

# Ayurveda Health News

A Lifestyle Choice

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## *Body Mind and Spirit*

- The practice of Ayurveda is over 5000 years old*
- Diet, Lifestyle and Herbs are essential in Ayurveda*
- Spring is the best time for internal detoxification*

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## **Guidelines for Early Spring**

The weather is cold, windy and wet—thereby it provokes Kapha Dosha.

## **Practices which Pacify Kapha dosha**

Wake up early (5 am-calm time-Best for Meditation), Do yoga and Pranayama  
Do exercise regularly. Can do vigorous exercise.

Have an Oil massage with warm oil followed by a warm shower

Have a warm breakfast (cream of cereal/ oatmeal with warm milk)

No black tea/ coffee, instead have some herbal teas (ginger-cinnamon-clove/cumin-coriander-fennel)

Try to get some sunshine during the daytime in non-peak hours.

Eat warm, freshly cooked food (Avoid leftovers and frozen foods)

Avoid all ice and cold drinks.

All warming spices are good (cloves, cardamom, cinnamon, ginger.)

Keep regular meal times.

Diet should be less oily and lighter

Favor foods that are pungent, bitter and astringent. Avoid sweet, sour and salty.

Drink a cup of warm milk, with ginger/ cardamom before sleeping

Try to go to bed by 10 pm; avoid daytime napping

Start some new activity, go someplace exiting, get out of the inertia

Panchakarma Treatment (To remove excess Vata/Kapha dosha from the system)

Maintain a happy attitude; spend time with friends and in Nature.

## **Prepare for Easter, Spring and Summer!**

Good herbs for the season are Garlic, Trikatu, Triphala, Guggulu, Chitrak, Bibhitaki Pippali and Ashwagandha.

Good aroma oils are: Myrrh, Amber, Hina, Jatamansi and Tulsi

Good colors- Stimulating colors: red, yellow, orange and green

## Highlighted disease: Diabetes Mellitus

### Recommendations

#### DIET

- Decrease fried and fatty, salty, sour and sweet foods. Avoid meats, sugar, tea, coffee and pickles. Increase more bitter vegetables and herbs.
- More fresh fruits and veggies, oatmeal, corn, millet
- Hot water with lime juice in morning
- Eliminate the use of caffeine, alcohol and tobacco.
- More asparagus, cucumber, coriander, parsley, mung dal soup
- Rock salt instead of regular Table salt

#### LIFESTYLE

- Regular Yoga/exercise
- Pranayama (Bhastrika, kapalbhati, surya bhedi)
- Meditation

#### TREATMENT

- Gymnema sylvestre, Bitter melon, Coccinia Indica, Shilajit, Aloe vera, Fenugreek, guggulu, garlic, amla, turmeric.

### Here is a sample chart of diet to follow to keep your sugar in control

#### Early Morning:

A glass of lukewarm water mixed with the juice of half a lemon; turmeric tea; 2 tsp soaked fenugreek seeds or 2 oz bitter melon juice

#### Breakfast:

oatmeal with milk, sprinkled with cinnamon

#### Mid-morning:

apple stew with cinnamon

#### Lunch:

Steamed or sautéed vegetables, Lentil soup, whole-wheat chapattis and a glass of spiced buttermilk

#### Mid-afternoon:

Fresh fruits or soaked nuts, herbal teas.

#### Dinner:

Cooked sprouts and vegetable soup, sautéed vegetables with rice, mung dal soup

## Announcement!

Dr. Garodia will be speaking at the upcoming Ayurvedic conference at Orlando, FL on March 24-26<sup>th</sup> 2006.

Please do not miss this opportunity to attend the conference!

[www.hindu-university.edu](http://www.hindu-university.edu)

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## Easy Recipes:

### Filling Lunch- Vegetarian Barley soup

- 2 tbs. olive oil, salt and pepper to taste
- 2 cups chopped/ diced vegetables (onion, celery, carrot, parsnip etc)
- 1 inch piece ginger, grated, 2 sprigs fresh thyme and parsley, minced
- Half a cup of rinsed and cleaned barley grains
- Vegetable broth, 4-6 cups

Heat oil in a large soup pot. Sauté onions, ginger, and celery until onions are transparent. Add rest of the veggies, barley and herbs. Bring to boil and then cook on simmer for half an hour. Add salt and pepper to taste. Serve hot. Can be cooked in a slow cooker also for two hours.

### Seasonal Detoxification

#### Spring is the best time for internal detoxification!

During the transition between seasons, the Agni (digestive fire) fluctuates, and that can cause some amount of *ama* to accumulate even if you are very careful about your diet and routine. For this reason, Ayurveda recommends that you either self-detox under guidance or get Panchakarma during each change of seasons,

### Detoxifying the Bowel

Call for more information on this.

With the change in Time and seasons, even our Practice is changing and evolving gradually...it is becoming more of "coaching and teaching" Ayurveda, so as to enable and create awareness among people to live consciously and do daily things to move towards their own health. This newsletter is part of the coaching process. Please note the other following changes.

### Becoming a patient

If you are new to us, please understand that Ayurveda is a unique system of medicine that works best when the practitioner has a thorough understanding of your uniqueness. Though it may take a little longer than a visit to your regular physician, we value the assessment process as an integral part of your path to balance and health.

### Visit 1

To address your health concerns effectively, we need to know as much about you as possible. This is accomplished during Visit 1, which includes a thorough History, physical, plus tongue and pulse examination.

### Visit 2

During your second visit we discuss our findings, and address your health concerns from an Ayurvedic point of view. The plan may include recommendations for adjustments in daily routine and diet, breathing techniques, yoga postures, herbs, and massage and cleansing techniques.

### Follow-up

If you are dealing with multiple health concerns, Dr. Garodia may suggest a follow-up visit after Visit 1 and 2. This includes a pulse and tongue examination.

To schedule your appointment or for more information, call 713-831-6898 or E-mail to [info@ayurvedicure.com](mailto:info@ayurvedicure.com)