



*FUNDAMENTALS
OF
MAHARISHI
AYUR-VED*

*A PERSONALIZED GUIDE
FOR DIET AND SEASONAL
AND DAILY ROUTINES*

Note: This educational booklet is not intended to replace standard medical care. If you have any questions, please consult your physician.

PART I
Introduction to Maharishi Ayur-ved:
Modern Insights into Timeless Wisdom

Historically, *Ayur-Ved* is the world's original system of health care. It is the basis of ancient Greek medicine, which is the root of much of western medicine. Ayur Ved is practiced today by more than 300,000 Ayurvedic doctors, and is recognized by the World Health Organization as an effective, traditional health science.

In recent years, Ayur-Ved 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 Ayur-Ved in its purity and completeness. The result is **Maharishi Ayur Ved**, a remarkably modern, scientific approach to Health Care, based on timeless wisdom.

A Natural, Preventative 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 Ayur-Ved helps to fill these gaps by offering natural, preventative treatments without harmful side effects.

The basis of Maharishi Ayur-Ved lies in prevention.....strengthening the body's defense system and self-repair mechanisms so the individual has the ability to naturally resist disease.

The goal of Maharishi-Ayur Ved is to prevent disease, create health, promote longevity and develop the state of enlightenment. Thousands of people throughout the world are now enjoying the benefits of Maharishi AYUR-Ved 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

At the heart of Maharishi Ayur-Ved is the concept of creating perfect balance for the mind and body. To gain this balance and raise one's health to the highest possible level, there are two initial recommendations:

1) holistic growth and 2) personal balance.

1 Holistic Growth.....

Development of Consciousness

Maharishi Ayur-Ved offers a scientifically validated method for developing consciousness...the transcendental Meditation (TM) program. Transcendental Meditation is a simple, natural, effortless mental technique that has been found to improve mental and physical health, increase inner fulfillment, and improve productivity.

More than 500 scientific studies have been conducted by major universities around the world documenting the health benefits of the TM program. One study published in *Psychosomatic Medicine* showed that individuals practicing the Transcendental Meditation program required fifty percent less health care (both inpatient and outpatient) than those who were not practicing the TM program. More than 6,000 physicians in the U.S. alone have learned the TM program and recommend it to their patients.

Because TM creates profound balance in the mind, body, behavior and environment, it is the foundation for all other Maharishi AYUR-Ved therapeutic approaches. For the Transcendental Meditation Center nearest you, call 1-800-888-5797.

Restoring Enlightenment

To help your mind and body access and maintain that blissful state the ancient sages called "enlightenment," take the ultimate herbal formula, Maharishi Amrit Kalash everyday. Amrit Kalash has been known throughout the ages as the "nectar of immortality" because it helps improve your overall health and well-being. It's beneficial to everyone.

Enlightenment is more than a state of mind. It is a state of perfectly balanced physiology. In fact, enlightenment is only possible when the body and mind are in total balance...complete synchrony of thought and action with all the laws of nature. By helping create a holistic balance of mind, body and emotions, Maharishi Amrit Kalash helps open you to the infinite possibilities of life, in several important ways.

Restores Cellular Intelligence

Maharishi Amrit Kalash restores innate cellular intelligence, reviving the memory of proper functioning to every cell, reconnecting every atom of your body to the power of nature itself.

Living enlightenment requires nothing more than remembering your true nature...infinite, blissful, powerful and perfect. And Maharishi Amrit Kalash helps to restore the memory of pure consciousness to every cell of your body.

Heightens Awareness in Meditation

Maharishi Amrit Kalash promotes the body's own healing elixir...Ojas. When ojas is cultivated, it heightens your perceptual ability, increases the flow of love in your heart, smoothes your body's functioning and supports your mind's delicate, blissful tranquility in meditation. When ojas is flowing, your mind can easily transcend and experience its own infinite nature.

Maharishi Amrit Kalash is a potent ojas-enhancer, helping like no other herbal supplement to develop enlightenment. One sign of ojas is a radiant glow to your skin, as if light is shining from within you.

Supports Higher States of Consciousness

Enlightenment is a state of perfect health far beyond the mere absence of disease. It is a body without fatigue, a mind without boundaries, a heart without fear, a life filled with love and the pure joy of living. This is the goal of human existence, and the heart of the entire Vedic tradition of knowledge.

Living higher states of consciousness is the gift of Maharishi Ayur-Ved through Maharishi Amrit Kalash, known as the nectar of immortality.

Increases Your Antioxidant Power

In 1991, scientists at The Ohio State University College of Medicine discovered that Maharishi Amrit Kalash, is the most powerful antioxidant ever researched....1,000 times more powerful than vitamin C or E in fighting free radicals (*Pharmacology, Biochemistry and Behavior*, Vol. 43, 1992).

This study was published more than three 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 Kalash is by far the single most effective antidote to free radicals, the molecular sharks that contribute so much to disease and aging.

The Only Full-Spectrum Antioxidant

More subtle than this, and much more significant, is the fact that Amrit Kalash 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 Kalash is extremely effective across the whole range of free radicals.

Best of all, Maharishi Amrit Kalash 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 bio-availability 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.

2 Personal Balance.....

Health, according to Maharishi Ayur-Ved, 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 few pages 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

<i>Vata</i>	Governs bodily functions concerned with movement.
<i>Pitta</i>	Governs bodily functions concerned with heat, metabolism, and energy production.
<i>Kapha</i>	Governs bodily functions concerned with physical structure and fluid balance.

Qualities

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

Determining Your Needs

Take the following 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:

- I often feel restless, unsettled
- Sleep comes slow or is easily interrupted
- I tend to have dry skin
- I'm easily fatigued
- I tend to be constipated
- I feel anxious, and worry too much
- I am underweight
- Total Vata**

I need to Balance Kapha

*These are the signs of Kapha imbalance:

- I often feel complacent or dull
- My skin is oily
- I tend to have slow digestion
- I feel lethargic
- I can be possessive, over-attached
- I tend to oversleep
- I am overweight
- Total Kapha**

I need to Balance Pitta

*These are the signs of Pitta imbalance:

- I tend to be demanding or critical
- I am a perfectionist
- I'm often frustrated, angry
- I have skin rashes
- I am often irritable and impatient
- My hair is prematurely gray, or thinning early
- I don't tolerate hot weather very well
- Total Pitta**

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 contact Dr. Bacon or any staff member, and they will quickly guide you on your path to balance.

PART IV
Balance and Imbalance

Results of Balance

Balanced Vata

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

Balanced Pitta

- * Normal heat & thirst mechanism
- * Strong digestion
- * Sharp intellect
- * Lustrous complexion
- * Contentment

Balanced Kapha

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

Results of Imbalance

Imbalanced Vata

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

Imbalanced Pitta

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

Imbalanced Kapha

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

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 is best to avoid:

- * excessive heat or exposure to the sun
- * alcohol, smoking
- * stressful deadlines
- * excessive activity or overwork
- * spicy, sour or salty foods
- * 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 much heavy, oily foods
- * keep warm in cold, wet weather

In addition, Maharishi Ayur-Ved 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, please contact Dr. Bacon or any staff member.

PART V Creating Balance Through Proper Diet

Diet is an important therapeutic modality of Maharishi Ayur-Ved. Like the other Ayurvedic treatment approaches, diet is tailored according to individual needs....based on the imbalances that may be present in the physiology and mind.

Maharishi Ayur-Ved 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, to create a balanced diet all six tastes should be included in every meal....or at least once every twenty four hours. Special Ayurvedic teas and seasonings have been developed to assist in creating balance in Vata, Pitta and Kapha.

The Six Tastes and Examples

<i>Sweet</i>	Sugar, milk, butter, rice breads, pasta
<i>Sour</i>	Yogurt, lemon, cheese
<i>Salty</i>	Salt
<i>Pungent</i>	Spicy foods, ginger, hot peppers, cumin
<i>Bitter</i>	Green leafy vegetables, turmeric
<i>Astringent</i>	Beans, lentils, pomegranate

How to Use the Six Tastes

To Decrease Vata

Sweet, Sour, Salty

To Increase Vata

Pungent, Bitter, Astringent

To Decrease Pitta

Sweet, Bitter, Astringent

To Increase Pitta

Pungent, Sour, Salty

To Decrease Kapha

Pungent, Bitter, Astringent

To Increase Kapha

Sweet, Sour, Salty

PART VI
Creating Balance with Specific Dietary Guidelines

Maharishi Ayur-Ved 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 gee or oil and Vata-reducing spices: peas, green leafy vegetables, broccoli, cauliflower, celery, zucchini and potatoes. It is 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 mug dahl.
 - 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 grapefruits, olives, papayas, and unripe pineapples and plums.
 - F. Vegetables. Favor asparagus, cucumbers, 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 amount: ginger, cumin, black pepper, fenugreek, clove, celery seed, salt and mustard seed. Chili peppers and Cheyenne should be avoided.
 - H. Meat and fish (for non-vegetarians). Chicken, pheasant and turkey are preferable; but 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 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.

PART VII

Guidelines for Proper Digestion

Besides giving guidelines for diet, Maharishi Ayur-Ved offers recommendations for improving digestion. The strength of digestion is considered very important in Ayur-Ved, 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

One of the central themes of Maharishi Ayur-Ved 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 Ayurvedic daily routine, Maharishi Ayur-Ved gives detailed knowledge of which activity should be undertaken at what time of day so we can closely correlate our individual biological rhythms with the daily rhythms of nature.

Maharishi Ayur-Ved 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 Ayur-Ved 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.

Ayurvedic 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 abdomen and heart.
6. For maximum benefit, leave the oil on for 5 to 15 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 degrees....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 sputtering.) When the water crackles or boils on top of the oil, you know it is 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.
3. **IMPORTANT: Be sure to observe proper safety precautions. All oils are highly flammable and can only be put out with a chemical fire extinguisher. Keep children away when curing.** 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 reach of children.

PART IX

Additional Programs and Services of Maharishi Ayur-Ved at this office