



*Maharishi Ayurveda*  
*Knowledge of Life*

*Sachin Deshmukh*

[dr\\_sachin@Hotmail.com](mailto:dr_sachin@Hotmail.com)



## *A Book of Life....*

- Each one of us would have an easier life if we came on earth with a book that told us how to Live ....
- Which answered all of our questions about life and gave us all the support we needed in times of ups and downs....
- However, each one of us needs to find our own path and write our own book....
- Ayurveda and Yoga provides us the insights to write that book....
- Attending this session is the first step ....



## Hippocrates : 5<sup>th</sup> Century BC

- “ Let Food be your Medicine and Medicine not be your Food”
- “ Eating alone will not keep a Man Well; He must also take Exercise”
- Hippocrates
- Eat at Regular times. Our bodies, including our Digestive System functions well by Routine.
- It is amazing to see, “How good one feel by simply adopting this Practice, Irregularity of Diet creates Ill Health”
- Sushruta

Everyone in the world is doing their best to lead **Harmonious and Peaceful life not only with Longevity and also with quality of life!** Yoga and Ayurveda are becoming main stream sciences in modern world!

When one dives in this ocean of knowledge and time tested wisdom will really understand the applicability of these time tested heritage and principles in our daily lives.

**The beauty of Ayurveda is its long term and time tested heritage which is still useful and very practical.**

It is not ever changing and is still adaptable to changing trends in lifestyle, environment and other variable components of evolving human lives!

**•Ayurveda is an ancient Vedic system and its timeless wisdom can be used and applied our day-to-day life.**

•According to Ayurvedic Principles - every individual is

**a.Indivisible,**

**b.Undivided,**

**c.Complete, a total unique expression of cosmic consciousness.**

•We are individual, but we are not yet undivided because individual means total, and we are fragmented, broken up.

•Therefore, We tend to forget -who they really are and our Own True Nature..

• We also tend to forget

**d.Constitution -their Prakruti and**

**a.Vikruti, current state.**

**f.We eat and live according to our moods and our emotions which results in**

**a.Creation of an internal imbalance of Vata, Pitta, and Kapha which can express as or lead to psychosomatic conditions.**

•Vata, pitta, and kapha are the basic three organizations of the human body and they govern our unique psycho physiology.

•Our **unique nature** is **Prakruti and Prakruti** which is constantly bombarded by factors as

i.Seasonal changes,

ii.Dietary fluctuations,

iii.Emotional upsets,

iv.Job changes, and

v.Environmental influences.

vi.These variations cause the doshas to change and create a unique syndrome of imbalance known as **Vikruti**, the altered state of the dosha.

- Ayurvedic science is based on a great foundation of a
- I. Profound philosophy, and**
  - II. Practical clinical observation.**
  - III. It also has a unique therapeutic value, including**
    - 1. Panchkarma (Detoxification program),**
    - 2. Rasayanas (Rejuvenation program), and**
    - 3. Dincharya (Diet and Lifestyle program).**
    - 4. Ritucharya ( Tuning in Seasons)**
    - 5. In this sense, it is the science of longevity**

**Ayurveda has integral eight limbs just like Yoga..**

**( Ashtanga Ayurveda)**

**They are as follows :**

**1.Internal Medicine: Kaya Chikitsa**

**2.Surgery: Shalya Tantra**

**3.Ear, Nose, Throat and Eye Diseases: Shalakyā Tantra**

**4.Pediatrics: Kumarbhritya**

**5.Toxicology: Agada Tantra**

**6.Psychiatry: Bhuta Vidya**

**7.Rejuvenation: Rasayana**

**8.Vitality : Vajeekarana**



All these specialties are supported with the background and logic of following things :

## **1.: Five Elements :**

- **Air ( Vayu)**
- **Space or Ether**
- **Fire ( Agni)**
- **Water ( Jala)**
- **Earth ( Prithvi)**

## **2.Three Doshas : Three Body Humors or Constitutions**

- **Vata : Air and Space**
- **Pitta : Fire and Water**
- **Kapha : Water and Earth**

# **1.Seven Dhatus or Body Tissues**

2.Plasma and Lymph ( **Rasa**)

3.Blood ( **Rakta**)

4.Muscle and Flesh ( **Mamas**)

5.Fatty Tissue ( **Meda**)

6.Bones ( **Asthi**)

7.Bone Marrow ( **Majja**)

8.Reproductive Fluid ( **Shukra/Artava**)

**9.Three Malas : Excretory Products**

- **Urine**
- **Stools**
- **Sweat**

## **1.Trinity of -**

- **Mind**
- **Body**
- **Spirit**

## **2.Marma Theory**

### **1.Six tastes**

- **Sweet**
- **Sour**
- **Salty**
- **Pungent**
- **Bitter**
- **Astringent**

**3. Rejuvenation Ideas for Longevity and Improved Quality of Life :  
Panch Karma Detox : Massage, Steam, Shirodhara, Purgation, Food**



## Abraham Lincoln 1809-1865

- Do not worry
- Eat Three Square Meals per day
- Say your Prayers
- Be Courteous to your Creditors
- Keep your Digestion Good
- Exercise, Go Slow and Easy
- May be there are other things your Special case requires to make you Happy..
- But, My Friend, these I reckon will give you a Good Life!



## Vibrant Health :Niramaya

- He whose Doshas are in Balance
- Whose Appetite is Adequate
- Whose Tissues are functioning to Optimal
- Who has Regular Elimination
- Whose Mind, Body and Senses are in Harmony
- Is called to be in a Healthy State.
- Sushruta

## **Need for balance?**

- All of the complex factors that influence your health can be simplified to **three fundamental principles of nature** called
  - **Vata**
  - **Pitta** and
  - **Kapha.**
- These **three factors govern all the activities of your mind and body.**
  - **When they are in balance, health is optimal.**
- The main purpose of all Ayurvedic offering is to establish balance in these three Fundamental principles.



## *Health: Balance and Imbalance*

- **Every Individual's Constitution** is made up of a **Unique** combination of **Mind-body Types (Doshas)**
- This **Doshic Constitution** is called as **Prakriti** and describes the **Unique Nature** of the **Individual**
- In addition to **Prakriti**, we also have **Vikriti**, which are the **Imbalances** we want to address at any given time.



# *Three Doshas –Humors*

## Doshas

- **Vata, Pitta and Kapha**
  - are the three **Psycho-physiological**
  - **Ayurvedic principles** that **govern** all the **Activities** of the **Mind and Body**.
- An **Individual is in Optimal health** when **above principles** are in **perfect balance**.





## *Ayurvedic Insights : Doshas , Prakriti*

- **Prakriti** or the **Constitution (Individual Characteristic Personality)** is determined by the **three Doshas :Vata, Pitta and Kapha.**
- **Doshas** can be our **Guide** for
- **Maintaining Optimal, Individual Health : Daily & Seasonal Routines**
- To **Predict possible Imbalances** and to help
- **Create an Action plan** for
- **Permanent Removal** ( Shodhana) or **Palliation** ( Shamana) for the **Imbalances**
- These **Three Doshas can manifest in Three** possible ways :

**Three Doshas**  
(Ekadoshaj)  
**Vata Pitta Kapha**

**Dual- Dosha types** (Dwandwaj)

**One Blend of Three**  
(Tridosha/ SamaDosha)  
**Vata - Pitta – Kapha**

## Basic Functions

- ***Vata*** Governs bodily functions concerned with movement.
- ***Pitta*** Governs bodily functions concerned with heat, metabolism, and energy production.
- ***Kapha*** Governs bodily functions concerned with physical structure and fluid balance.

**2:00 AM to 6:00 AM** Vata active Awake before 6:00 AM  
Good for meditation

**6:00 AM to 10:AM** Kapha active Good for exercise  
Avoid sleeping into this period

**10:00 AM to 2:00 PM** Pitta active Digestion is strongest  
Largest meal at lunch (12:30)

**2:00 PM to 6:00 PM** Vata active Tendency for tiredness  
Herbal tea & spices in water or milk  
Rejuvenate with meditation

**6:00 PM to 10:00 PM** Kapha active Evening walk  
To bed before 10 PM

**10:00 PM to 2:00 AM** Pitta active Metabolic housecleaning strong  
Sleep for best purification

	Vata	Pitta	Kapha
<b>Basic Functions</b>	Governs bodily functions concerned with movement.	Governs bodily functions concerned with heat, metabolism, and energy production.	Governs bodily functions concerned with physical structure and fluid balance
<b>Qualities</b>	Moving, quick, light, cold, minute, rough, dry, leads the other doshas	Hot, sharp, light, acidic, slightly oily.	Heavy, oily, slow, cold, steady, solid, dull.
<b>Balance</b>	<ul style="list-style-type: none"> <li>• Mental alertness</li> <li>• Proper formation of body tissues</li> <li>• Normal elimination</li> <li>• Sound sleep</li> <li>• Strong immunity</li> <li>• Sense of exhilaration</li> </ul>	<ul style="list-style-type: none"> <li>• Normal heat and thirst mechanisms</li> <li>• Strong digestion</li> <li>• Lustrous complexion</li> <li>• Sharp intellect</li> <li>• Contentment</li> </ul>	<ul style="list-style-type: none"> <li>• Muscular strength</li> <li>• Vitality and stamina</li> <li>• Strong immunity</li> <li>• Stability of mind</li> <li>• Affection, generosity, courage, dignity</li> <li>• Healthy, normal joints</li> </ul>
<b>Imbalance</b>	<ul style="list-style-type: none"> <li>• Dry or rough skin</li> <li>• Insomnia</li> <li>• Constipation</li> <li>• Common fatigue (nonspecific cause)</li> <li>• Tension headaches</li> <li>• Intolerance of cold</li> <li>• Underweight</li> <li>• Anxiety, worry</li> </ul>	<ul style="list-style-type: none"> <li>• Rashes, skin inflammations</li> <li>• Heartburn</li> <li>• Visual problems</li> <li>• Premature graying, baldness</li> <li>• Hostility, irritability</li> <li>• Excessive body heat</li> </ul>	<ul style="list-style-type: none"> <li>• Oily skin</li> <li>• Slow digestion</li> <li>• Sinus congestion</li> <li>• Nasal allergies</li> <li>• Obesity</li> <li>• Lethargy, dullness</li> </ul>

# VATA

The energy of action, transportation,  
and movement.

Composition Ether + Air

Qualities Light, dry, cold, rough,  
subtle and mobile

## vata in balance

- energetic... vivacious
- learns easily
- clear & alert mind
- falls asleep easily at bedtime
- balanced digestion & elimination
- good circulation & even body temperature

## vata out of balance

- tired and/or fatigued
- forgetful, or "spaced out"
- lack of focus
- difficulty falling asleep
- occasional constipation
- poor circulation (cold feet & hands)
- feelings of anxiousness & worry

# PITTA

**The energy of transformation,  
conversion, and metabolism.**

**Composition Fire + Water**

**Qualities Light, hot, sharp, oily,  
mobile, liquid**

## **pitta in balance**

- perfectionist (type A personality)
- strong intellect
- strong digestion
- radiant, glowing skin
- sleeps through the night
- inner peace & happiness

## **pitta out of balance**

- controlling, fiery personality
- workaholic tendencies
- overheated, excess stomach acid
- skin rashes & acne
- interrupted sleep
- loose bowel movements

# KAPHA

The energy of construction,  
lubrication, and nourishment.

Composition Water + Earth

Qualities Heavy, cold, moist, dull,  
soft, sticky and static

## kapha in balance

- stable temperament
- good long-term memory
- healthy robust physiology
- strength & stamina
- compassionate & affectionate
- sound sleep

## kapha out of balance

- gains weight easily
- sluggish digestion
- prone to sinus & respiratory issues
- lethargy
- feelings of sadness
- difficulty waking up
- food cravings

# **I need to balance Vata**

- **I often feel restless, unsettled**
- **My sleep comes slowly or is easily interrupted**
  - **I tend to have dry, rough or thin skin**
  - **I'm easily fatigued or I am changeable and indecisive**
    - **I have a problem with forgetfulness**
      - **I tend to be constipated**
- **I feel anxious, and worry too much (unnecessarily)**
  - **I have low appetite and am underweight**
    - **I often have discomfort in my joints**
      - **I rarely go to bed before 10 PM**



# **I need to balance Pitta.**

- **I tend to be demanding or critical**
  - **I'm a perfectionist**
- **I'm often frustrated, intense or angry**
  - **I get very intolerant of delays**
- **I often have intense hunger or thirst**
  - **I have skin rashes**
- **I often have heartburn and excess stomach acid**
  - **I'm often irritable and impatient**
- **My hair is prematurely gray, or thinning early**
  - **I have loose bowel movements**
    - **(incompletely formed stools)**
- **I don't tolerate hot weather very well**

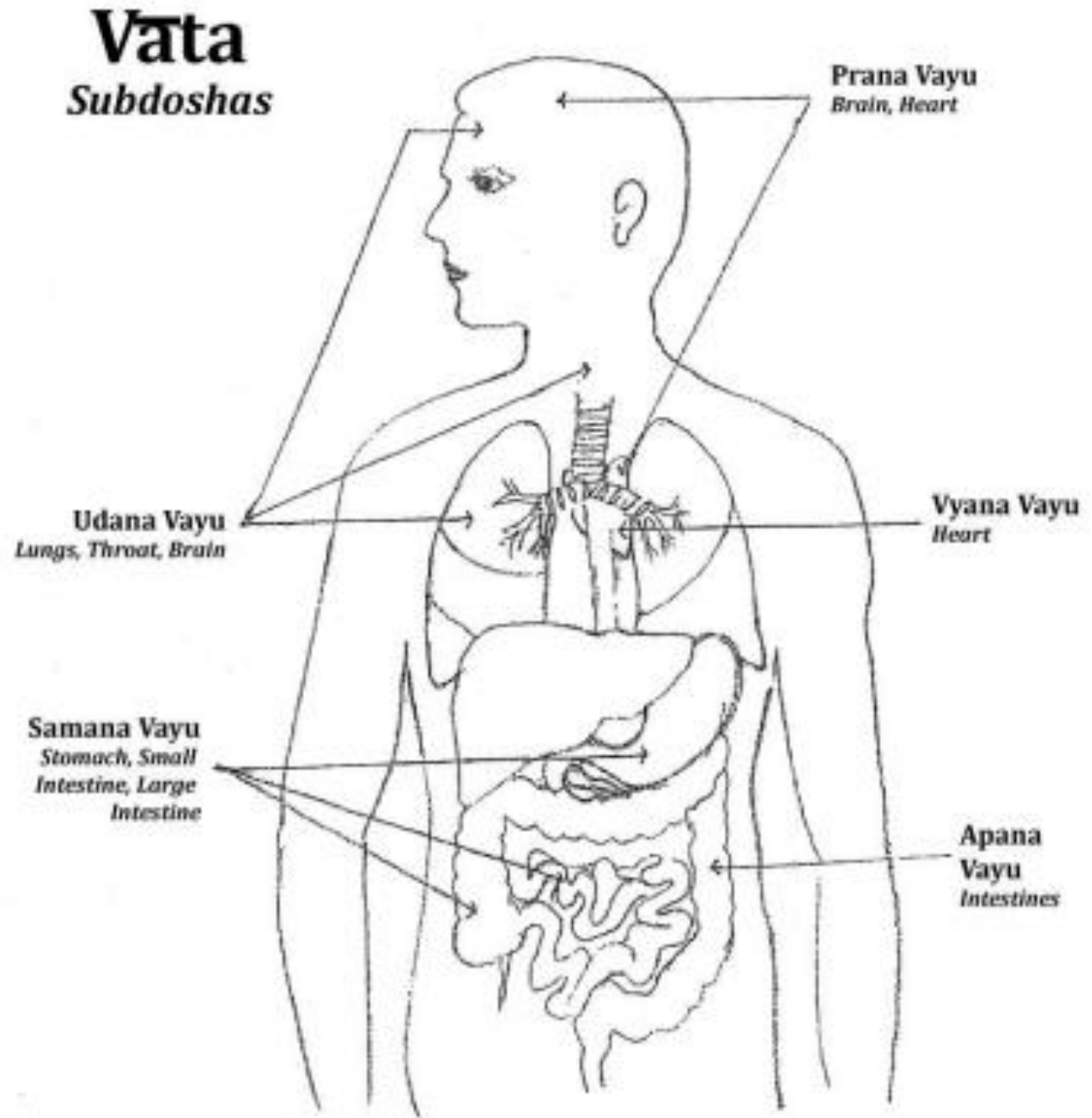
# **I need to balance Kapha.**

- **I often feel complacent or dull**
  - **My skin is oily**
  - **I tend to have slow digestion**
    - **I feel lethargic**
- **I frequently suffer from colds, flu or headaches**
- **I experience heaviness and water retention**
  - **I can be possessive, over-attached**
- **I am resistant to change and procrastinate**
  - **I tend to oversleep**
- **I can sleep long hours, yet wake up feeling unrefreshed**
  - **I'm overweight**

<b>Dosha</b>	<b>Vata in Balance</b>	<b>Vata in Imbalance</b>
<b>Prana</b>	Senses, Creative Thinking , Reasoning, Enthusiasm Leader of all 15 categories of Vata , Pitta and Kapha	Worries, Overactive Mind, Sleep Problems, Difficulty Breathing
<b>Udana</b>	Quality of Voice, Memory, Movements of thought	Dry coughs, Sore throats, Earaches, General Fatigue
<b>Samana</b>	Movement of food through GI tract	Slow or Rapid Digestion, Gas, Intestinal Cramps, Poor Assimilation, Weak Tissues
<b>Apana</b>	Elimination of Wastes, Sexual Function, Menstrual Cycle	Intestinal Cramps, Menstrual Problems, Lower Back Pain, Irregularity, Diarrhea, Constipation, Gas
<b>Vyana</b>	Blood flow, Heart Rhythm, Perspiration, Sense of touch	Dry or Rough Skin, Nervousness, Shakiness, Poor blood flow, Stress Related Problems

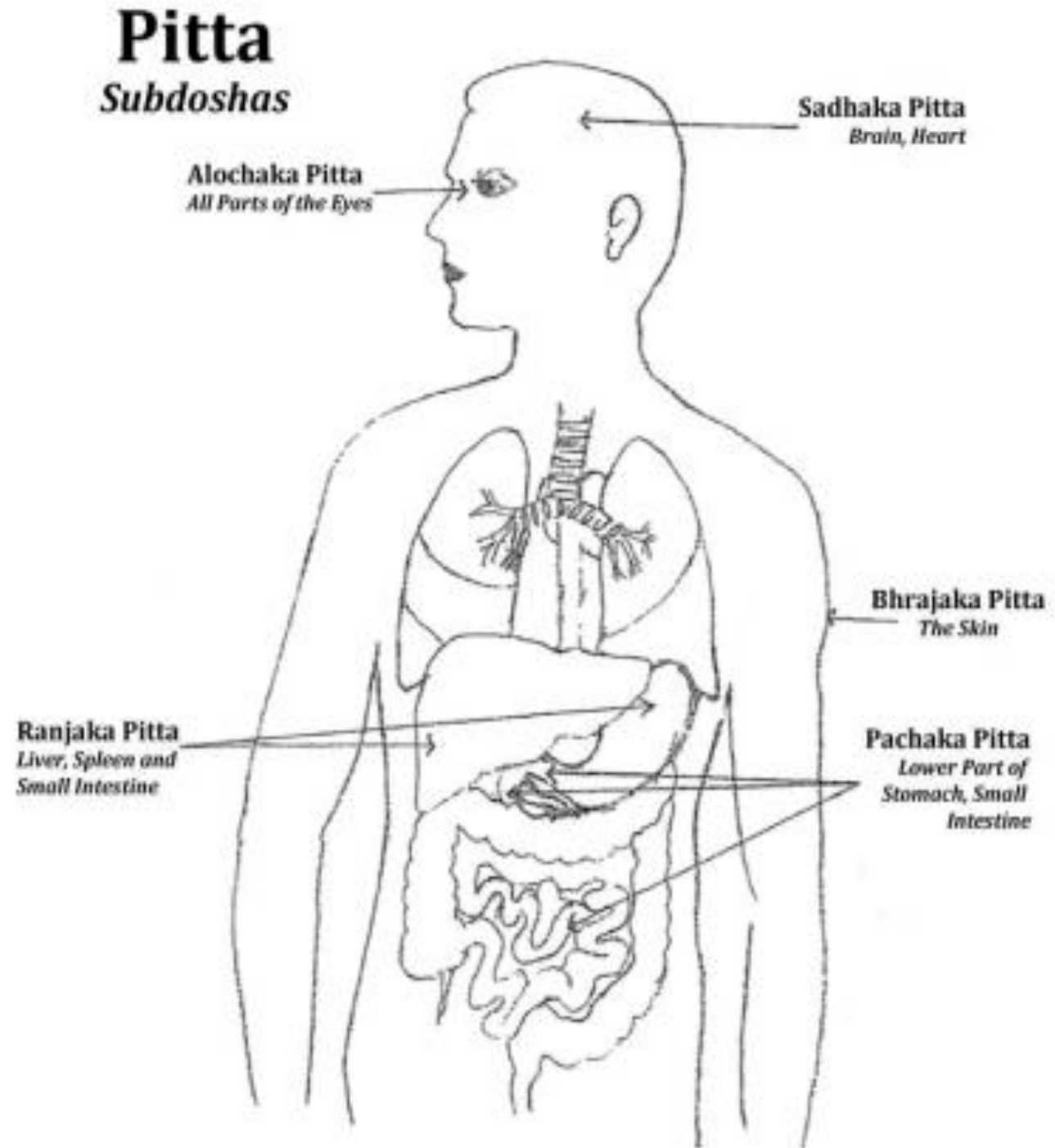
# The Subdoshas of Vata

- Prana Vayu
- Udana Vayu
- Samana Vayu
- Apana Vayu
- Vyana Vayu



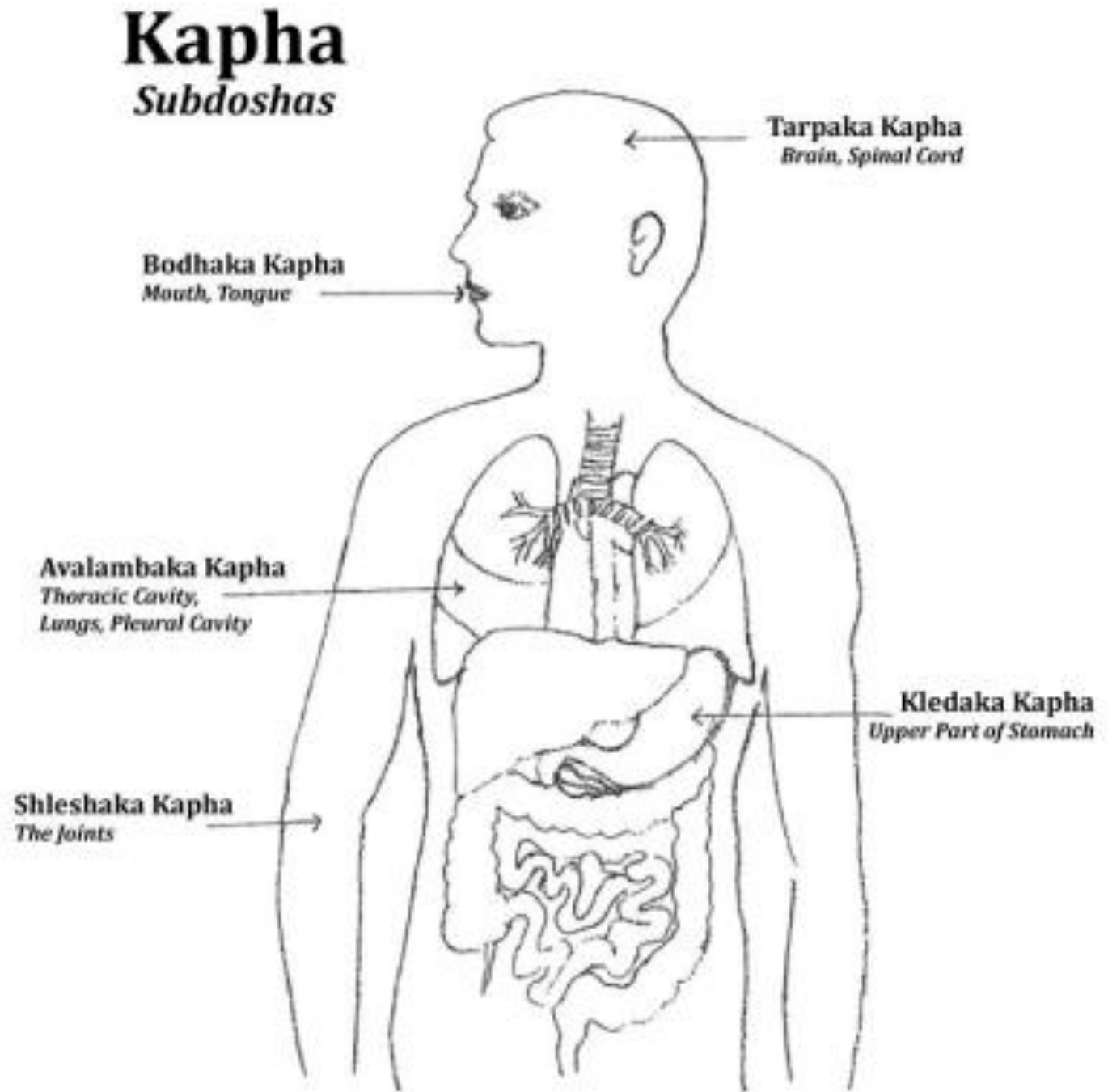
# The Subdoshas of Pitta

- Sadhaka pitta
- Alochaka pitta
- Ranjaka pitta
- Pachaka pitta
- Bhrajaka pitta



# The Subdoshas of Kapha

- Tarpaka kapha.
- Bodhaka kapha
- Avalambaka kapha
- Kledaka kapha
- Shleshaka kapha.



# Finding Your **Imbalances**

Finding Imbalances is a very thorough Process in Ayurveda which includes : Observations, Pulse, Tongue, Voice, Discharges etc..

- **Inferences** are used in two key areas to learn **Prakriti** – Individual *Essential Nature* as well as the *Nature of their Imbalance* or their **Vikriti**.
- In Maharishi Ayurveda, **One size does not fit All**.
- **Each Constitution is Different and has it's Own Unique Needs**
- From this **knowledge**, the Expert /Vaidya begins to explore **possible ways to Re-balance Mind and Body** including, **Lifestyle changes, Diets, Foods, Herbs, Activities, Meditation practices, Aromas** and many more
- The **Extent of the Imbalance determines the Type and Duration of the Modalities** used

“The great advantage of the Ayurvedic approach is to identify imbalances before they actually manifest as a disease.”

“This can allow the Ayurvedic practitioner to take remedial action and reverse the imbalances at an earlier stage of development, thus preventing the emergence of the full-blown disease.

### **Prevention is the Key**

Prevention has always been the first and major goal of Ayurveda. According to the most ancient Ayurvedic text, Charaka Samhita, only when the physician has failed in that first goal does he or she need to resort to the second goal—which is cure.



“How disease develops, the field called pathogenesis,  
Is an important area of Maharishi Ayurveda”.

“Maharishi Ayurveda identifies **six stages** in the  
development of disease.

In the **first two** of the six stages, **there are no  
symptoms.**

In the **third stage** there may be **vague, non-specific  
symptoms**, such as fatigue and general malaise, which  
become more pronounced in the **fourth stage.**

Only in the **fifth stage** do **symptoms manifest** that are  
**specific to a particular disease.”**

While conventional medicine uses valuable diagnostic tools to detect disease in an early stage, such as blood tests and X-rays, they are able to detect disease only after it has become physically manifest—for example, a small tumor or an elevated blood sugar.

According to Maharishi Ayurveda, this would be in the fourth or fifth stage of pathogenesis.

Maharishi Ayurveda aims to detect disease at an earlier stage, before it becomes clinically manifest, when the disease process is easier to reverse.

The second factor is the digestive toxins called **Ama**.

In Maharishi Ayurveda, it is understood that imbalanced digestion is almost always associated with chronic disease.

Ama is the product of imbalanced digestion, and is described as a sticky substance which can easily clog the microcirculatory channels of the body.

The disseminating dosha carries ama along with it, and the sticky ama becomes "stuck" at a site where the srotas are narrowed.

Then that sticky ama, together with the vitiated dosha, becomes a breeding ground for disease in that area.

For example, if Kapha dosha, which is heavy and cold, has accumulated and disseminated, it may localize, together with ama, in the channels of the head and neck.

In Stage Four, this will start to be experienced as a scratchy throat or a feeling of heaviness in the head.

# Vata

Keep a calming, regular routine.

Here are some tips:

- Go to bed early
- Eat meals at the same time every day
  - Have regular elimination
  - Keep warm in cold weather
  - Drink plenty of warm liquids
    - Avoid stimulants
- Favor **sweet, sour and salty** foods

# Pitta

Moderation and keeping cool is the key.

It's best for you to avoid:

- Excessive heat or exposure to the sun
  - Alcohol, smoking
  - Stressful deadlines
- Excessive activity or overwork
- **Avoid Spicy, sour or salty** food
  - skipping meals

# Kapha

Stimulation is the key for you.

To feel better:

- Avoid excessive rest and oversleeping
- Favor **spicy, bitter and astringent-tasting** foods
  - Get plenty of exercise
  - Seek out variety in life
- Don't eat too many heavy, oily foods
  - Keep warm in cold, wet weather

**Diet** is an important therapeutic modality of  
Maharishi Ayurveda.

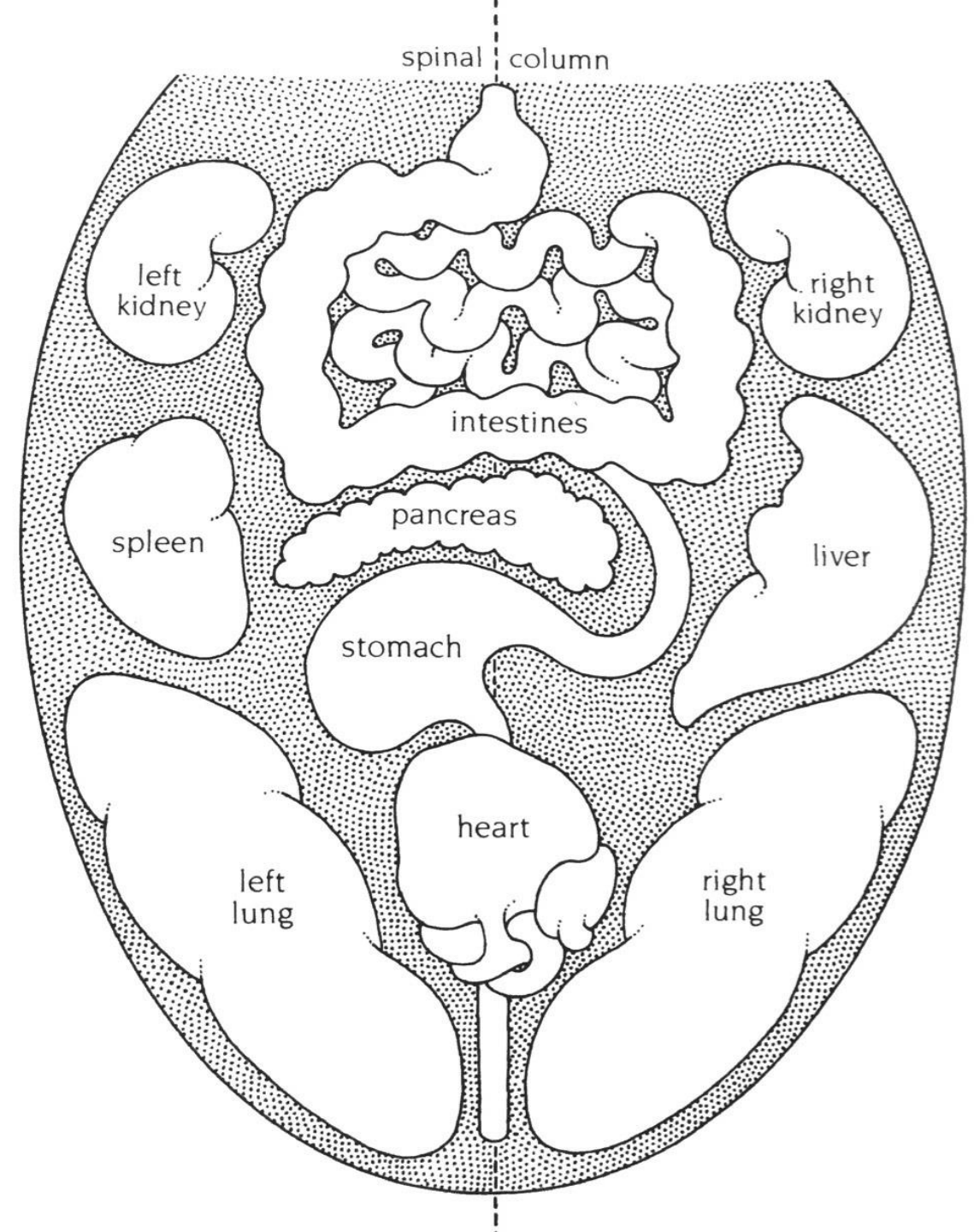
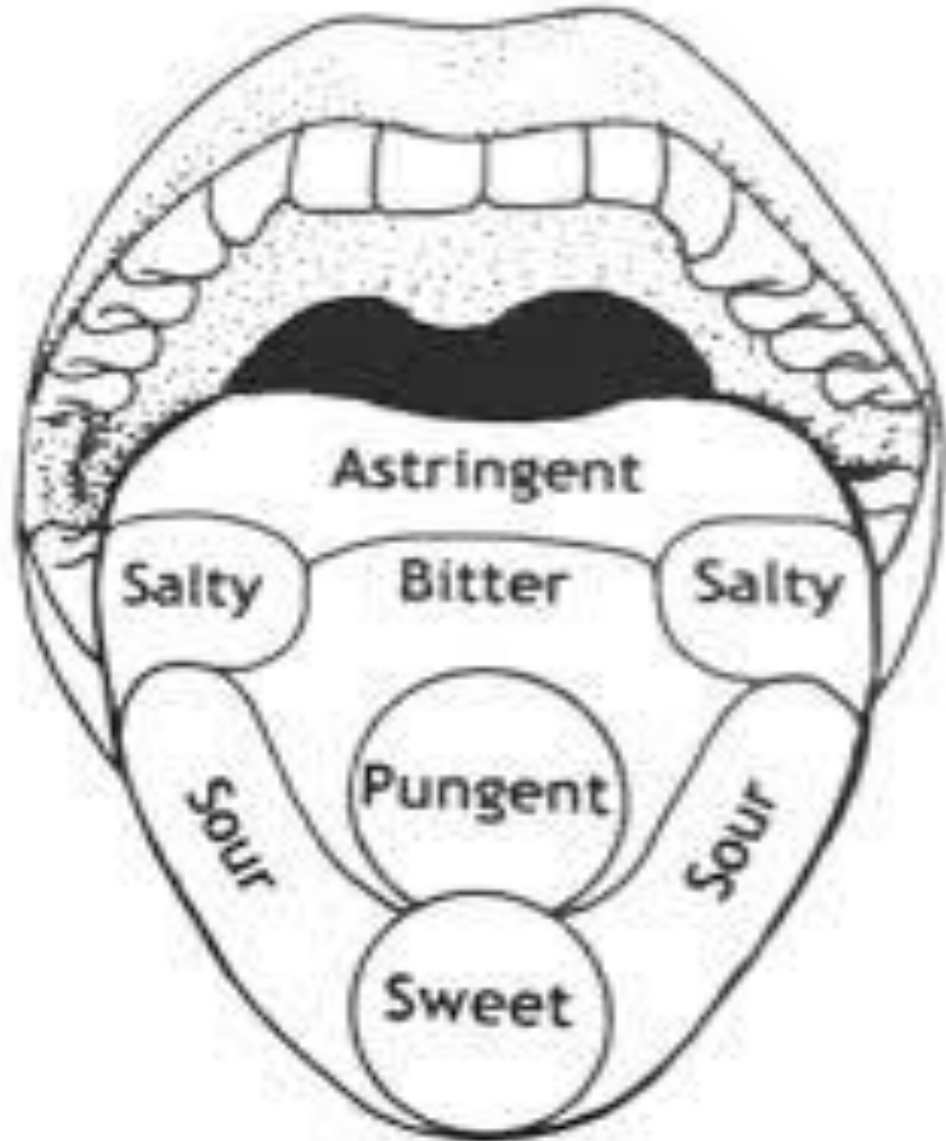
Like the other Maharishi Ayurveda approaches, **diet is tailored according to individual needs—based on the imbalances** that may be present in the **physiology and mind.**

Maharishi Ayurveda describes **six tastes**, which form the basis for a healthy diet.

Inherent **within each taste are certain properties of nature** that have an effect on Vata, Pitta and Kapha.

**Because each taste affects Vata, Pitta and Kapha differently, a balanced diet should include all six tastes in every meal—**or at least once every twenty-four hours

# Areas of Six Tastes on the Tongue





Besides giving guidelines for diet, Maharishi Ayurveda offers recommendations for improving digestion.

The strength of digestion is considered very important in Maharishi Ayurveda, as important as the food we eat.

This is because no matter how careful we might be in the selection of our food, if we cannot properly digest it, we cannot fully assimilate and utilize the nutrients contained in the food.

1. Eat in a settled and quiet atmosphere. Do not work, read or watch TV during meals. Always sit to eat.

2. Eat at approximately the same times each day.

3. Don't eat too quickly or too slowly.

4. Eat to about three-fourths of your capacity.

5. Do not leave the table hungry or very full.

6. Avoid taking a meal until the previous meal has been digested. Allow approximately three to six hours between meals, and do not eat unless you are hungry.

7. Water or juices are fine to sip during meals in moderation.

Milk, however, generally should not be taken with a full meal, as it is best not to mix milk with certain tastes

(especially salty tastes and sour tastes, such as yogurt, cheese and vinegar)

Milk also should not be mixed with meat or fish.

Milk may be taken with toast, cereals or sweet-tasting foods.

8. Avoid yogurt, cheese, cottage cheese and cultured buttermilk at night.

6. Do not eat heated or cooked honey.

9. Avoid ice-cold beverages or food, as they interfere with digestion.

10. Take a few minutes to sit quietly after eating.

# CREATING BALANCE THROUGH PROPER DAILY ROUTINE

One of the central themes of Maharishi Ayurveda is that the individual and nature are very closely connected.

Your body is like a finely-tuned clock that runs in synchrony with the cycles of nature.

There are **daily, monthly, seasonal and annual** cycles that **greatly influence** your **mind and body**.

In the daily routine, Maharishi Ayurveda gives detailed knowledge of which activity should be undertaken at what time of day so we can closely correlate our own individual biological rhythms with the daily rhythms of nature.

# Maharishi Ayurveda Daily Routine

## Morning

- Arise early in the morning.
- Evacuate bowels and bladder.
- Clean teeth. Clean tongue.
- Ayurvedic oil massage (Abhyanga).
- Shave and cut nails (as appropriate).
  - Gargle with sesame oil.
  - Bathe or shower.
- Transcendental Meditation program.
- Wear clean and comfortable dress suitable to the season and activity.
  - Eat a light breakfast (optional).
  - Work or study.

## **Afternoon**

For lunch, follow a Vata, Pitta or Kapha diet to suit your personal needs for balance.

- Ideally, eat your heaviest meal at lunch, when the digestive fire is strongest.
- Take a few minutes after eating to sit quietly.
  - Work or study.

**Transcendental Meditation©** program.

## **Evening**

For supper, follow a Vata, Pitta or Kapha diet to suit your personal needs for balance.

- Take a brief walk for ten to fifteen minutes.
  - Engage in pleasant, relaxing activity.
  - Early to bed.

## The ayurvedic oil massage (Abhyanga)

is an essential part of the daily routine. The ayurvedic massage is said to strengthen and balance the whole physiology, improve circulation and vitality, and rejuvenate the skin.

1. Use comfortably warm, cured sesame oil for your abhyanga (see directions below). Keep a portion of your cured sesame oil in a plastic flip-top bottle, and warm it each day by placing it in a larger container filled with hot water, or by holding it under hot tap water.
2. Apply a small amount of warm oil to your entire body and then proceed with the abhyanga to each area of the body. This will allow the oil to have maximum time of contact with the body.
3. Spend proportionately more time on your head and feet than on other parts of the body.
4. Massage your entire body with even pressure with the whole hand, including the palms, rather than just the fingertips.
5. Use circular motions over rounded areas (joints, head) and straight strokes over straight areas (neck, long bones). Apply moderate pressure over most of the body and light pressure over the abdomen and heart.
6. For maximum benefit, leave the oil on for five–fifteen minutes after massaging. Shaving and cutting the nails, etc. will allow you to keep the oil on longer.
7. Follow the oil massage with a ten- or fifteen-minute soak in a warm bath. A warm shower may be substituted.

## ***How to prepare sesame oil for Ayurvedic massage:***

Use unprocessed, chemical-free sesame oil. Before using the sesame oil, it's important to "cure," or purify, the oil by following these simple steps:

1. Heat the oil to 212°—about the boiling temperature of water.
2. To know when the oil is hot enough, use a cooking thermometer or if necessary you can simply add a single drop of water to the oil in the beginning
- 3.. When the water crackles or boils on top of the oil, you know it's time to remove the oil from the heat.
4. If you like, you can cure up to one quart of oil at a time.
5. This should be enough for at least two weeks.



## Three Levels : Stress Manifestation and Counterbalance

- **Mental : ( Misuse) Vata : Air & Space :**  
↑ **Relaxation** ↓ **Cold ( Prana)**
- **Emotional : ( Hurt) Pitta : Fire :**  
↑ **Soothing** ↓ **Heat ( Sadhaka)**
- **Physical : Kapha : Earth & Water :**  
↑ **Invigorating** ↓ **Inactivity**  
(Shleshaka Kapha, Vyana Vata, Tarpaka Kapha)

(Shleshaka Kapha :Lubrication of the joints, Skin Moisturizing/ Vyana Vata: which governs the Circulation, Nerve Impulses and the Sense of Touch, Tarpaka Kapha : Neuro humors)



# Handling Deep Stress with *Traditional Ayurvedic Herbal Formulations*

- Bacopa, Dwarf Morning Glory, Ashwagandha, Jatamansi, Pearl, Greater Galangal, Licorice, Indian Tinospora



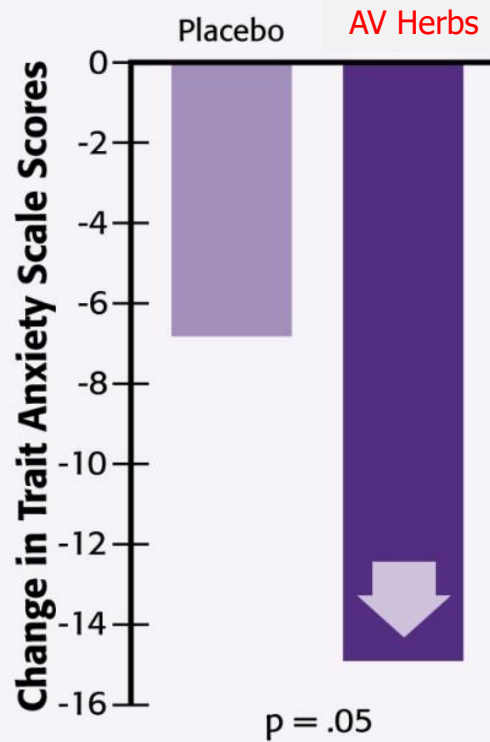


# Testing, Purity and Authenticity

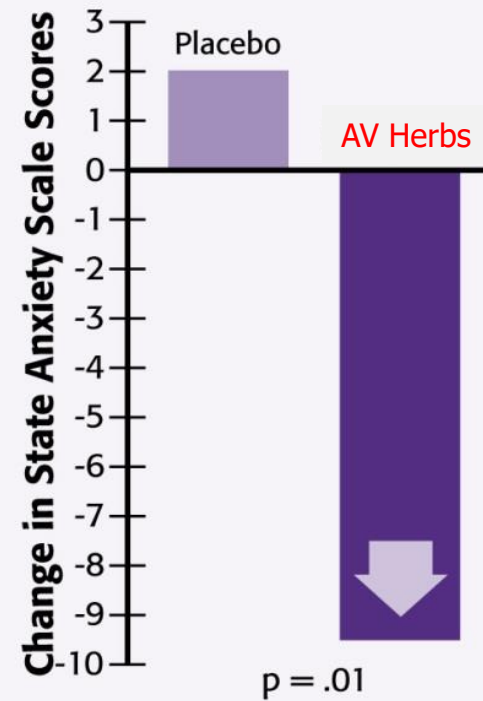
- **Many Traditional Ayurveda Experts**, have maintained this **Knowledge**, by passing it down from **Generation to Generation** for **Thousands of years**
- **Authentic Ayurveda doesn't cut corners**
- It requires **Manufacturing** that is **Meticulous** and **Unrushed**
- **Some products requiring months to prepare**
- **It is the only way to craft Ayurvedic Formulations that deliver maximum effect for Mind and Body and are Safe**
- **Make sure, whatever Ayurvedic Herbs you purchase that at minimum, they are Tested for Metals, Biological Contamination and Pesticides.**

# Reduced Symptoms of Generalized Anxiety Disorder

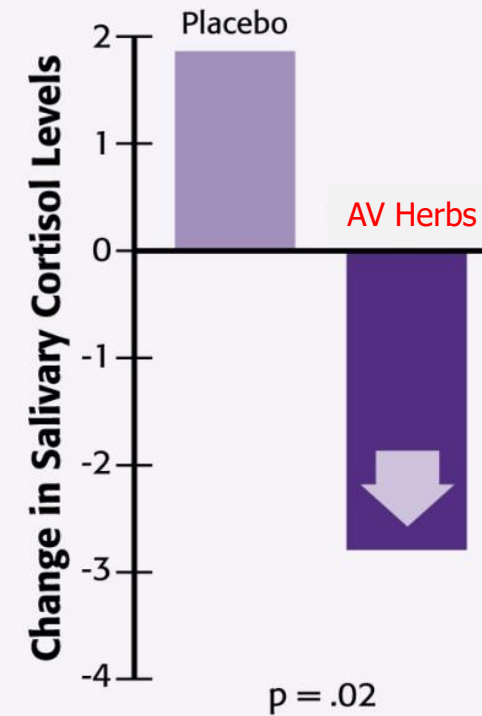
## Reduction of General Anxiety



## Reduction of Anxiety Caused by Challenging Situation



## Reduction of Stress Hormone



\*Reference: Mills, P.J. et al. "Effects of a traditional herbal supplement on anxiety in patients with generalized anxiety disorder," *Journal of Clinical Psychopharmacology* 2002; 22 (4):443-444.



# Ayurveda Insight...

- When we see **"Strength in Problems"**
- We **Stop Resisting Stress** and **Use it** as an **Impetus for Eustress** or a **Positive Stress..**
  - When we learn to evoke the
    - **'Stay and Play'**  
rather than the
    - **'Fight or Flight'** response -
    - One can live **Optimal Healthy Life!..**
- **That's the Beginning of the First Chapter of Your Book of Life!!!**

*Thank You!*

