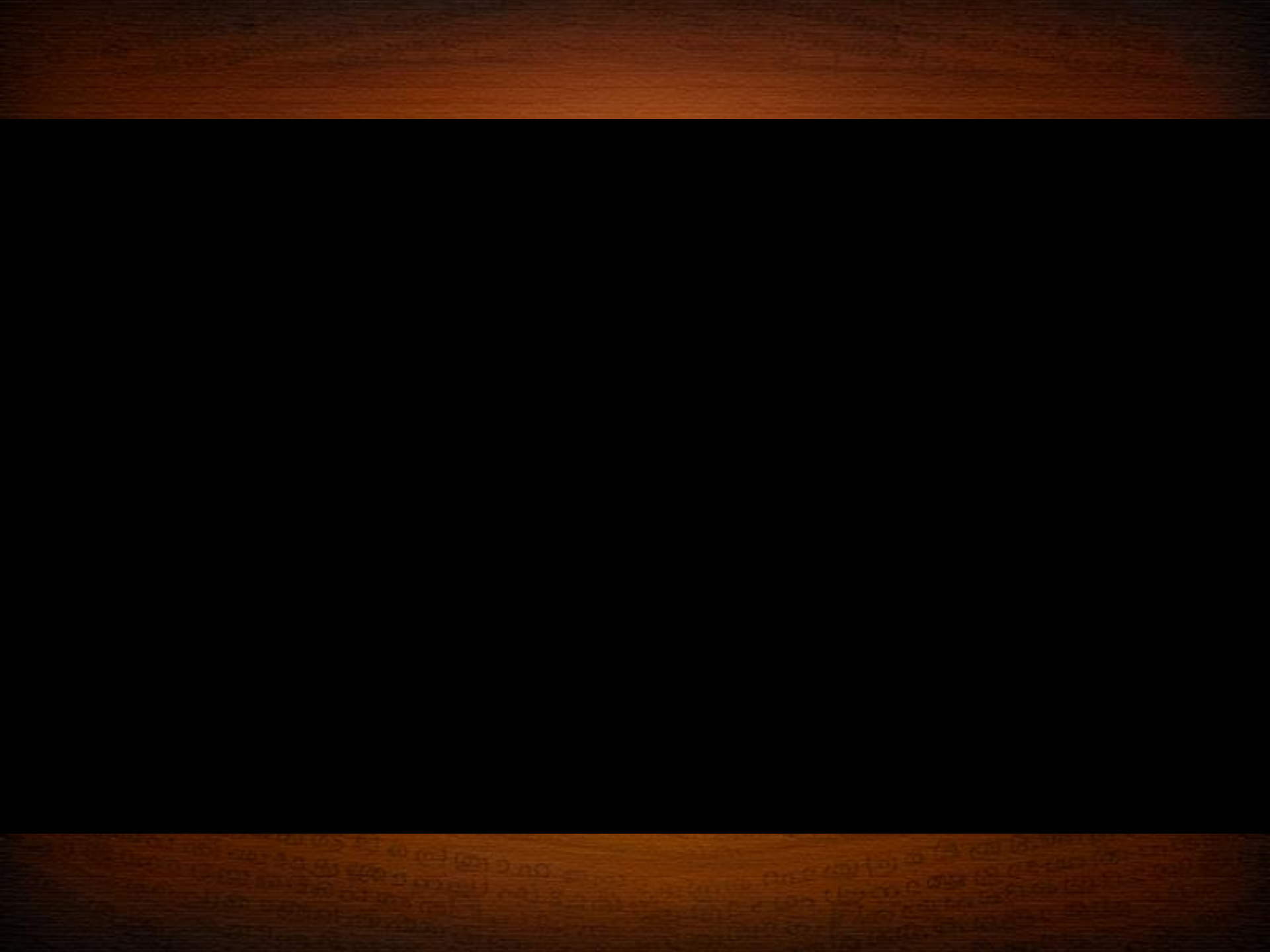




SECRETS OF AYUREVDIC NUTRITION

by Shailu, Ayurvedic Lifestyle Practitioner
Om Vedic Heritage Centre Pte.Ltd



What is Ayurveda?

Ayu = Life

Veda = Science/Knowledge

Hence, ayurveda means the

SCIENCE OF LIFE

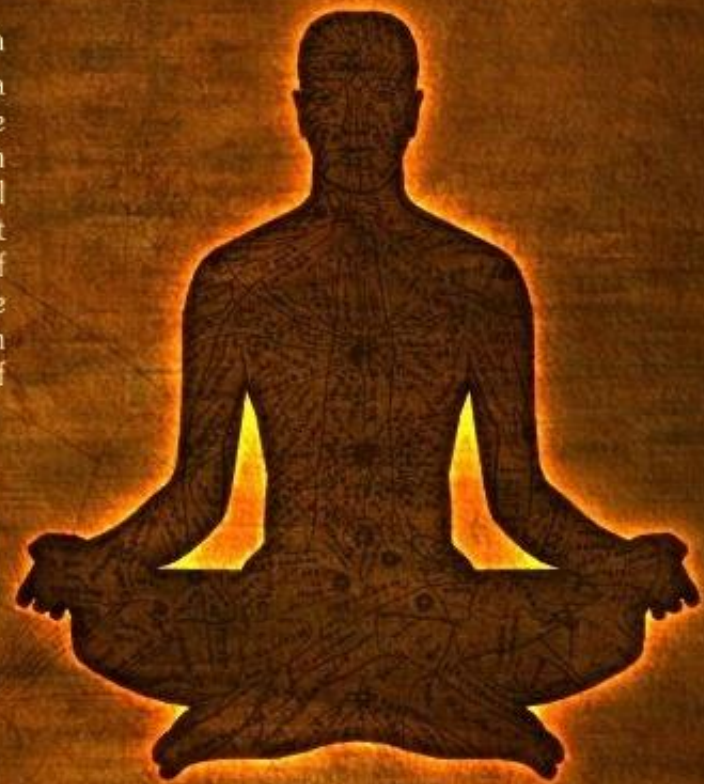
Back to Nature; Natural; Herbal;

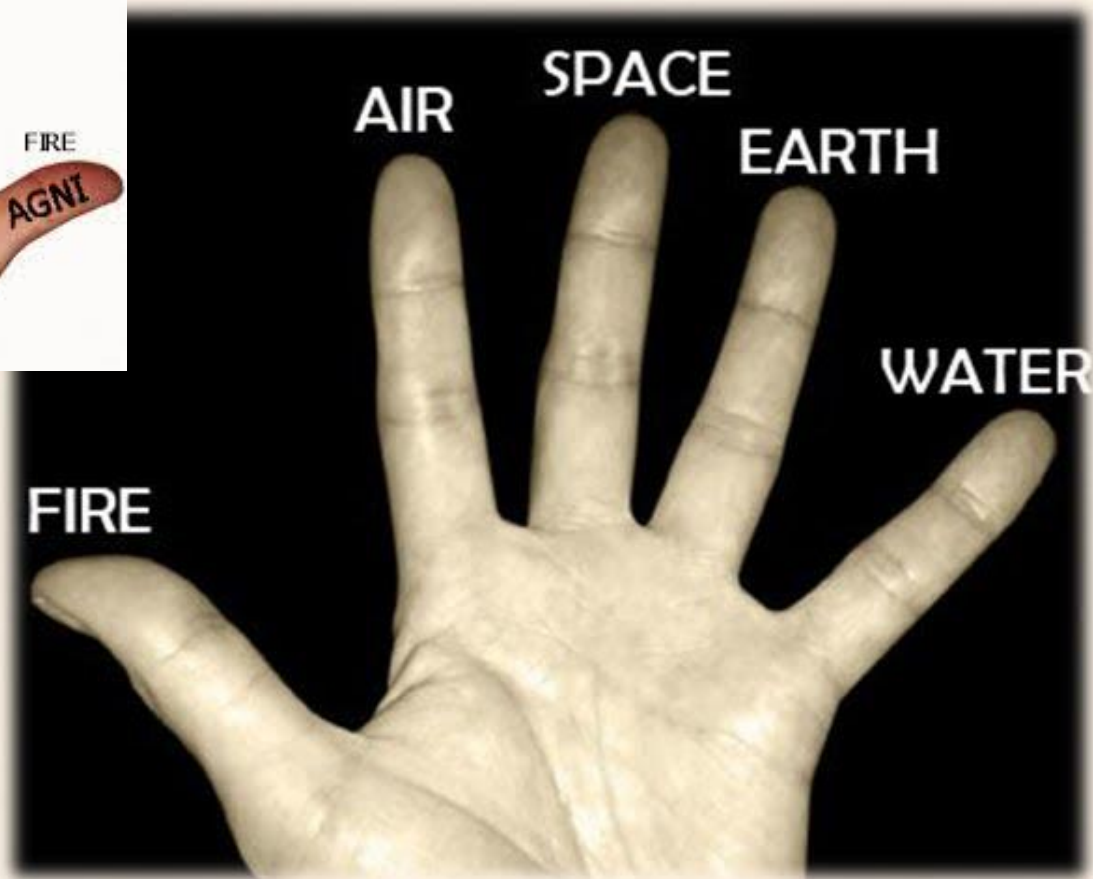
One with Nature !

KNOW YOURSELF !

The Body Mystique

The mystique of the body has enamoured both epicureans and philosophers since ages. Ayurveda sees the human body as a mystique blend of the five basic elements: Sky, Water, Earth, Air and Fire. In perfect equilibrium, the body houses the Universal Consciousness and echoes the harmony of Nature. It is regulated by the three bio-regulating principles of *tridoshas*. The five elements which compose the human body are combined in such a way as to form the three humors which control all the processes of health and disease.





Pancha Tattva Balancing

The entire Universe = Pancha mahabhutas

5 elements

Space: Brain & all hollow Space in the body

Air: Lungs -breath / Prana, Nerve impulses

Fire: Intestine - Acids/Enzymes, digestion

Water: Kidney – Body fluids

Earth: Physical body- Bone, teeth, muscle, fat



DOSHAS

VATA

Qualities reflecting the elements of Space and Air.



PITTA

Qualities reflecting the elements of Fire and Water.



KAPHA

Qualities reflecting the elements of Water and Earth.



Know Yourself Better !

DOSHA

VATA (air & space)

Cold, Dry, Light

PITTA (fire & air)

Hot, Wet, Light

KAPHA (water & earth)

Cold, Wet, Heavy

What is your constitution?

How to balance with Nature?



CONCEPT OF AGNI:

Digestive Capacity

(digests food & Maintains life force)

VS

CONCEPT OF AHARA

Food: TASTES

Wh & how much to eat?



HOW MUCH TO EAT?

AIR	WATER
FOOD	FOOD

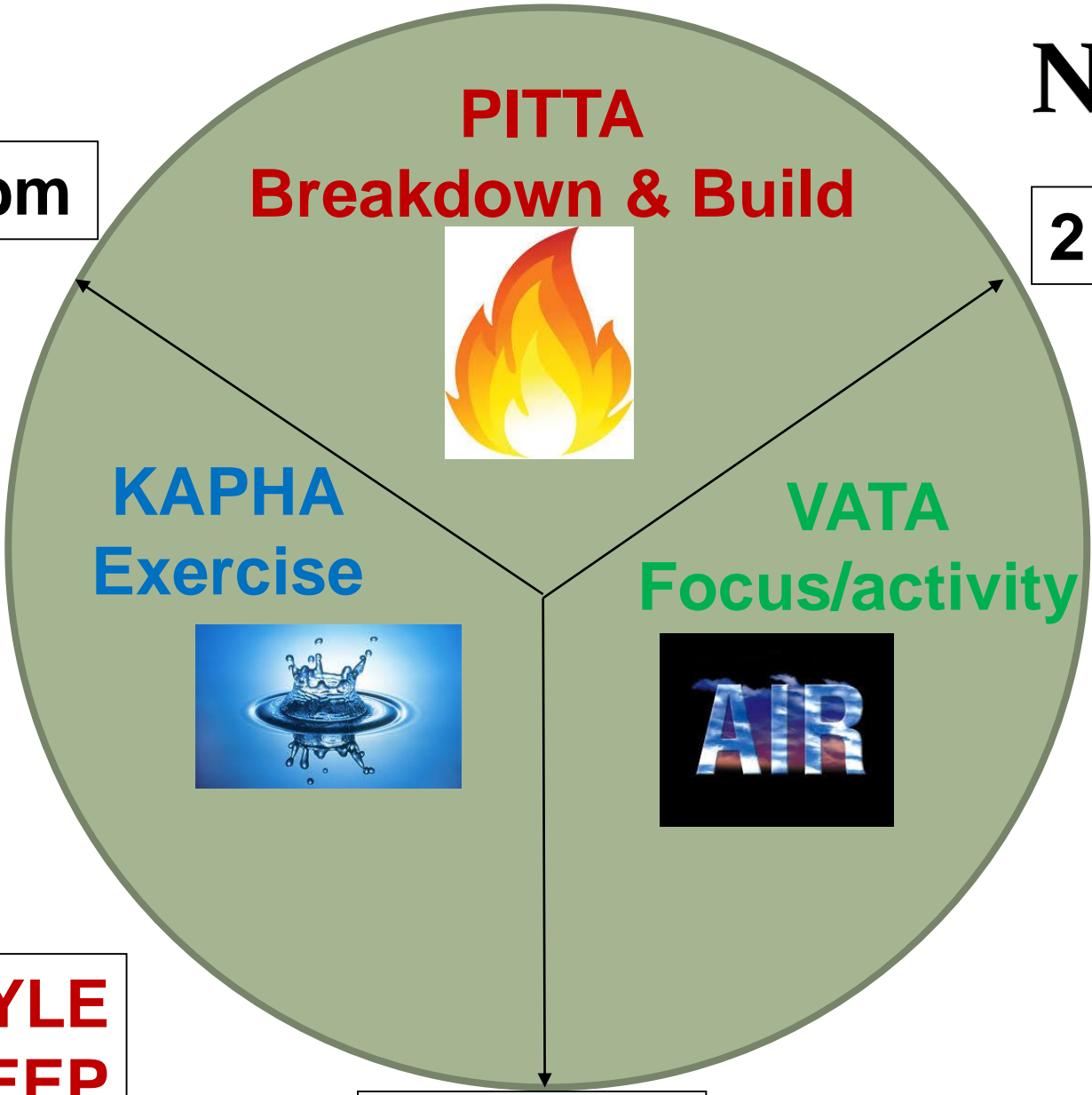
THE V P K MANTRA

12 am / nn

Knowing Nature!

10 am / pm

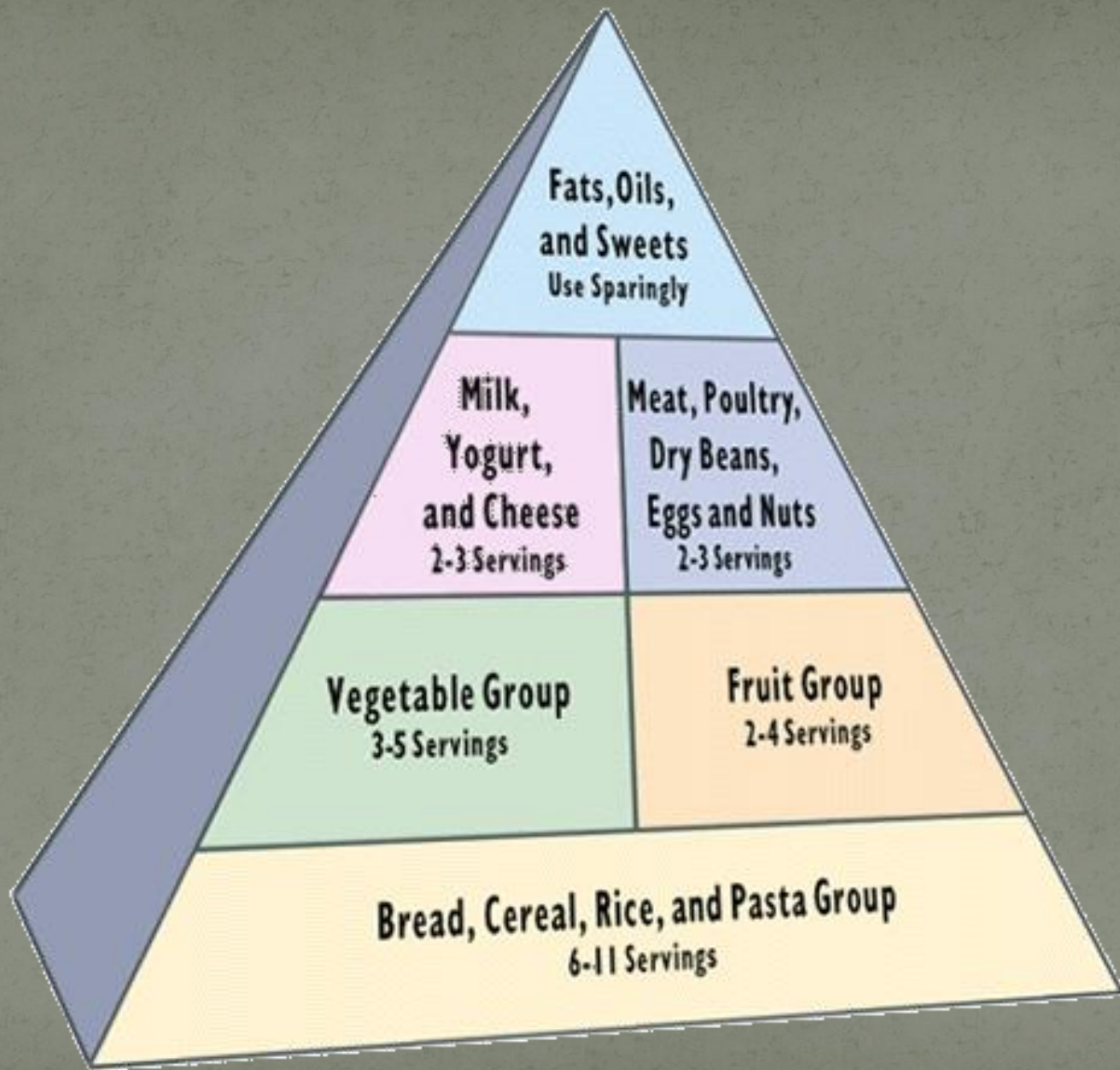
2 am / pm

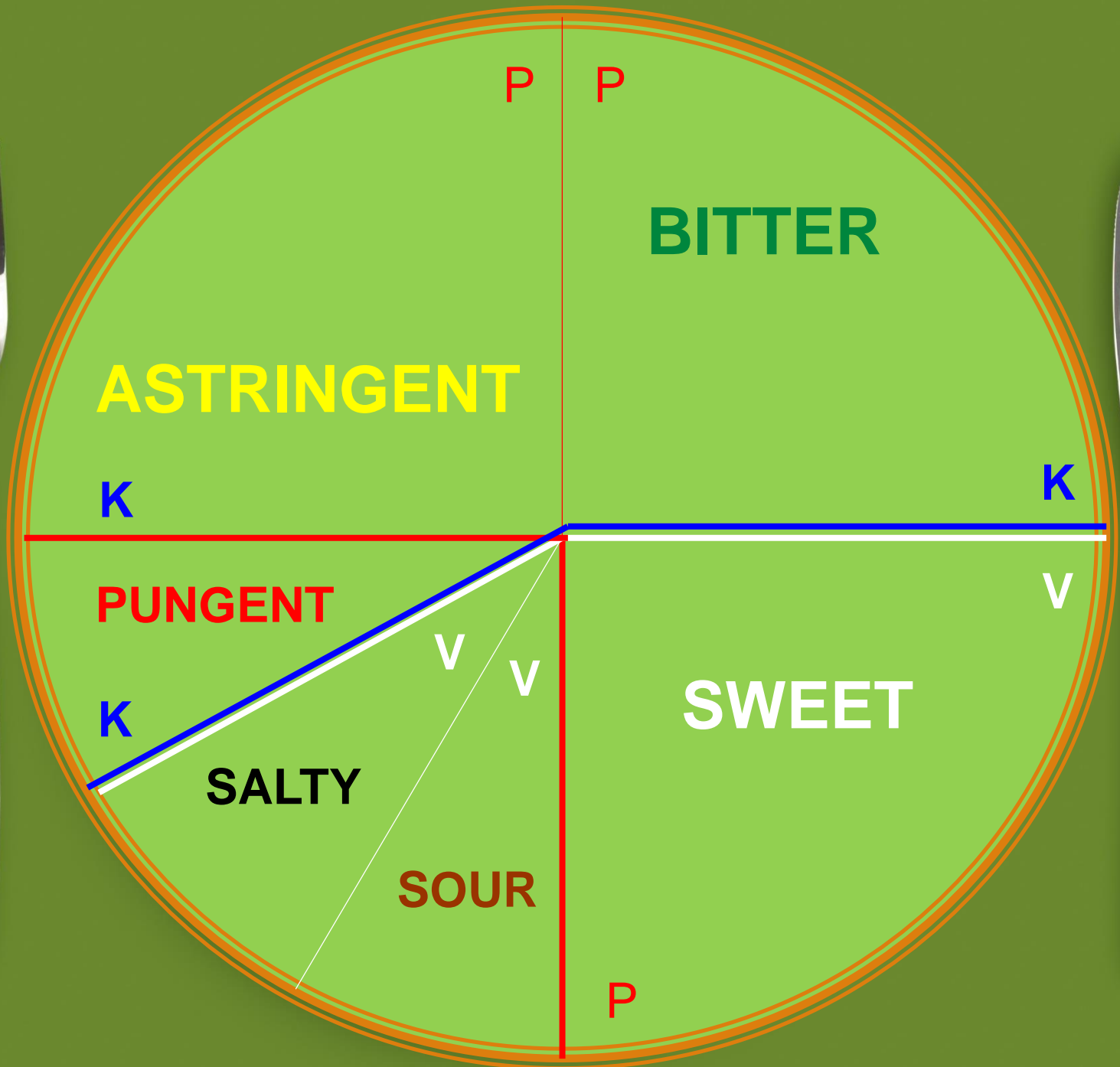


**LIFESTYLE
SLEEP**

6 am / pm

	CONVENTIONAL NUTRITION	AYURVEDIC NUTRITION
WHY DO WE EAT?	Image, Looks, Emotions, To Live	For PRANA
NUTRITIONAL ASPECT	Calories	Panchamahabhoota (5 elements)
IMPORTANCE	Calory based diet	Individual Constitution
BALANCE	Balancing diet based on ingredients	Balanced diet based on constitution
DIET	Based on food groups	Based on the 6 tastes
RESULT	You are what you eat !	You are what you digest !





Diet Modification is based on TASTE!

TASTE	5 ELEMENTS
Sweet (Madhura)	Water + Earth
Sour (Amla)	Fire + Earth
Salty (Lavana)	Fire + Water
Pungent (Katu)	Fire + Air
Bitter (Tikta)	Ether + Air
Astringent (Kashaya)	Earth + Air

Personalising diet with Ayurveda

DOSHA	WHAT SHOULD YOU EAT ?
VATA Cold, Dry, Light	1. Sweet, Sour, Salty 2. Warm, Wet, Heavy
PITTA Hot, Wet, Light	1. Sweet, Bitter, Astringent 2. Cold, Dry, Heavy
KAPHA Cold, Wet, Heavy	1. Pungent, Bitter, Astringent 2. Warm, Dry, Light

Personalising diet with Ayurveda

Hottest		To		Coldest	
Pungent	Sour	Salty	Sweet	Astringent	Bitter
Heaviest		To		Lightest	
Sweet	Salty	Astringent	Sour	Pungent	Bitter
Wettest		To		Driest	
Sweet	Salty	Sour	Astringent	Bitter	Pungent

Personalising diet with Ayurveda

SIX TASTES:

- **Sweet: (water+earth)**
- Building, calming, ojas
- Grains, milk, fat (ghee)

Personalising diet with Ayurveda

SIX TASTES:

- **Salty: (fire+water)**
- Softening-Laxative, removes blocks, nourishes nerves
- Mineral salts, Licorice

Personalising diet with Ayurveda

SIX TASTES:

- **Sour: (earth+fire)**
- Stimulates digestion (not liver), Thirst relieving
- Citrus fruits (subacidic- peaches, apricots, cherries), pomogranates, cranberries. **NOT FERMENTS (yoghurt, wine, beer, pickles)**

Personalising diet with Ayurveda

SIX TASTES:

- **Pungent: (fire+air)**
- Stimulant, Dilates blood vessels-blood sugar, increases heat & metabolism
- Ginger, pepper (black/long) garlic

Personalising diet with Ayurveda

SIX TASTES:

- **Bitter: (air+space)**
- stimulates breath and metabolism (prana).
- Cleanses blood of sweet too
- Leafy greens, herbs, spices (turmeric), neem, coffee, pomogranate

Personalising diet with Ayurveda

SIX TASTES:

- **Astringent: (air+earth)**
- Absorbs mucous, eliminates toxins, tightening of tissues
- Triphala (gooseberry), pomogranate, cranberry, betel leaf, banana, turmeric, tea

Personalising diet with Ayurveda

Valuable digestive tonics (pomegranate or cranberry juice) because the

- 1) sourness aids digestion,
- 2) sweetness-the cool quality soothes inflammation, and
- 3) astringency restores tone to distended tissues.

DIGESTION

- Good food = good health
- Good digestion = good health
- Each mind/body type digests differently.

- **Agni** : Digestive Power
- **Malas** : Waste Products
- **Ama** : Toxic by-products
- **Ojas** : Energy/Vitality/Vigor

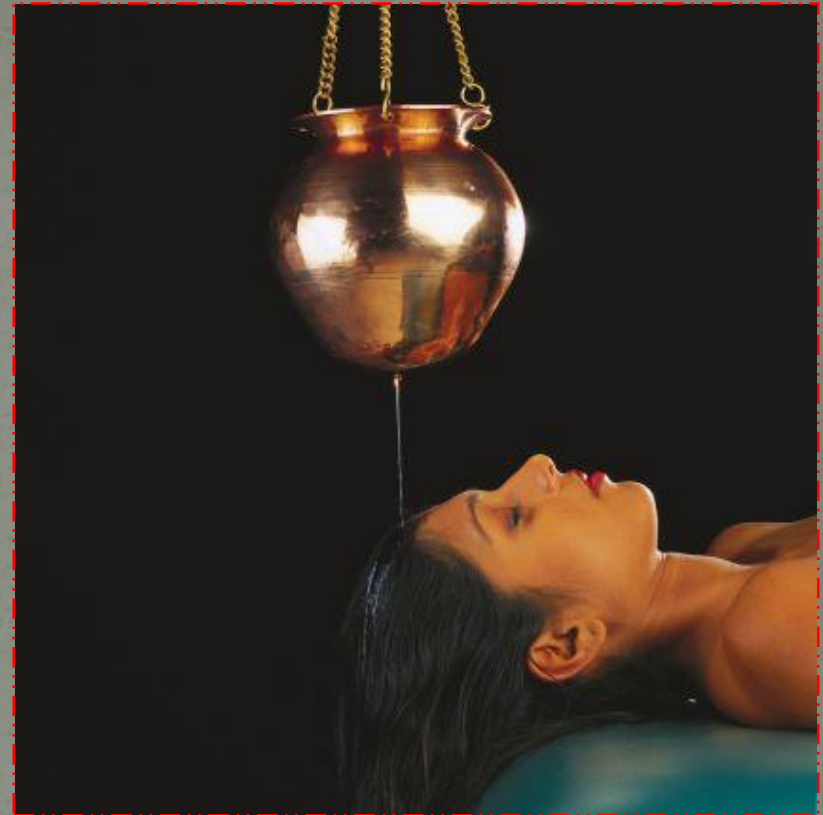
Causes of AMA

- Having
 - large evening meals
 - Leftover food from the fridge
 - Processed and refrigerated food
 - Processed and refined food
 - Canned food/high heated/microwaved food
 - Poor food combinations

Problems caused by AMA

- Blocks physical channels
intestines, lymphatic system, arteries and veins
- Blocks non-physical channels
Nadis through which energy flows

Ayurveda *in* your daily L I F E



You are the best person to KNOW YOUR OWN SELF

Ayurvedic Way of Life !

- improving your general health

- **WATER – the elixir of Life !**
- **DAILY OIL BATH (ABHAYANGA)**
 - Removes toxins and stress chemicals
 - Oil applied on the scalp & hair & body....
 - Note: avoid head bath when sick
 - Body - hot water
 - Hair/head - cold water



TACKLING COMMON AILMENTS/PROBLEMS

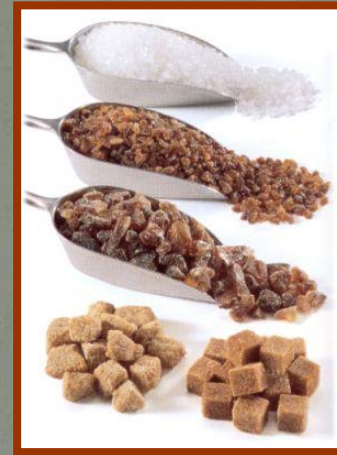
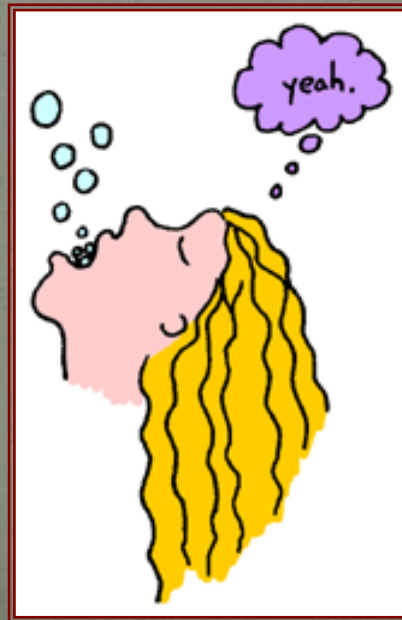


- **Home Remedies:** Simple and Herbal
 - Preventive
 - Curative
- Common Ailments:
 - Common cold
 - Simple Indigestion
 - Dry/soar Eyes
 - Pain/Inflammation



COMMON COLD: *Kapha Imbalance*

- TIPS TO TACKLE COMMON COLD:
CURATIVE:
- SOAR THROAT: Rock Sugar & Pepper
- Gargle with hot (bearable)
salt water every $\frac{1}{2}$ hr or 1 hr



COMMON COLD: *Kapha Imbalance*

• TIPS TO TACKLE COMMON COLD:

PREVENTIVE:

- TULSI LEAVES
- RASAM (pepper)



COMMON COLD: *Kapha Imbalance*

• TIPS TO TACKLE COMMON COLD:

CURATIVE:

- Avoid Yoghurt (instead use boiled buttermilk)
- Steam Inhalation (for sinusitis)



- Drink boiled/hot/warm water and hot rasam (pepper)

COMMON COLD: *Kapha Imbalance*

- TIPS TO TACKLE COMMON COLD:
Chest congestion: Foamentation



SINUSITIS: *KAPHA* Imbalance

- TIPS TO TACKLE SINUS HEADACHES:
& Inflammation in Joints
- Dry Ginger & Milk
- make into paste & apply on forehead



+



TACKLING DRY EYES: *PITTA Imbalance*

- TIPS TO TACKLE DRY & SOAR EYES:

PREVENTIVE:

- Applying suitable oil on head before bath

CURATIVE:

- Coriander seeds soaked in water – pour into eyes
- Breast milk poured into eyes



TACKLING INDIGESTION

- **TIPS TO TACKLE SIMPLE INDIGESTION:**
CURATIVE:

- For Loose Stools: Boiled buttermilk with turmeric, ginger, curry leaves and skin of pomogranete (if available)



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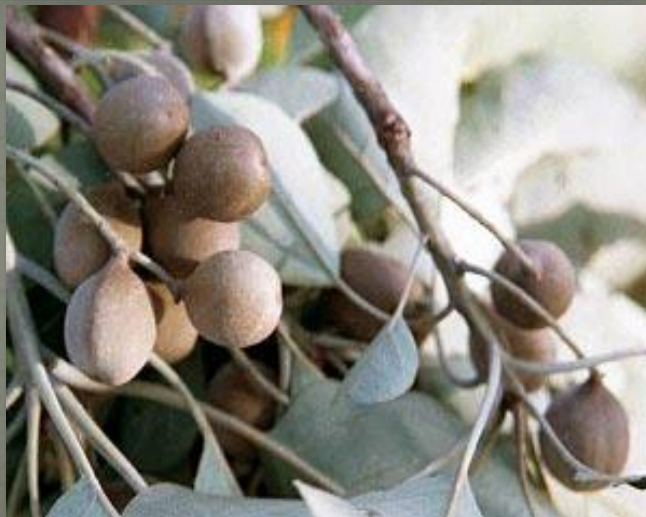
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Trikatu: for bloatedness & weak digestion



Triphala



LIVER &
DIGESTIVE AID



haritaki



SUPER
ANTIOXIDANT



amla



COLON CLEANSE
& DETOX



vibhitaki



Amla (means:sour) Amalaki – meaning “sustainers” or the fruit where the “goddess of prosperity presides”.

Symptoms of AMA

- Coating of the TONGUE
- Feeling tired
- Bad breath
- Foul body odour
- Poor digestion
- Feeling of heaviness & dullness
- **EVALUATE YOUR AMA LEVEL !**

Detoxification Therapies

- **Palliation: SHAMANA**
 - Gradual reduction of aggravated doshas
- **Purification: SHODHANA**
 - Preliminary detox
 - Panchakarma
 - Vamana
 - Virechana
 - Nasyam
 - Vasti
 - Rakthamokshana



SPECIALISE in WOMEN'S HEALTH

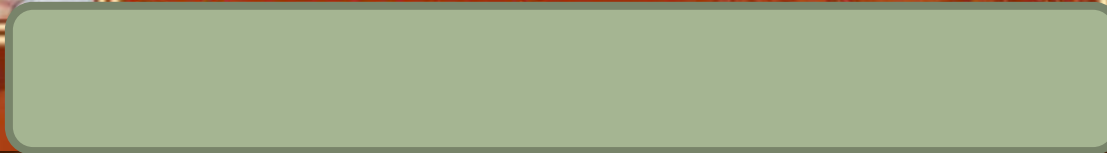


ĀYURVEDA



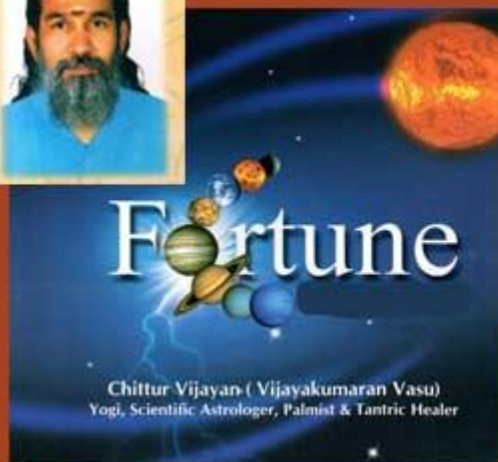
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Amenorrhoea; PCOS, PCOD, Infertility, Fibroids
Menopause Problems



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