

# Ayurvedic *kitchen* and home REMEDIES



my experiences and how I practise it ...

❖ *Shailaja Suresh (shailu)*  
*Om Vedic Heritage Centre*

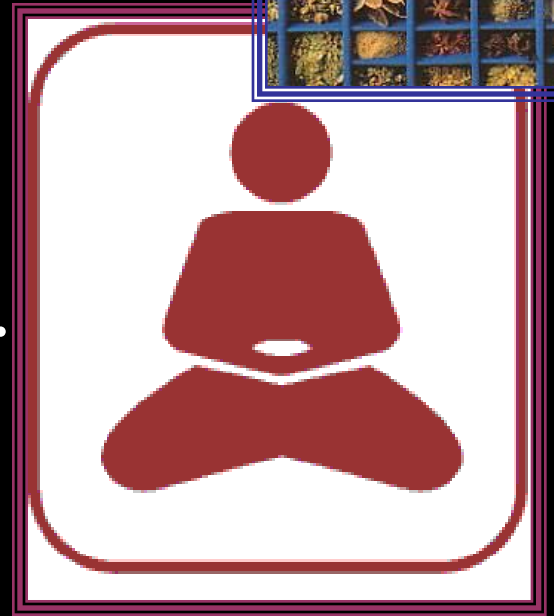
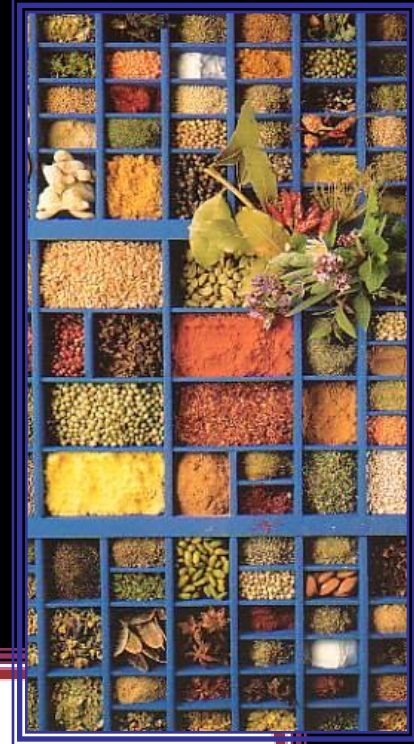
# TALK OUTLINE

## 1. Introduction:

Ayurveda – an  
*alternative medicine ?*

## 2. The Ayurvedic way of life !

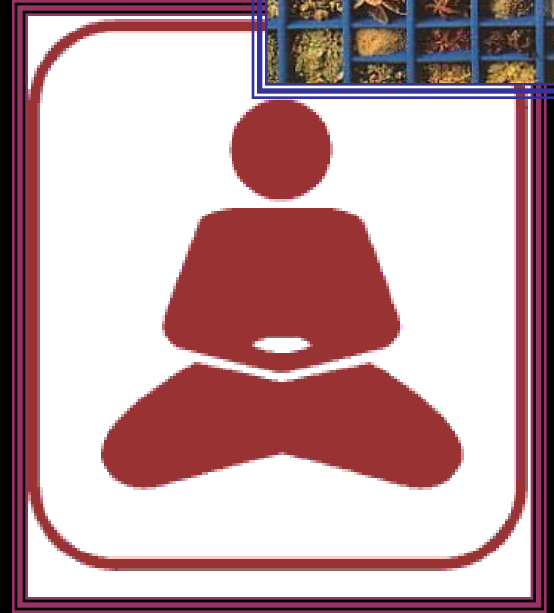
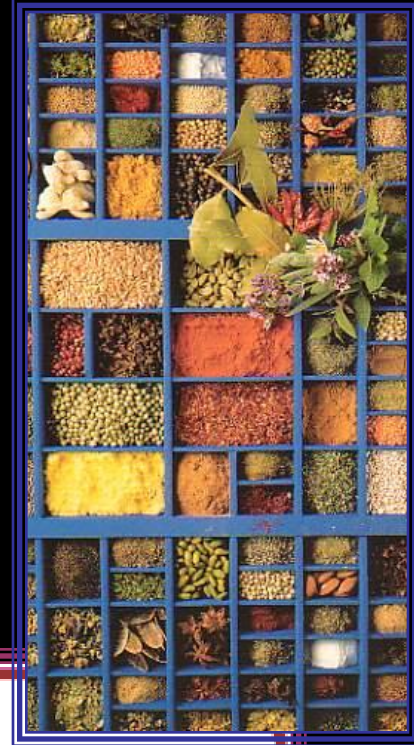
- ❖ Ayurvedic health tips.....
- ❖ **Ayurvedic kitchen & home remedies**



# TALK OUTLINE

3. Common ailments –  
tackling them ?

❖ Ayurvedic health tips.....



# **Born** into a family of...

*Ayurvedic Physicians*

*Late Arya Vaidyan Sri P.V. Rama Variar*



- ❖ Grew up in a holistic environment
- ❖ Took/take only ayurvedic medicines
- ❖ Seen people being treated and being cured with the help of Ayurveda



# INTRODUCTION

**Late 1996: WORLD HEALTH  
ORGANISATION 'WHO' ACCEPTS  
ALTERNATIVES**

**'WHO' Endorsement: Ayurveda is a viable  
& cost effective alternative**

**Table 1: CAM Systems of Health Care, Therapies, or Products**

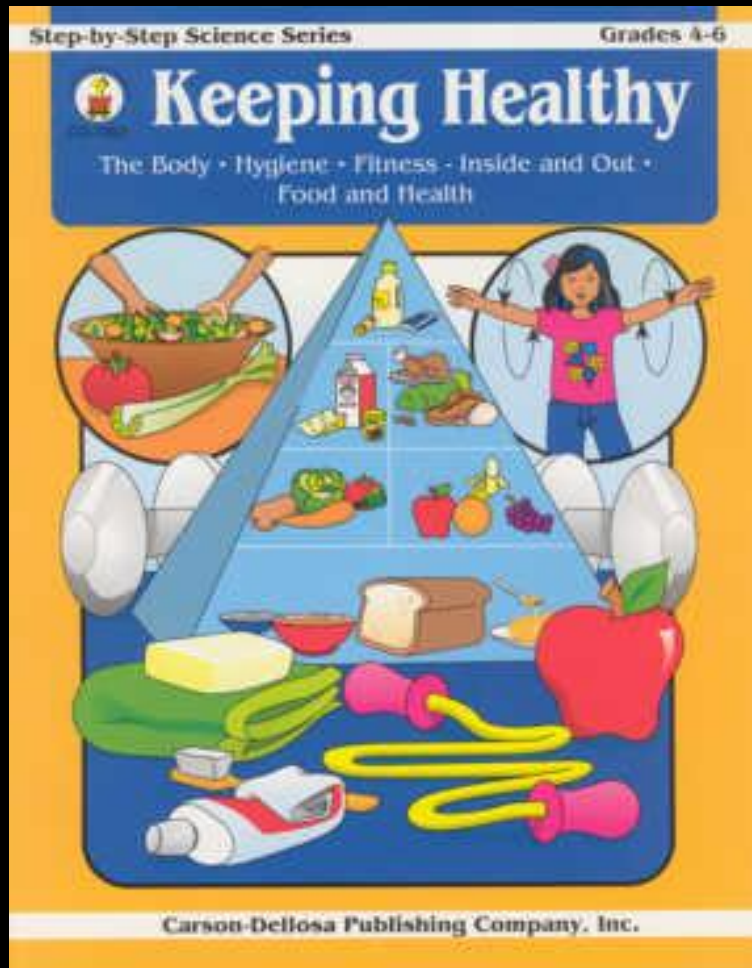
Major Domains of CAM	Examples Under Each Domain
Alternative health care systems	<p> <b>Ayurvedic medicine</b>  <b>Chiropractic</b>  <b>Homeopathic medicine</b>  <b>Native American medicine (e.g., sweat lodge, medicine wheel)</b>  <b>Naturopathic medicine</b>  <b>Traditional Chinese Medicine (e.g., acupuncture, Chinese herbal medicine)</b> </p>
Mind-Body interventions	<p> <b>Meditation</b>  <b>Hypnosis</b>  <b>Guided imagery</b>  <b>Dance therapy</b>  <b>Music therapy</b>  <b>Art therapy</b>  <b>Prayer and mental healing</b> </p>
Biological based therapies	<p> <b>Herbal therapies</b>  <b>Special diets (e.g. macrobiotics, extremely low-fat or high carbohydrate diets)</b>  <b>Orthomolecular medicine (e.g., megavitamin therapy)</b>  <b>Individual biological therapies (e.g., shark cartilage, bee pollen)</b> </p>
Therapeutic Massage, Body Work, and Somatic Movement Therapies	<p> <b>Massage</b>  <b>Feldenkrais</b>  <b>Alexander Method</b> </p>
Energy Therapies	<p> <b>Qigong</b>  <b>Reiki</b>  <b>Therapeutic Touch</b> </p>
Bioelectromagnetics	<p><b>Magnet therapy</b></p>



**Source of this table: National Institutes of Health, USA**



*Healthy (body and mind) → Happy → Wealthy*



*Problem ???*



*full lifestyle*



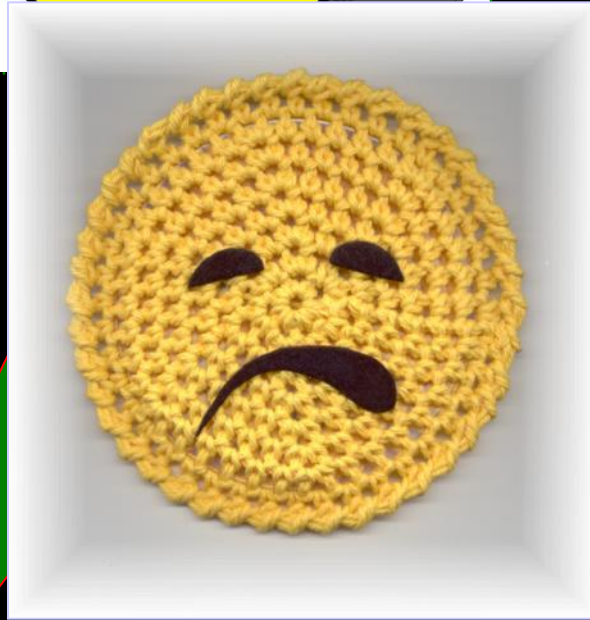
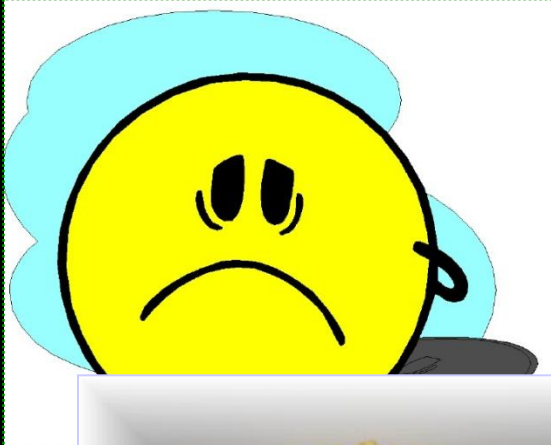
**Multitasking**

SINGAPORE

photograph by: michael ozaki | http



*UNhealthy* → *UNhappy* → *UNwealthy*



*Solution ???*

*Improve your lifestyle*



your  
diet & nutrition  
exercise  
& relaxation  
mind & spirit



*A Simple & Easy Solution*

.....

*Following an Ayurvedic  
Way of Life*

# *Ayurvedic Way of Life !*

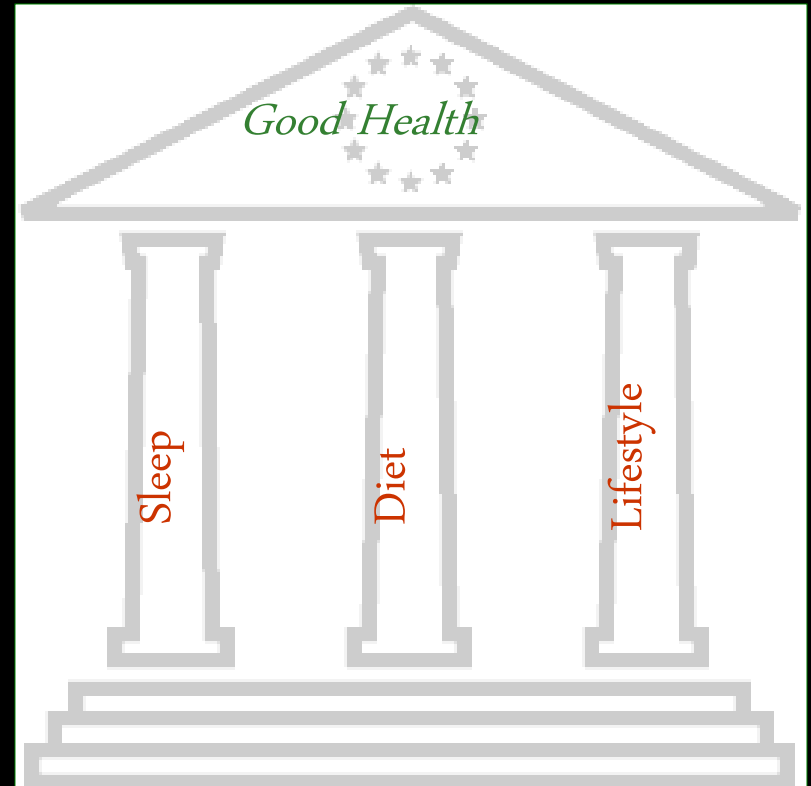
*- improving your general health*

- ❖ Basic Approach: Rejuvenation
- Tips for Day to Day Life
- Regular health promoting oil massages
  - ❖ protects you from diseases and
  - ❖ cleans your body of toxins



# TIPS FOR DAY TO DAY LIFE

- Tips for Day to Day Life
- ❖ Three pillars for good health and longevity
  - ❖ Diet (Pathya)
  - ❖ Sleep
  - ❖ Lifestyle



# DIET

- **DIET : “MAN IS WHAT HE EATS !”**
- **FOOD IS A POWERFUL MEDICINE !**
- ❖ Bad Food Habits: “Fast Food Culture”
  - ❖ Career/material achievements: ↑ importance
  - ❖ Cooking & eating: ↓ importance
  - ❖ Skipping breakfast
  - ❖ Eating while driving, business lunches....
  - ❖ Dinner after 8pm:  
(digestive capacity weak)

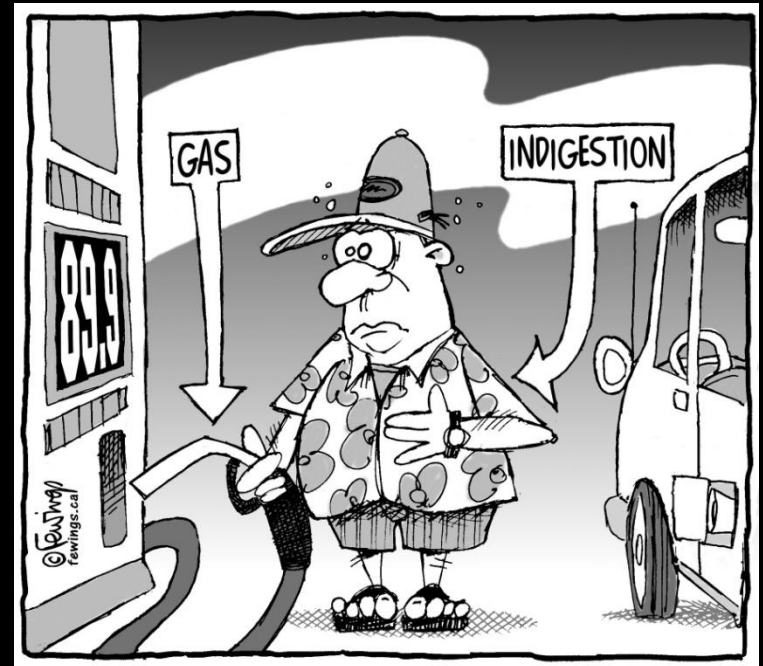
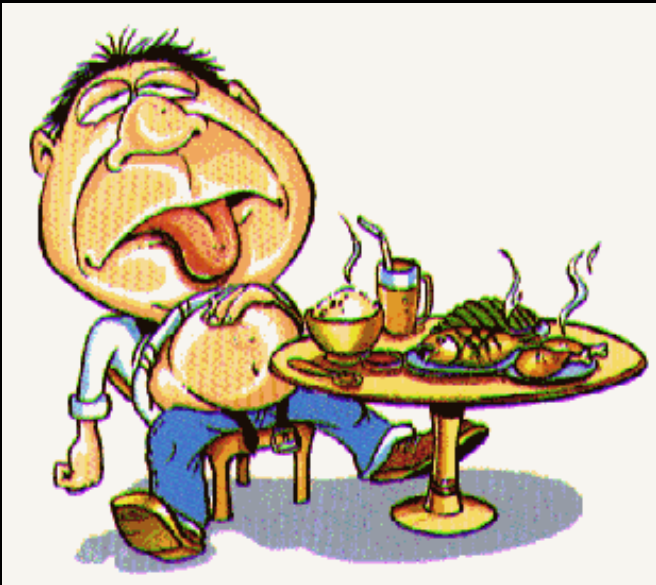


# DIET

❖ Indigestion →

Impurities block channels → Illnesses

I → I → I



# DIET

❖ **TIP 1 ⇒ “DON’T SKIP BREAKFAST”** – disturbs the 3 doshas

- ✓ Warm milk with almonds; dried figs/ soaked raisins
- ✓ In Kerala: Cooked Kerala bananas creates *ojas*
- X No acidic substances Ex. Oranges

**NOTE:**      **FOR NORMAL HEALTHY PERSONS ONLY**  
                 **---IF SICK, DIET DECIDED BY AYURVEDIC**  
                 **PHYSICIAN**



# DIET

## ❖ TIP 2 ⇒ “WHEN, HOW & WHAT YOU EAT”

✓ **WHEN:** Main/Full meal at noon

✓ Cooked & warm preferably

✓ **HOW:** In a relaxed environment

✓ **WHAT:** Vegetables + grains + pulses or meat for protein

✓ Heavy protein ----- AT NOON ONLY

✓ Water with food ----- warm or hot & NOT cold:  
for ideal enzyme activity temperature

✓ Buttermilk: -----digestive bacteria

# *SLEEP*

- **SLEEP: A GOODNIGHT'S SLEEP**
- **QUALITY SLEEP REJUVENATES MIND & BODY**
- Vatha, Pitta, Kapha imbalance → Sleep Disorders
- Sleep Disorders: 3 types
  - Problem falling asleep
  - Problem sleeping without interruption
  - Waking up tired and not fresh

# SLEEP

- ❖ TIP 1 ⇒ “EAT ATLEAST 2 HOURS BEFORE SLEEP”
- ❖ TIP 2 ⇒ “AVOID HEAVY, SPICY, OILY AND COLD FOOD AT NIGHT”
- ❖ TIP 3 ⇒ “WASH YOUR HANDS, FACE AND FEET BEFORE GOING TO BED”
- ❖ TIP 4 ⇒ “DAILY OIL BATH”  
(ABHAYANGA)



# SLEEP

## ❖ TIP 4 ⇒ “DAILY OIL BATH” (ABHAYANGA)

- ❖ Relax for 30-60 min --- oil sinks in
- ❖ Oil applied on the scalp & hair & body....
  - ❖ Note: avoid head bath when sick
- ❖ Body - hot water
- ❖ Hair/head - cold water
- ❖ Avoid bathing immediately after eating – wait for atleast an hour



## ❖ TIP 4 ⇒ “DAILY OIL BATH” (ABHAYANGA)



# LIFESTYLE

- LIFESTYLE: “*Ayurveda The Unique Lifestyle*”
- **A BALANCE OF THE BODY, MIND & SOUL**
- TIPS:
  - Early to bed and early to rise makes.....
  - *Food habits*
  - Exercise
  - Embrace spirituality

# LIFESTYLE

➤ **TIP 1** ⇒ “Early to bed and early to rise makes a man healthy, wealthy & wise”

**a. Early to bed:** To bed at least by 10pm or earlier

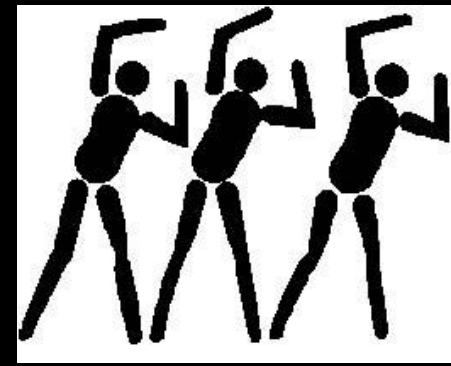


**b. RISE EARLY:** atleast 2 hrs before sunrise

➤ **Note:** children, pregnant women and aged can get up around sunrise

➤ **RISING LATE** → impurities block channels leading to dullness of mind, depressed moods

# LIFESTYLE



- **TIP 2 ⇒ “EXERCISE THE AYURVEDIC WAY !”**
- **WHEN & HOW TO EXERCISE**
  - **Benefits:** all of you know it !
  - a. **WHEN:** Morning: before 10am
    - body has more strength/energiser
    - **DO NOT EXERCISE BETWEEN 10AM - 2PM & LATE EVENING OR BEDTIME**



# LIFESTYLE



b. **HOW: NOT** after a heavy meal

- NO EXCESS exercise
- *Yoga asanas & Pranayama* (breathing exercises) : GOOD
- **NOTE:** take a course to know how to do them properly
- **AFTER EXERCISE: DO NOT BATHE/APPLY OIL UNTIL SWEAT HAS EVAPORATED**

# LIFESTYLE

## C. Embrace Spirituality

**“Aushadi Chintayat Vishnum”  
(sanskrit shloka)**

One should remember the Lord even  
while taking medicines

# TACKLING COMMON AILMENTS/PROBLEMS



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



# COMMON COLD

## ❖ TIPS TO TACKLE COMMON COLD:

### PREVENTIVE:

❖ TULSI LEAVES

❖ RASAM (pepper)



# COMMON COLD

## ❖ 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)

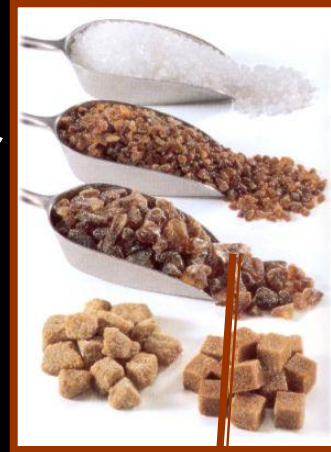
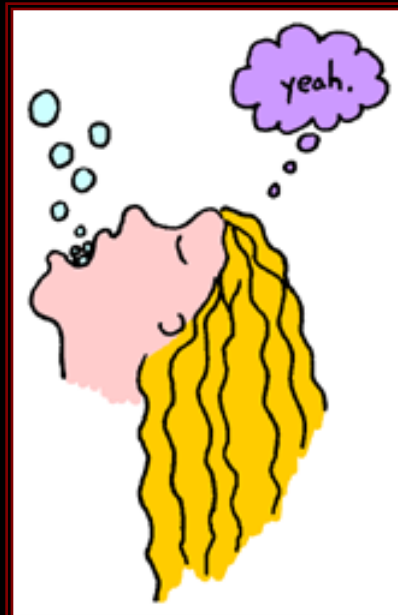


# COMMON COLD

## ❖ 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



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## ❖ TIPS TO TACKLE HEADACHE:

### CURATIVE:

- ❖ Dry Ginger & Milk
- ❖ make into paste & apply on forehead



# COMMON COLD

## ❖ TIPS TO TACKLE CHRONIC COUGH:

### CURATIVE:

- ❖ Dry Ginger + Jaggery + Black sesame seeds (ratio of 1 : 2 : 4)
- ❖ fine powder (2-3 times/day)
- ❖ fine powder + honey + ghee for dry cough



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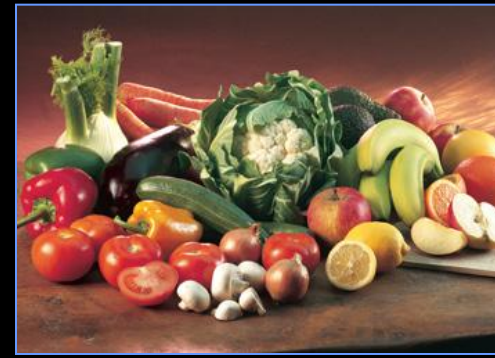
# COMMON COLD

## ❖ TIPS TO TACKLE COMMON COLD: CURATIVE:

### ❖ Chest congestion: Foamentation



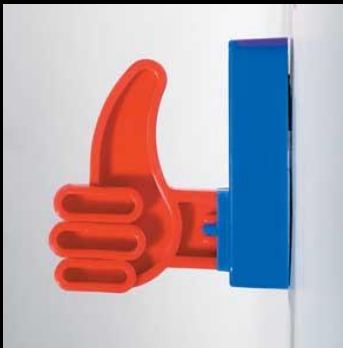
# IMPROVING DIGESTION



## ❖ TIPS TO TACKLE SIMPLE INDIGESTION:

### PREVENTIVE: IMPROVE DIGESTION

- ❖ Having Ginger, turmeric in diet (boiled or stir fried)
- ❖ Drinking Buttermilk, eating vegetables & fruits



**RULE OF THUMB: AVOID SPICY,  
OILY AND HEAVY FOOD**

# IMPROVING DIGESTION

## ❖ TIPS TO IMPROVE INDIGESTION:

### PREVENTIVE:

- ❖ Detoxification: Purgation  
--To clean the body of toxic materials left by disease and poor nutrition
- ❖ Laxative: A number of fine herbs or castor oil



❖ CLEAN YOUR  
TONGUE DAILY

# TACKLING INDIGESTION

## ❖ TIPS TO TACKLE SIMPLE INDIGESTION: CURATIVE:

- ❖ For constipation: Juice of Black raisins (soaked overnight) + Nutmeg
- ❖ Have **TRIPHALA** regularly



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# TACKLING INDIGESTION



## ❖ TIPS TO TACKLE SIMPLE INDIGESTION: CURATIVE:

- ❖ Drink **JEERA / cumin seeds** water
- ❖ **For Loose Stools**: Boiled buttermilk with turmeric, ginger, curry leaves and skin of pomogranete (if available)



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# TACKLING DRY EYES

## ❖ TIPS TO TACKLE DRY & SOAR EYES:

### PREVENTIVE:

- ❖ Applying suitable oil on head before bath
- ❖ Drink **RASUDI** herbal water mix

### CURATIVE:

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

1



2



3



# BEAUTYIFUL TIPS FOR BEAUTIFUL SKIN



## ❖ **TIPS: PREVENTIVE:**

- ❖ Decrease intake of spicy food and ensure healthy digestion
- ❖ Good sleep and rest and a relaxed mind
- ❖ Applying oil (preferably Eladi Coc oil) daily on face before bath
- ❖ Wash it off with **green gram powder**
- ❖ Take **TRIPHALA** powder (remove toxins from body)

# TIPS FOR DARK CIRCLES



## ❖ **TIPS: CURATIVE:**

- ❖ **FINE PASTE:** Cucumber (5 slices) + lemon juice (1/2) + green gram pr (2 tspn)
- ❖ First apply gingely oil on skin
- ❖ **Then apply the herbal paste around eyes**
- ❖ preferably in the mornings (not bed time)

# FOR HEALTHY GUMS

## ❖ TIPS: PREVENTIVE:

❖ GENTLY MASSAGE GUMS WITH YOUR FINGERS DAILY (Ayurvedic tooth powder)



# FOR HEALTHY TEETH

## ❖ TIPS: PREVENTIVE:

- ❖ For teeth: “ Clean Mouth is a Healthy Mouth”
- ❖ After eating rinse and gargle mouth
- ❖ Brush teeth twice a day
- ❖ Tooth ache: Chew clove/cinnamon





# FOR HEALTHY TEETH

## ❖ **TIPS: PREVENTIVE: HERBAL MOUTH WASH**

- ❖ Black Sesame seeds (10 gms) + warm milk (200ml)
- ❖ Sesame seeds soaked in water, made into fine paste



*FOR DIABETICS: to improve health  
and keep sugar level under control*

❖ **TIPS: GEN HEALTH: HERBAL POWDER/MIX**

- ❖ Dry gooseberry pr (15tsp) + turmeric pr (5tsp) (can be kept for 3 months)
- ❖ ~1 tsp daily (early morn & bed time)  
with sufficient warm water

*ayushman bhava !*

May You Have A Long Life !