUR-VEDA Consultations**

In order to gain the vast body of knowledge that is **specific** to your individual physiology, it is necessary to see a health consultant trained in Maharishi Ayur-Veda. Your health consultant will then be able to more specifically target the imbalances within you and provide individualized recommendations for herbs, diet, and cleansing programs.

Call the Maharishi Vedic School (1-888-LearnTM) to locate a trained Ayurveda health expert in your area. Consultations are also available at The Raj, in Fairfield, Iowa. Call 1-800-248-9050 for information and to schedule an appointment.

### **Ayurvedic Determination of Imbalance Through Pulse Diagnosis**

Your Maharishi Ayurveda consultation will mainly focus on unique Ayurvedic methods to determine balance and imbalance within the physiology. This Ayurvedic assessment aims to determine the dosha imbalances in your physiology.

Ayurvedic assessment not only helps determine which dosha(s) is imbalanced but also the location of that imbalance in specific parts of the body. For example Vata may be disturbed in the brain region as a result of chronic mental stress, or the Vata that controls elimination and menstruation can be disturbed. These are very different types of Vata imbalance and will need different treatment regimens.

Ayurvedic pulse assessment is the main means by which a Maharishi Ayur-Veda trained consultant determines balance and imbalance. Because the circulation flows through every tissue and organ, the state of each tissue and organ subtly changes the pattern and shape of the pulse as it flows beneath the fingers of the expert. Proper training can allow the Ayurveda expert to read a deeply detailed story of your physiology from the taking of the pulse.

One of the main advantages of pulse diagnosis is that it can help determine the existence of imbalance that if left untreated could grow into a specific disorder. This early detection of imbalance plays an important role in preventing disease. Discussion of the Ayurvedic pulse assessment can often help individuals understand their symptoms clearly for the first time in their life.

### **Treating the Cause of Disease and Not Its Symptoms**

A Maharishi Ayur-Veda health consultation helps you receive a program that targets the true root imbalances of in your physiology. For example, several people may have headaches caused by completely different reasons. A modern medical doctor might give everyone the same painkiller, but the Ayurvedic approach would differ from person to person depending upon the dosha imbalances in your body.

## **Types of Recommendations**

A personal consultation will allow the ayurveda expert to individualize recommendations in many of the areas discussed in this booklet. Individualized consultations include the following recommendations:

- 1) Proper massage oil to use for abhyanga
- 2) Specific dietary information about foods to favor and foods to reduce or avoid
- 3) Special cleansing programs specific to your imbalances that can be done at home
- 4) Specific Yoga asanas and Yoga breathing techniques
- 5) Individualized behavioral and lifestyle recommendations
- 6) Individualized herbal recommendations

## Appendix 5

### MAHARISHI REJUVENATION Program at The Raj: Removing the Obstructions to Perfect Health

#### The Inner Intelligence at the Basis of the Healing Process

The Maharishi Rejuvenation program helps to restore the connection between the intelligence of the body and its material structure and function. It accomplishes this by eliminating the blockages in all the body's connecting points between its intelligence and matter levels.

#### **Ama: Blockages and Impurities in the Physiology**

Toxins, impurities and blockages in the channels of circulation and communication occur for many reasons, e.g., poor diet, poor digestion, poor elimination, environmental toxins, and mental and emotional stress. Maharishi Ayur-Veda describes **ama** as toxins that accumulate in the tissues and disturb proper biochemical function and the channels of circulation blocking the body's self-balancing feedback mechanisms. If these impurities remain in the physiology, over time they aggregate over time, become more toxic, more deeply imbed in tissues, and become the root cause of many diseases.

#### **Srotas: Channels of circulation, communication and elimination**

Srotas are the channels through which communication, nourishment and elimination occur in the body. There are srotas at all levels of physiological functioning from the microscopic pores in cells, to the finest capillaries, to the major channels of digestion and elimination. Each of these channels must be open for proper nourishment and cleansing of every level of human physiology.

The following examples describe how ama accumulation can be at the basis of various disorders.

- 1) **Arthritis:** When the ama starts to accumulate in the joints this can create an inflammatory and immune response that creates the symptoms of arthritis.
- 2) **Asthma:** If ama accumulates in the lungs and blocks its circulation, then the body can both accumulate more allergens and be more sensitized to those that accumulate.
- 3) **Cardiovascular disease:** Modern medicine describes how impurities block the cardiovascular system. When the accumulating impurities are high in free radicals, they become very reactive with the blood vessel walls and damage them.

#### **Home Cleansing Program**

MAHARISHI REJUVENATION Program starts with a home cleansing program that begins to loosen and remove impurities and helps to open the channels of elimination in preparation for the more intensive treatments received during the in-residence stay at The

Raj. The treatments at The Raj will be much smoother and more effective as a result of your home cleansing program.

When you go through MAHARISHI REJUVENATION Therapy at The Raj you will receive a series authentic Ayurvedic treatments performed by highly trained technicians using the purest Ayurvedic herbs and oils. (Men technicians treat men and women technicians treat women.)

### **Herbalized oil application**

The first treatment of the day is usually an Ayurvedic herbalized oil massage called *abhyanga*. The massage lasts 55 minutes during which two technicians are massaging the full body with special herbalized oils prescribed by your physician. The entire 55-minute massage is synchronized, with both technicians doing strokes in harmony, using specific strokes over different parts of the body to create the most cleansing and balancing effect.

The massage has two benefits:

- 1) The heat and friction of the motion of the massage help to loosen impurities and open up the channels of circulation.
- 2) The herbs that have been cured in the oil are carried by the oil into the tissue beds where they exert a powerful balancing, cleansing and nourishing influence. The herbalized oil also softens and opens the channels of elimination so toxins can be more easily removed from the body.

### **Heat Treatments**

The second treatment you usually receive is a heat treatment. Heat, like massage, helps to loosen up impurities, and open the channels of circulation and elimination so the body can more easily remove accumulated impurities. One of the heat treatments is an herbalized steam bath called *swedana* where special herbalized steam bathes the body, dissolves impurities and opens the channels of elimination.

Often people receive a heat treatment called *pizzichili*, where herbalized oil is gently poured over their entire body. The herbalized oils of this most luxurious treatment cleanse and nourish the entire physiology.

### **Cooling Treatment**

The *shirodhara* is an important treatment that has a cooling effect — the gentle pouring of herbalized oil back and forth across the forehead while the person is comfortably lying down with the eyes closed. This treatment is deeply relaxing to the mind and nervous system and is a great aid in restoring balance for those under continual mental or emotional strain and pressure.

### **Herbal Enema**

The third treatment of the day is a mild herbal enema or *basti*. Ayurvedic theory says that the massage and heat treatment move a lot of the impurities into the lower bowel area. It is important to administer the enema to properly complete the cleansing process.

## Conclusion and Best Wishes

The real strength of the Maharishi Ayur-Veda approach is not in its herbs, oils, diet and lifestyle recommendations. It is effective because it enlivens the intelligence of nature that permeates every fiber of the human physiology and is responsible for the tremendous balancing and self-repair ability of the body. Ayurvedic recommendations create the ideal mental, physical and behavioral environment for healing. It is through enlivening the innate intelligence at the basis of the healing response that Maharishi Vedic Ayur-Veda has been able to prevent disease and promote the highest level of human functioning for thousands of years.

This booklet condenses the essence of the general information in Maharishi Ayur-Veda that everyone can apply in his or her daily life. For those who wish to take more control of their health in their day-to-day life, this booklet can empower you to achieve this goal.

For many people the application of proper Ayurvedic daily routine will completely change the trends of time in their life. They can reverse a process where they were becoming increasingly more imbalanced and stressed day by day and replace it with the daily growth of improving health and vitality.

We hope that the information in this booklet becomes part of your life and is useful to you all of your life.

Wishing you perfect health.

The Raj

1-800-248-9050 ext. 445

[www.theraj.com](http://www.theraj.com)

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