



# FUNDAMENTALS OF MAHARISHI AYURVEDA

Guide for Diet, Seasonal and Daily Routines



*“Ayurveda offers time-tested, stable knowledge for a lifetime. Spices are a good example. In Ayurveda, spices are not just delicious flavor-enhancers, they deliver therapeutic effect as well both with taste as with micro-nutrients.”*

Sachin Deshmukh, Ayurvedic & Yoga Expert, Cupertino, California



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## About

SACHIN DESHMUKH

Sachin Deshmukh has been trained as a physician in India and holds several degrees and diplomas in holistic medicine, homeopathy, ayurveda, and yoga therapy. He is not a licensed physician in the USA.

He practiced medicine for 10 years in India, where he headed the Department of Natural Therapy and Yogic Sciences at a general and cancer hospital in Pune.

Sachin was born into a family of yoga masters, trained under several monks, and been exposed to diverse vedic traditions and philosophies. Sachin's approach to holistic medicine combines ayurveda and homeopathy with the classical limbs of yoga, encompassing asana, pranayama, bandha, mudra, kriya, chanting and nada-yoga, along with Transcendental Meditation® and other mental practices. His approach is tailored to the specific needs of his students and clients.

"I have always believed that health comes from within, and that it needs to be supported by the right environment and the proper catalysts. Ayurveda is a comprehensive organized, integrated set of natural health-supporting modalities offering a very gentle, restoration of mind-body balance. Classic herbal formulations are a part of ayurveda – one of many wonderful gentle, natural modalities used over eons to support balance and health in mind and body.

"I was inspired by the famous pathologist Dr. William Boyd, M.D., who said '*a deviation from fundamental means within reversible limits can be restored to normal by a stimulus in sub-physiological doses.*' Although he was referring to homeopathy, the same applies to ayurveda on many levels.

"That's how we look at health.

"We like to use anything that supports health. Ayurveda is an old system; it is time-tested and well-formed and it's lasted because it's effective and very simple to integrate into life. Some of the component modalities of Maharishi Ayurveda have numerous published research validating their effectiveness in a variety of applications.

"More than anything else, I was guided by Maharishi Mahesh Yogi, who restored the principles of vedic health and the purity of the ayurvedic teachings in their original form. Maharishi Ayurveda is not just about selling products, but empowering people with genuine knowledge of ayurveda and promoting self-empowerment. This gives people the power and strength to have very healthy happy lives.

"Maharishi Ayurveda cares about the totality of the person, and ayurveda, and respects the timeless eternal roots of this knowledge.

"Since my childhood I was fortunate to be mentored by Maharishi and heard him speak of this many times. Back then, when I was younger, I didn't understand, but I understand now. That's why I want to help continue to spread and integrate this authentic knowledge of health into every household."

## Maharishi Mahesh Yogi

Founder of Maharishi's Transcendental Meditation (1957) and TM-Sidhi Program (1976), Maharishi Ayurveda (1980)

### The Three Master Physicians of Maharishi Ayurveda



#### **Dr. V.M. Dwivedi:**

The preserver of many time-tested ayurvedic herbal formulas that promote health and longevity, his knowledge ensures the authenticity and effectiveness of Maharishi Ayurveda products.

#### **Dr. B.D. Triguna:**

Recognized as the leading authority on ayurveda, formerly the Chairman of the National Academy of Ayurveda and the Central Council for Research on Ayurveda, and Director of the Maharishi World Center of Ayurveda. He is the world's foremost authority on the ayurvedic practice of nadi vigyan, the diagnosis of existing and forthcoming diseases by feeling the pulse. Dr. Triguna has received one of India's highest honors, the Padma Bhushan Award, in recognition of his 50 years of leadership in the field of ayurveda.

#### **Dr. Balaraj Maharishi:**

Considered the world's leading expert in dravyaguna, the identification and utilization of beneficial herbs, his knowledge ensured the authenticity and potency of Maharishi Ayurveda herbal formulations.

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## Part I

### INTRODUCTION TO MAHARISHI AYURVEDA: MODERN INSIGHTS INTO TIMELESS WISDOM

Historically, ayurveda is the world's original system of healthcare. It is the basis of ancient Greek medicine, which is the root of much of western medicine. Ayurveda is practiced today by more than 400,000 ayurvedic doctors, and is recognized by the World Health Organization as an effective, traditional health science.

In recent years, ayurveda was introduced to the West by Maharishi Mahesh Yogi, founder of the *Transcendental Meditation®* program. Maharishi, working with the leading ayurvedic physicians and scholars of India, has authenticated the knowledge of ayurveda in its purity and completeness. The result is Maharishi Ayurveda, a remarkably modern, scientific approach to healthcare, based on timeless wisdom.

### **A Natural, Preventive Approach to Healthcare**

While modern medicine has made great advances in the treatment of disease, it is commonly recognized that there are major gaps in modern healthcare. Maharishi Ayurveda helps to fill these gaps by offering natural, preventive solutions without harmful side effects.

The basis of Maharishi Ayurveda lies in prevention—supporting the body's natural defense system and self-repair mechanisms so the individual has the ability to naturally resist imbalances.

The goal of Maharishi Ayurveda is to maintain health, prevent imbalances, promote longevity and develop the state of enlightenment. Thousands of people throughout the world are now enjoying the benefits of Maharishi Ayurveda through the development of consciousness and the use of specific diets, exercise programs, herbal supplements, and personalized daily and seasonal routines.

## Part II

### CREATING BALANCE IS THE KEY

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At the heart of Maharishi Ayurveda is the concept of creating perfect balance for the mind and body. Maharishi Ayurveda recommends 1) taking **Amrit Kalash (Amrit)** for overall health and well-being and 2) working towards achieving personal balance using Maharishi Ayurveda diet and lifestyle tips and herbal products such as targeted food supplements, therapeutic teas and seasonings.

## I AMRIT FOR OVERALL HEALTH AND WELL-BEING

### Superior Antioxidant Protection

*Amrit*, the two-part Maharishi Ayurveda herbal formula for overall health, is the most powerful antioxidant ever researched—it has been found to be 1,000 times more powerful than vitamin C or E at fighting free radicals (*Pharmacology, Biochemistry and Behavior, Vol. 43, 1992*).

This study was published many years ago and is no longer an isolated finding. In papers presented at prestigious institutions around the world, from the Soviet Academy of Sciences in Moscow, to the National Institutes of Health in Bethesda, MD, researchers are reporting that *Amrit* is by far the single most effective antidote to free radicals, the molecular sharks that contribute significantly to health issues and aging.

### The Only Full-Spectrum Antioxidant

More subtle than this, and much more significant, is the fact that *Amrit* is the only full-spectrum antioxidant. There are hundreds of species of free oxygen radicals and reactive oxygen species, and each one attacks a different area of a cell. *Amrit* is extremely effective across the whole range of free radicals. Best of all, ***Amrit is safer than vitamins, because it's prepared from whole herbs and fruits, not isolated ingredients.*** Some of the ingredients are selected just for their ability to carry the intelligence of the herbs straight to your cells, enhancing the bioavailability of their healing properties. And the synergy of more than 40 of the most beneficial ayurvedic herbs and fruits working together creates a balanced, holistic effect that restores vibrant health to the deepest level of your mind and body.

### Holistic Nutritional Support

*Amrit* provides comprehensive nourishment to mind and body at fundamental levels, helping to strengthen each cell for optimum functioning. In areas as diverse as cardiovascular health, the mind and nervous system, immunity, detoxification and chemotoxicity, *Amrit* helps nourish and enhance the body's own ability to function at optimum levels. *Amrit* is considered the “*King Rasayana*” in Maharishi Ayurveda. Rasayanas—literally, “*that which enters the essence*”—are revered in ayurveda for their ability to positively influence overall health, longevity and vitality.

## 2 PERSONAL BALANCE

Health, according to Maharishi Ayurveda, is simply a natural state of wholeness in which you are balanced and happy in every way. When you are in balance, you experience a zest for life and feel integrated and whole. Your appetite is good, your bodily tissues and processes are functioning normally, and your body, mind and senses remain full of bliss. In Parts III through VI you will discover three simple principles which can be applied to every field of life to achieve total health and well-being.

## Part III

### UNDERSTANDING YOUR NEEDS FOR BALANCE

The next page will help you choose what you 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 treatments is to establish balance in these three fundamental principles.

#### 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.

#### Qualities

- Vata** Moving, quick, light, cold, minute, rough, dry, leads the other doshas.
- Pitta** Hot, sharp, light, acidic, slightly oily.
- Kapha** Heavy, oily, slow, cold, steady, solid, dull.

## Part IV

### BALANCE AND IMBALANCE

#### RESULTS OF BALANCE

##### Balanced Vata

- Mental alertness
- Proper formation of body tissues
- Normal elimination
- Sound sleep
- Strong immunity
- Sense of exhilaration

##### Balanced Pitta

- Normal heat and thirst mechanisms
- Strong digestion
- Lustrous complexion
- Sharp intellect
- Contentment

##### Balanced Kapha

- Muscular strength
- Vitality and stamina
- Strong immunity
- Stability of mind
- Affection, generosity, courage, dignity
- Healthy, normal joints

## 2 RESULTS OF INBALANCE

### Imbalanced Vata

- Dry or rough skin
- Insomnia
- Constipation
- Common fatigue (nonspecific cause)
- Tension headaches
- Intolerance of cold
- Underweight
- Anxiety, worry

### Imbalanced Pitta

- Rashes, skin inflammations
- Heartburn
- Visual problems
- Premature graying, baldness
- Hostility, irritability
- Excessive body heat

### Imbalanced Kapha

- Oily skin
- Slow digestion
- Sinus congestion
- Nasal allergies
- Obesity
- Lethargy, dullness

## 3 DETERMINING YOUR INBALANCE

Take the following quick quiz to determine which principle you need to balance most—Vata, Pitta or Kapha. Read each question and make a check next to it, if it describes you. When you have completed the questionnaire, total the check marks in each column to tally your scores for Vata, Pitta and Kapha.

**I need to balance Vata.** *These are the signs of Vata imbalance:*

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

**Total Vata**

**I need to balance Pitta.** *These are the signs of Pitta imbalance:*

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

**Total Pitta**

**I need to balance Kapha.** *These are the signs of Kapha imbalance:*

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

**Total Kapha**

## Interpretation:

The highest of the three scores is the principle that you most need to keep in balance. For example, if Vata is your highest score, then choose Vata products and take other measures to help keep Vata in balance. If two columns have almost the same scores, please call your Maharishi Ayurveda Customer Service representatives. They will quickly guide you on your path to balance.

## SIX STAGES OF DISEASES

“The great advantage of the ayurvedic approach is to identify imbalances before they actually manifest as a disease,” says Stuart Rothenberg, M.D., Director of Maharishi Ayurveda Association of America. “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,” says Dr. Rothenberg. “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.

From Imbalance to Disease - The Six Stages of Disease

## **STAGE ONE: Accumulation**

Disease begins with the accumulation of one or more doshas. The three doshas, Vata, Pitta, and Kapha, are three mind-body operators that govern the body's functioning. Though at the basis of the physical body, the doshas themselves are not physical—they are principles of intelligence. When the three doshas are in balance, the person enjoys good health. However, through imbalanced diet, lifestyle, and exposure to stress and environmental factors, one or more of the doshas can begin to become imbalanced. The first stage of this imbalance is that the dosha increases in quantity or “accumulates.”

In Stage One, the dosha accumulates in its natural “seat” or “home.” For example, Vata dosha may accumulate in the colon, nerves, or in empty spaces and channels of the body. Pitta dosha may accumulate in the digestive tract, eyes or skin. Kapha may accumulate in the chest and the fluid substances of the body, such as the joint fluids and circulatory system.

## **STAGE TWO: Aggravation**

While Stage One involves a quantitative change in the doshas, this stage involves a qualitative change in the doshas. In Stage Two the dosha acquires the tendency to spread beyond its normal seat. This internal, qualitative change is sometimes called “vitiation,” which can be translated as “becoming abnormal” or “spoiled.”

## **STAGE THREE: Dissemination**

Now the dosha moves out of its home seat and begins to circulate in the body. There are still no specific symptoms. However, in Stage Three there can be vague, low-grade non-specific symptoms, such as transient aches and pains or mild malaise. The patient may complain of fatigue or mild depression, or say “I just don't feel well.”

## STAGE FOUR: **Localization**

In this stage the dosha now localizes in a tissue outside of its main seat and begins to disrupt the function of that tissue (dhatu) or organ.

There are several factors that determine where the disseminating dosha will localize. One is an abnormality in the microcirculatory channels (srotas) in that tissue. For example, if there is a narrowing of the blood vessels or lymph channels in an area of the body, the dosha may settle there and begin to disrupt the functioning of the surrounding tissues.

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.

## STAGE FIVE: **Manifestation**

In this stage the disease manifests in its full-blown, clearly identifiable form. The functioning of the tissues is disrupted by the complex of ama mixed with the imbalanced dosha. In the example of Kapha dosha and ama localizing in the head and neck, the scratchy throat and heaviness in the head is now experienced as the full-blown syndrome of congestion in the form of a common cold, sore throat, sinusitis, or an allergy attack.

## STAGE SIX: **Chronicity**

At this stage, the disease becomes so embedded in the tissues that the body's natural repair mechanisms are not able to reverse it. Then the disruption of functioning becomes a long-term or permanent disorder. For example, the Kapha disorder could become chronic or perennial sinusitis or rhinitis.

## 4 HOW TO PREVENT AN IMBALANCE

Imbalances develop as a result of many factors. Check this list to see how you can prevent an imbalance from developing, or correct one:

**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
- 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

In addition, Maharishi Ayurveda recommends specific health programs designed to reestablish balance and remove the symptoms that may develop when Vata, Pitta or Kapha are out of balance. If you have any questions about your needs for balance, or to inquire about a Vedic Health Assessment, please contact:

The Raj (in Fairfield, IA) at 1-800-864-8714 or [www.theraj.com](http://www.theraj.com) or

Lancaster Health Center (Lancaster, MA) 1-877-890-8600 or [www.ayurvedalancaster.com](http://www.ayurvedalancaster.com).

To locate a physician in your area, please call 800-255-8332.

## Part V

### CREATING BALANCE THROUGH PROPER DIET

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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. Special Maharishi Ayurveda teas and seasonings have been developed to assist in creating balance in Vata, Pitta and Kapha.

## Part VI

### CREATING BALANCE WITH SPECIFIC DIETARY GUIDELINES

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Maharishi Ayurveda offers specific diets to address each individual's needs for balance. A Vata-balancing diet, for example, includes foods that tend to have an influence of decreasing Vata.

#### **The Vata-Pacifying Diet**

1. Favor foods that are warm, heavy and oily. Minimize foods that are cold, dry and light.
2. Favor foods that are sweet, sour and salty. Minimize foods that are spicy, bitter and astringent.
3. Some specific recommendations:
  - A. Eat larger quantities of food, but not more than you can digest easily.
  - B. Dairy. All dairy products pacify Vata. Always boil milk before you drink it, and drink it warm. Don't drink milk with a full meal.
  - C. Sweeteners. All sweeteners are good (in moderation) for pacifying Vata.

- D. All oils reduce Vata.
- E. Grains. Rice and wheat are very good. Reduce intake of barley, corn, millet, buckwheat, rye and oats.
- F. Fruits. Favor sweet, sour, or heavy fruits, such as oranges, bananas, avocados, grapes, cherries, peaches, melons, berries, plums, pineapples, mangos and papayas. Reduce dry or light fruits such as apples, pears, pomegranates, cranberries, and dried fruits.
- G. Vegetables. Beets, cucumbers, carrots, asparagus and sweet potatoes are good. They should be cooked, not raw. The following vegetables are acceptable in moderate quantities if they're cooked, especially with ghee or oil and Vata-reducing spices: peas, green leafy vegetables, broccoli, cauliflower, celery, zucchini and potatoes. It's better to avoid sprouts and cabbage.
- H. Spices. Cardamom, cumin, ginger, cinnamon, salt, cloves, mustard seed and small quantities of black pepper are acceptable.
- I. All nuts are good.
- J. Beans. Reduce all beans, except for tofu and mung dhal.
- K. Meat and fish (for non-vegetarians). Chicken, turkey and seafoods are all right; beef should be avoided.

## The Pitta-Pacifying Diet

1. Favor foods that are cool and liquid. Minimize foods that are hot.
2. Favor foods that are sweet, bitter or astringent. Minimize foods that create heat, such as spicy, salty or sour foods.
3. Some specific recommendations:
  - A. Dairy. Milk, butter and ghee are good for pacifying Pitta. Reduce yogurt, cheese, sour cream and cultured buttermilk (their sour tastes aggravate Pitta).
  - B. Sweeteners. All sweeteners are good except honey and molasses.
  - C. Oils. Olive, sunflower and coconut oils are best. Reduce sesame, almond and corn oil, all of which increase Pitta.
  - D. Grains. Wheat, white rice, barley and oats are good. Reduce corn, rye, millet and brown rice.
  - E. Fruits. Favor sweet fruits, such as grapes, cherries, melons, avocados, coconuts, pomegranates, mangos, and sweet, fully-ripened oranges, pineapples and plums. Reduce sour fruits, such as grape fruits, olives, papayas, and unripe pineapples and plums.

- F. Vegetables. Favor asparagus, cucumbers, potatoes, sweet potatoes, green leafy vegetables, pumpkins, broccoli, cauliflower, celery, okra, lettuce, green beans and zucchini. Reduce hot peppers, tomatoes, carrots, beets, onions, garlic, radishes and spinach.
- G. Spices. Cinnamon, coriander, cardamom and fennel are all right. But the following spices strongly increase Pitta and should be taken only in small amounts: ginger, cumin, black pepper, fenugreek, clove, celery seed, salt and mustard seed. Chili peppers and cayenne should be avoided.
- Meat and fish (for non-vegetarians).  
Chicken, pheasant and turkey are preferable.  
Beef, seafood and egg yolk increase Pitta and should be avoided.



## The Kapha-Pacifying Diet

1. Favor foods that are light, dry and warm. Minimize foods that are heavy, oily and cold.
2. Favor foods that are spicy, bitter and astringent. Minimize foods that are sweet, salty and sour.
3. Some specific recommendations:
  - A. Dairy. Low-fat milk is better. Always boil milk before you drink it—which makes it easier to digest—and take it warm. Do not take milk with a full meal or with sour or salty food. You might add one or two pinches of turmeric or ginger to whole milk before boiling it to help reduce any Kapha-increasing qualities in the milk.
  - B. Fruit. Lighter fruits, such as apples and pears, are better. Reduce heavy or sour fruits, such as oranges, bananas, pineapples, figs, dates, avocados, coconuts and melons, as these fruits increase Kapha.
  - C. Sweeteners. Honey is excellent for reducing Kapha. Reduce sugar products, as these increase Kapha.
  - D. All beans are fine, except tofu.
  - E. Reduce all nuts.

- F. Grains. Most grains are fine, especially barley and millet. Do not take too much wheat or rice, as they increase Kapha.
- G. Spices. All are fine, except for salt. It increases Kapha.
- H. Vegetables. All are fine, except for tomatoes, cucumbers, sweet potatoes and zucchini. They all increase Kapha.
- I. Meat and fish (for non-vegetarians). White meat from chicken or turkey is fine, as is seafood. Reduce red meat.

**ORGANIC DIGEST TONE (TRIPHALA PLUS) - Digestive Rasayana**



Powerful tonic for the digestive system

Organic Digest Tone is revered in ayurveda (commonly known as triphala) for its cleansing and nourishing benefits.

- As a powerful *Rasayana* our *Organic Digest Tone (Triphala Plus)* with Cabbage Rose acts as a companion preparation to support the benefits of all other herbs
- Promotes regular elimination
- Cleanses the system of impurities
- Supports normal cholesterol levels
- Balances Vata, Pitta and Kapha doshas
- Vaidyas (ayurvedic experts) recommend taking this formulation along with all your other herbals.

**Part VII**

**GUIDELINES FOR PROPER DIGESTION**

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

6. Water or juices are fine to sip during meals. 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.
7. Avoid yogurt, cheese, cottage cheese and cultured buttermilk at night.
8. 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.



## Part VIII

### CREATING BALANCE THROUGH PROPER DAILY ROUTINE

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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.

#### I. 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.

## General Points

- To balance the entire physiology, take the herbal food supplement Maharishi Amrit Kalash daily—an important part of any prevention program.
- Take Maharishi Ayurveda Teas and Seasonings at meals to ensure that your diet is balanced according to Ayurvedic principles.
- Exercise daily at least one-half hour before meals or one to two hours after meals.

## 2. Maharishi Ayurveda Oil Massage

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. 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 (although this presents some risk of sputting). When the water crackles or boils on top of the oil, you know it's time to remove the oil from the heat.
2. If you like, you can cure up to one quart of oil at a time. This should be enough for at least two weeks.

**IMPORTANT:**

Be sure to observe proper safety precautions. All oils are highly flammable and can be put out only with a chemical fire extinguisher. Keep children away when curing oil. Use low rather than high heat, and never leave the room while the oil is heating. Cure the oil in a ventilated area. Remove the oil promptly once the proper temperature is reached. Be sure to store the oil in a safe place when cooling, out of the reach of children.

## **Part IX**

### PROGRAMS AND SERVICES OF MAHARISHI AYURVEDA

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#### **How to find out more about Amrit and other Maharishi Ayurveda products:**

- Amrit for overall health and longevity
- Herbal food supplements for targeted health goals
- All-natural skin, hair and personal care products
- Gourmet foods, beverages and seasonings
- Herbalized massage oils
- Therapeutic aroma oils and accessories
- Educational books

#### **To order, or for information on products and services:**

- In the United States:  
Phone: 800-255-8332 Fax: 641-209-3466  
E-mail: [info@mapi.com](mailto:info@mapi.com)  
Web Site: [www.mapi.com](http://www.mapi.com)  
(Maharishi Ayurveda Products)

#### **By Mail: Maharishi Ayurveda Products 1680 Highway I North, Fairfield, IA 52556**

- Wholesale:  
Phone: 800-611-2294  
E-mail: [wholesale@mapi.com](mailto:wholesale@mapi.com)
- Health Professionals Program:  
Phone: 877-767-7555  
E-mail: [wholesale@mapi.com](mailto:wholesale@mapi.com)

### **Maharishi Vedic Health Assessments:**

An experienced Vedic Expert teams up with health professional physicians to provide in-depth appointments that focus on identifying imbalances in the mind and body, and restoring balance to support the body's innate healing and self repair processes. Ongoing appointments are available at The Raj Ayurveda Health Center in Vedic City, IA: 800-864-8714, ext. 9000 or [www.theraj.com](http://www.theraj.com); and Maharishi Ayurveda Health Center in Lancaster, Massachusetts: 877-890-8600 or [www.ayurvedalancaster.com](http://www.ayurvedalancaster.com). To locate a health professional trained in Maharishi Ayurveda in your area, call 800-255-8332.

### **How to find out more about the Transcendental Meditation program (or TM program):**

The Transcendental Meditation program is easy to learn and is taught by qualified instructors in nearly every major city throughout the world. Call your Maharishi Ayurveda Customer Service Representative to locate an instructor in your area.

1-800-LEARN-TM / [www.tm.org](http://www.tm.org)

## **Discover Maharishi Ayurveda Online**

*Our web site is a rich 24/7 resource for Maharishi Ayurveda information and tips for restoring balance to mind, body and spirit in every season: [www.mapi.com](http://www.mapi.com).*

### **- Free newsletters -**

Maharishi Ayurveda's newsletter is delivered monthly to your in-box. Many old issues are archived in the Newsletter Articles section. To subscribe, visit [www.mapi.com](http://www.mapi.com) and click on the Subscribe to Newsletter link.

### **- Free Daily Tip -**

One nugget of ayurvedic wisdom, delivered by e-mail each day.

### **- Information on Maharishi Ayurveda formulations -**

Here you can read more about some of the ingredients in our formulas.

### **- Ayurvedic Recipes -**

Delicious ways to incorporate ayurvedic dietary principles. MyVedic Kitchen is also a popular feature in our monthly e-newsletter.

**Log on to well-being**  
*[www.mapi.com](http://www.mapi.com)*

