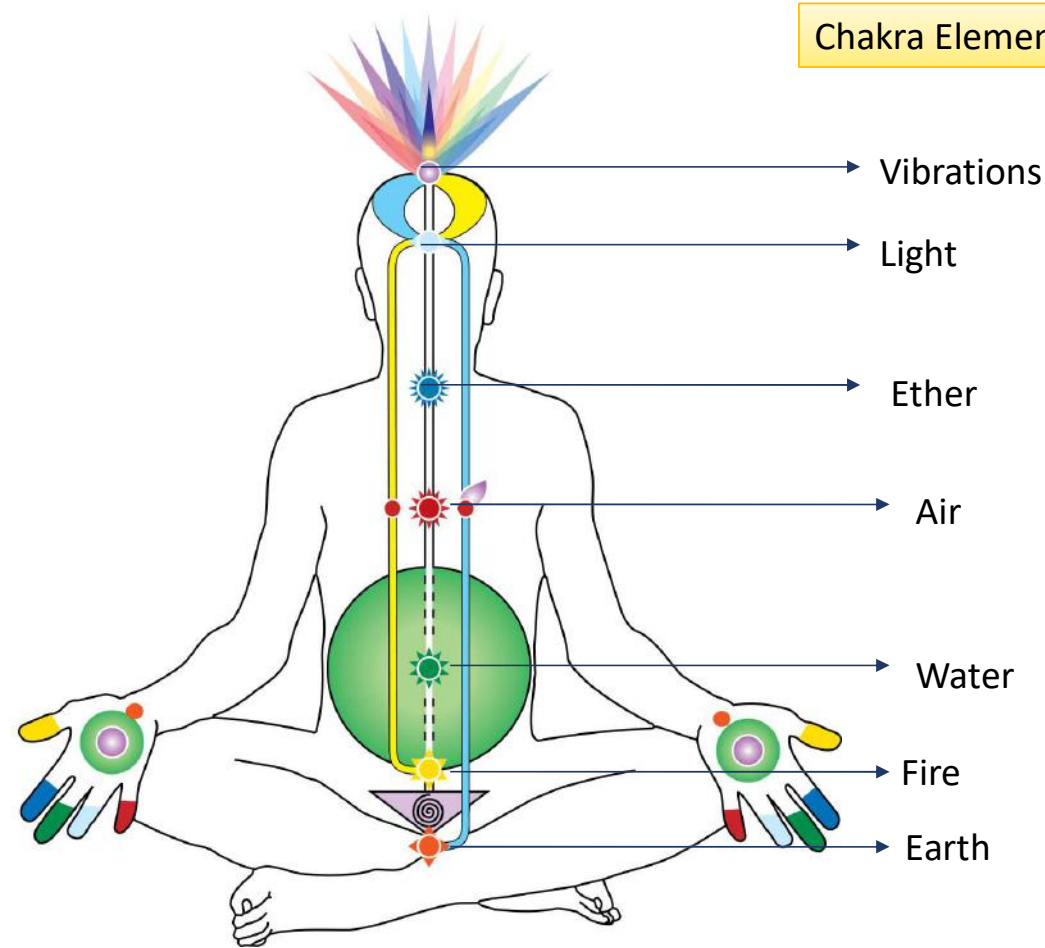


Ayurveda & Sahaja Yoga



Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means **“The Science of Life.”** Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the **“Mother of All Healing.”** It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. Some of this knowledge was set to print a few thousand years ago, but much of it is inaccessible. It’s based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health, not fight disease. In the United States, it’s considered a form of **complementary and alternative medicine** (CAM).

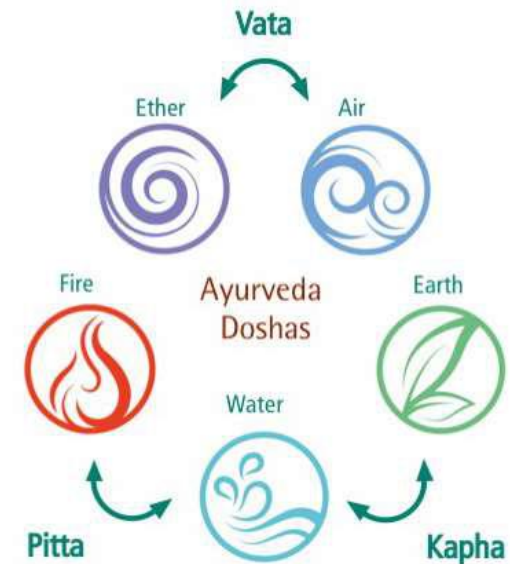
Ayurveda is based on the belief that health and wellness depend on a delicate interconnections between the mind, body, and spirit. It states that a balance of the three life forces that control our body work, called **Doshas**, equals health, while imbalance equals disease.

The three Doshas are:

- **Vata** (space and air)
- **Pitta** (fire and water)
- **Kapha** (water and earth)

Everyone inherits a unique mix of the three Doshas. One Dosha is usually more dominant and each one controls a different body function.

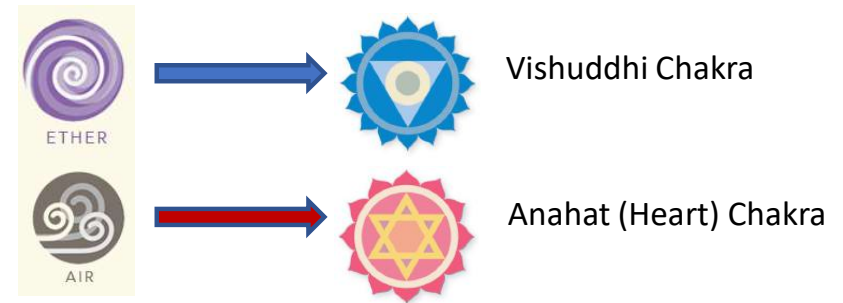
The main aim of Ayurvedic medicine is to cleanse the body, re-establishing harmony and balance. Treatments depend on the primary Dosha and on the balance of the three.



Ayurvedic treatments are focussed on :

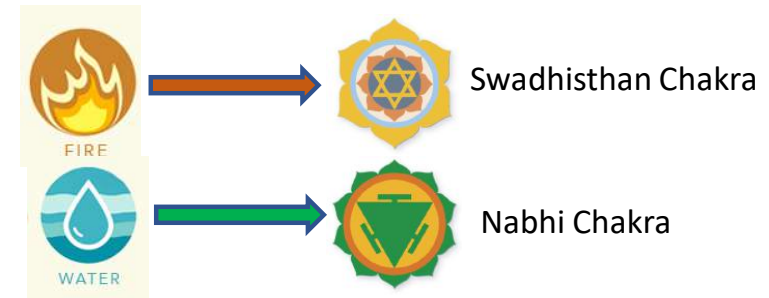
- balance restoration
- spiritual healing
- immunity boost
- symptom reduction

Vata Dosha



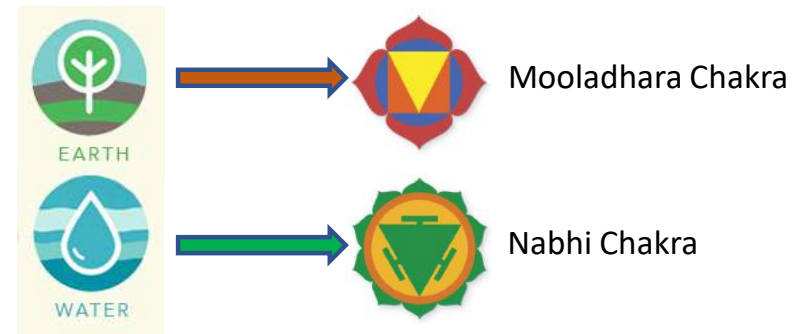
Constitutive Elements	What the Dosha controls	What disrupts the Dosha	What the dosha is likely to cause
<p><u>Space (Ether) and Air</u></p> <p>It is thought to be the most powerful of all three Doshas. It controls basic body functions, such as how cells divide</p>	<ul style="list-style-type: none"> ❖ mind ❖ breathing ❖ blood flow ❖ heart function ❖ ability to eliminate body waste through the intestines 	<ul style="list-style-type: none"> ❖ eating dry fruit ❖ eating too close to a previous meal ❖ fear ❖ grief ❖ staying up too late 	<ul style="list-style-type: none"> ❖ anxiety ❖ asthma ❖ heart disease ❖ nervous system disorders ❖ rheumatoid arthritis ❖ skin problems

Pitta Dosha



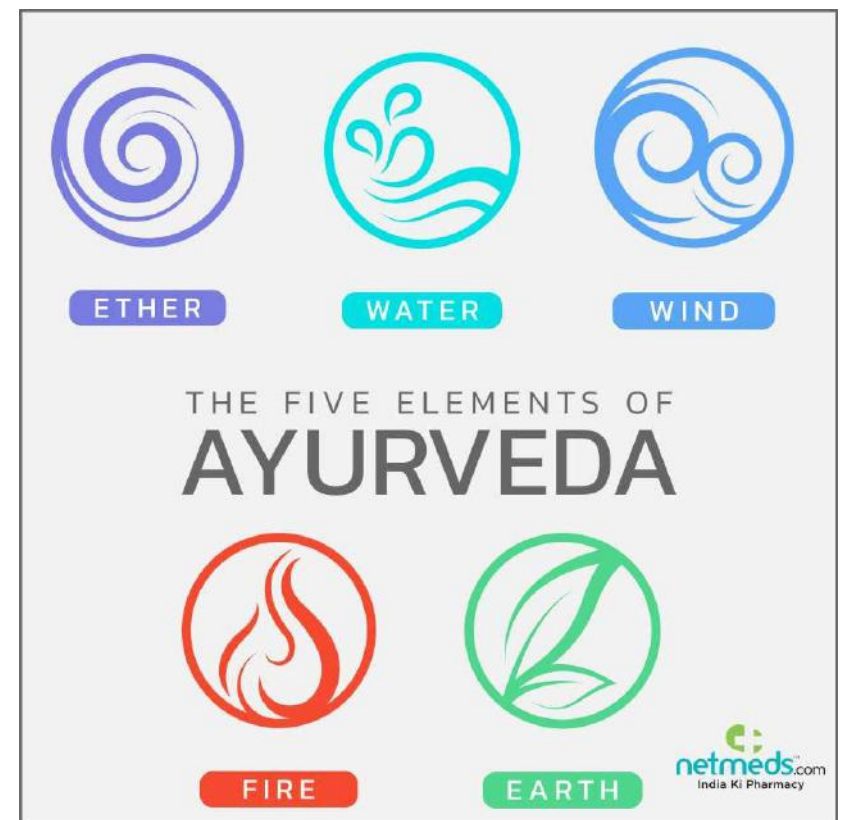
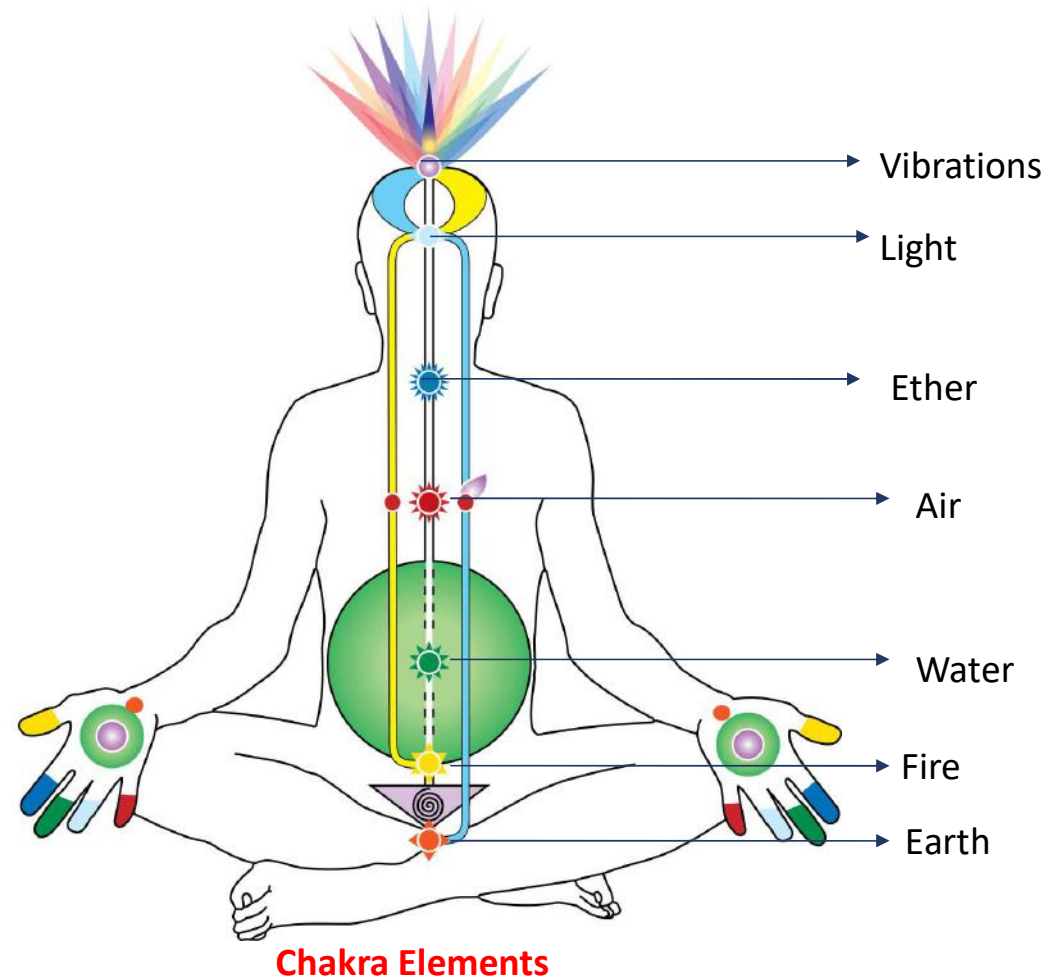
Costitutive Elements	What the Dosha controls	What disrupts the Dosha	What the dosha is likely to cause
<u>Fire and water</u>	<ul style="list-style-type: none"> ❖ digestion ❖ ability to break down foods (metabolism) ❖ certain hormones linked to the appetite 	<ul style="list-style-type: none"> ❖ eating sour foods ❖ eating spicy foods ❖ fatigue ❖ spending too much time in the sun 	<ul style="list-style-type: none"> ❖ anger and negative emotions ❖ Crohn's disease ❖ heart disease ❖ heartburn a few hours after eating ❖ high blood pressure ❖ infections

Kapha Dosha



Constitutive Elements	What the Dosha controls	What disrupts the Dosha	What the dosha is likely to cause
<u>Water and Earth</u>	<ul style="list-style-type: none"> ❖ muscle growth ❖ body strength and stability ❖ weight ❖ immune system 	<ul style="list-style-type: none"> ❖ daytime sleeping ❖ eating when your stomach is full ❖ eating overly salted food or drinking too much ❖ eating overly sweet food ❖ greed 	<ul style="list-style-type: none"> ❖ asthma and other breathing disorders ❖ cancer ❖ diabetes ❖ nausea after eating ❖ obesity

As we meditate in Sahaja Yoga, our chakras and nadis get cleansed and get into a balanced state. Ayurveda treatment is based exactly on this principle of balancing the 5 basic elements that constitute a human body.



AYURVEDIC DOSHAS



Anahata + Vishuddhi

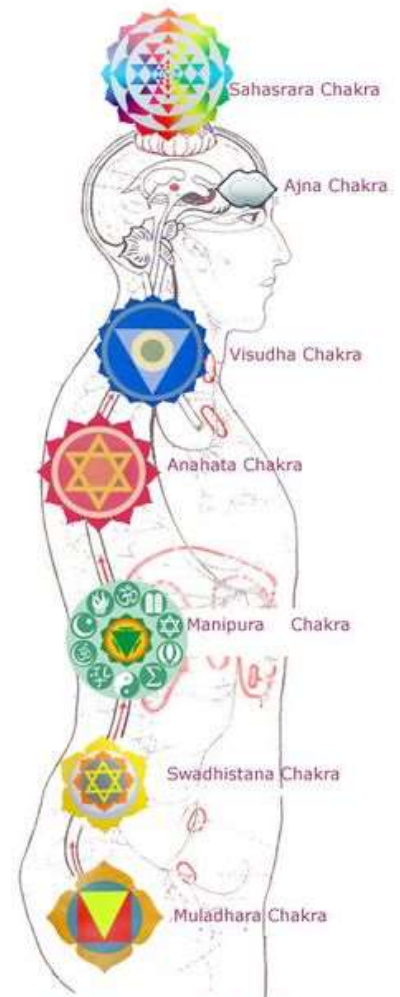
Swadhisthana + Nabhi

Mooladhara + Nabhi

As we meditate, the chakras get into balance, thereby balancing the corresponding element responsible for causing the disease.

Sahaja Yoga meditation and cleansing/ balancing techniques help to nullify or minimize the effect of external/disturbing factors or eliminate the causes of imbalance and re-establish one's original constitution. **Balance is the natural order; imbalance is disorder. Health is order; disease is disorder.**

Within the body there is a constant interaction between order and disorder. With meditation, the practitioner understands the nature and origin of disorder/catch & can re-establish order.



*The Human Subtle System
Positions of chakras in our body*

www.sahajayoga.org



Vibrations



Flame



ETHER



AIR



WATER



FIRE



EARTH

Ayurveda & Sahaja Yoga Meditation

- 7 Sahasrara
- 6 Agnya
- 5 Vishuddhi
- 4 Anahata
- 3 Nabhi
- 2 Swadisthana
- 1 Mooladhara



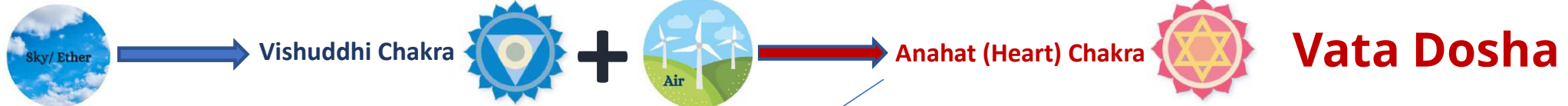
The 5 Elements

Ayurvedic Treatment depends on the balancing of the 5 elements. Sahaja Yoga Meditation gives the spiritual support to healing completely!



The Human Subtle System
Positions of chakras in our body

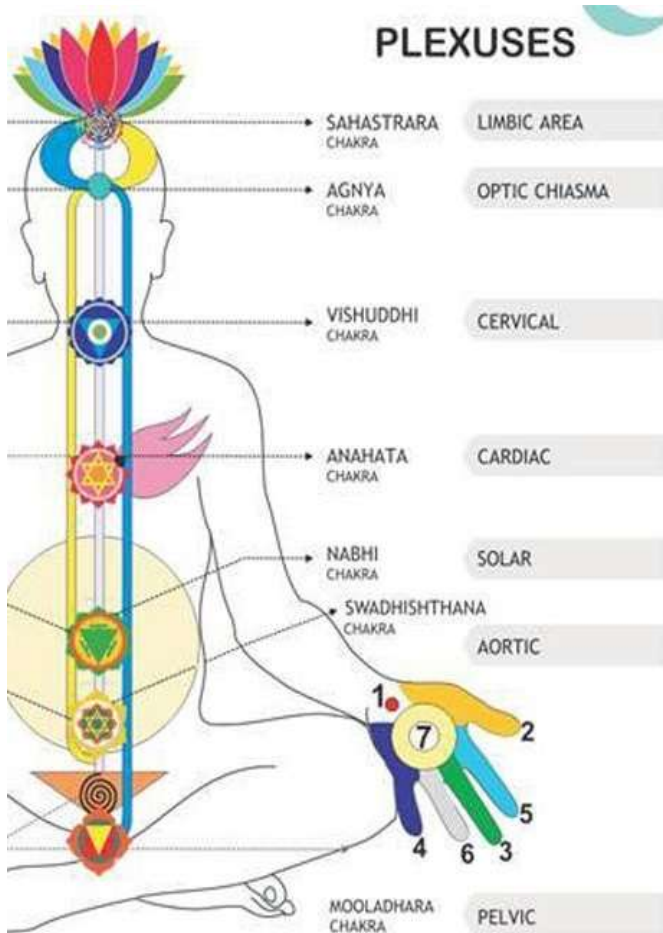
www.sahajayoga.org



Sahaja Yoga complements Ayurvedic Method of holistic treatment by taking care of the spiritual part of the whole.

Ayurvedic medicine (“**Ayurveda**” for short) is one of the world's oldest **holistic** (“whole-body”) healing systems. **Holistic** medicine is a method of **healing** that focuses on the person as a whole, rather than just treating a specific health condition. **Ayurveda aims to prevent health issues from ever developing by covering the health of the body, mind, and spirit.**

Corresponding to the Cervical & Cardiac Plexuses, the Ether plus Air elements cause Vata Dosha. In the Subtle System, we can clearly see that both the plexuses correspond to Vishuddhi & Anahata . With Sahaja Yoga Meditation, we bring in the spiritual balance to these chakras leading to living a healthier and happier life!

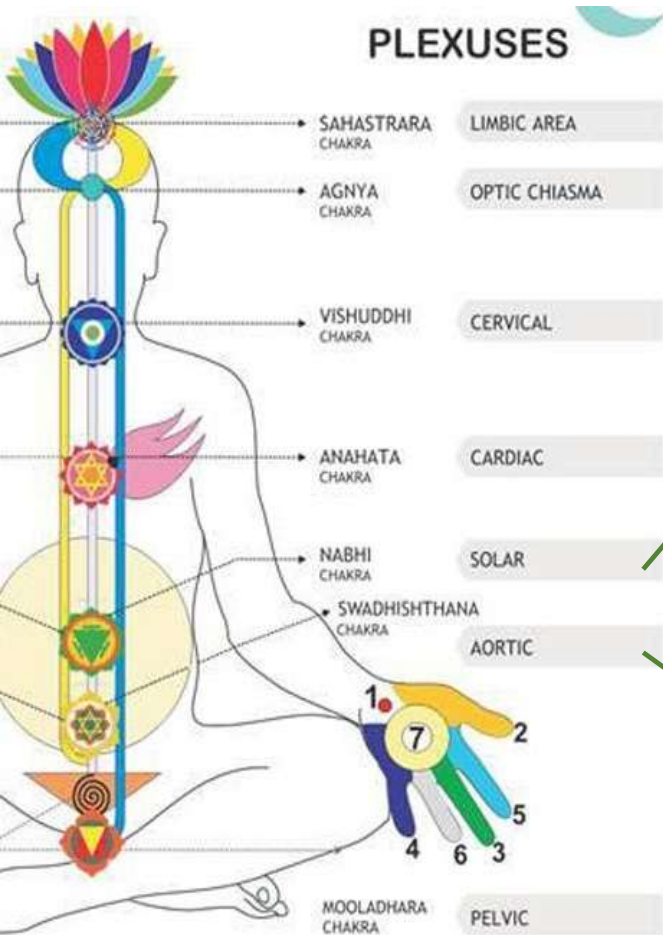


What the Dosha Controls :

- ❖ mind
- ❖ breathing
- ❖ blood flow
- ❖ heart function
- ❖ ability to eliminate body waste through the intestines

What the dosha is likely to cause

- ❖ anxiety
- ❖ asthma
- ❖ heart disease
- ❖ nervous system disorders
- ❖ rheumatoid arthritis
- ❖ skin problems



Sahaja Yoga complements Ayurvedic Method of holistic treatment by taking care of the spiritual part of the whole.

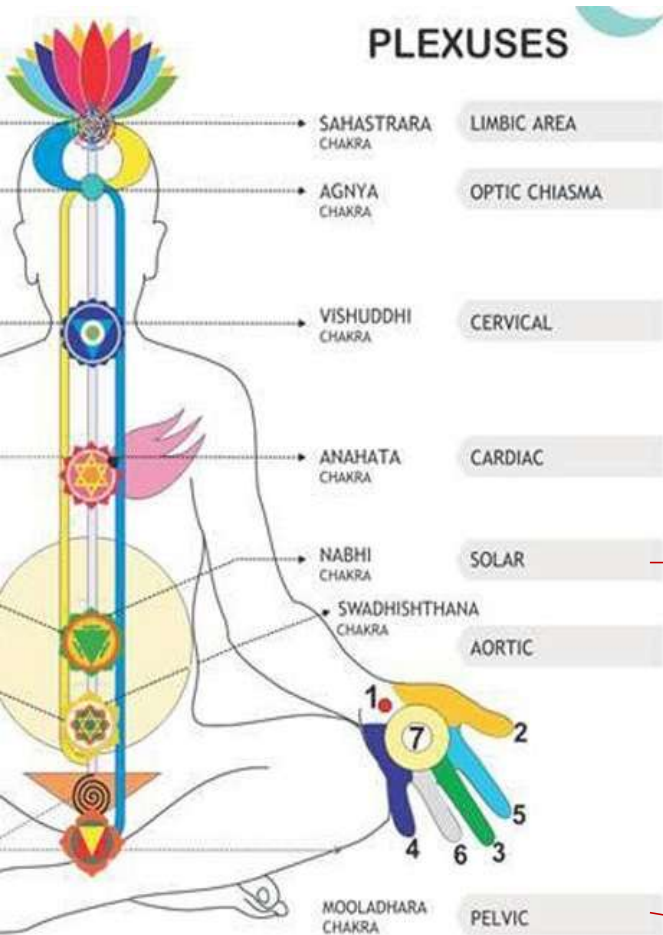
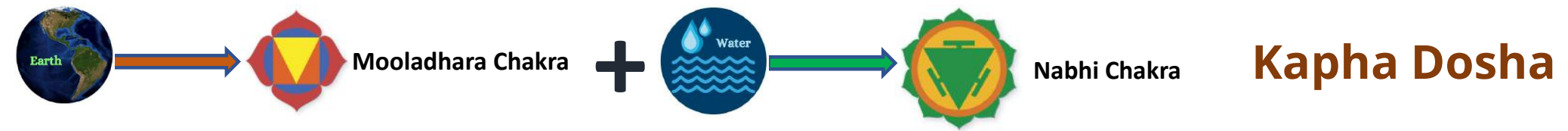
Corresponding to the **Solar & Aortic Plexuses**, the **Water** plus **Fire** elements cause Pitta Dosha. In the Subtle System, we can clearly see that both the plexuses correspond to **Nabhi Chakra & Swadhisthana Chakra**. With Sahaja Yoga Meditation, we bring in the spiritual balance to these chakras leading to living a healthier and happier life!

What the Dosha Controls :

- ❖ digestion
- ❖ ability to break down foods (metabolism)
- ❖ certain hormones linked to the appetite

❖ What the dosha is likely to cause

- ❖ anger and negative emotions
- ❖ Crohn's disease (Crohn's disease is a type of inflammatory bowel disease (IBD).)
- ❖ heart disease
- ❖ heartburn a few hours after eating
- ❖ high blood pressure
- ❖ infections



Corresponding to the **Solar & Pelvic Plexuses**, the **Water plus Earth** elements cause **Kapha Dosha**. In the Subtle System, we can clearly see that both the plexuses correspond to **Nabhi Chakra & Mooladhara Chakra**. With Sahaja Yoga Meditation, we bring in the spiritual balance to these chakras leading to living a healthier and happier life!

What the Dosha Controls :

- ❖ muscle growth
- ❖ body strength and stability
- ❖ weight
- ❖ immune system
- ❖ **Kapha** is primarily **responsible for** anabolism, the process of building the body, growth and creation of new cells as well as cell repair.

What the dosha is likely to cause

- ❖ A heavy feeling in stomach.
- ❖ Sluggish digestion.
- ❖ Lack of appetite.
- ❖ Weight gain.
- ❖ Water retention, swelling and puffiness.
- ❖ **Lethargy**, depression, lack of motivation.



Relationship between Sahaja Yoga and Ayurveda

The knowledge about Kundalini has been expressed in many Sanskrit Shastras since long and also in Ayurveda it is described, not only that but the books which are for curriculum talk about Kundalini and the chakras, because Ayurveda is very, very close to Sahaja Yoga.

Even in the western medicine to begin with, you should see the history they took to - dealt with three doshas. They dealt with three problems that we have as in Ayurveda. The right side which has got **pitta means bile; left side which has got kaf means phlegm, and the central part, the problems of vayu means the gases.**

Shri Lalita and Shri Chakra Puja, Brahmapuri, 17 December 1990

Ayurgenomics and Modern Medicine

One of the most difficult challenges today is understanding the ancient concepts of Ayurveda in terms of modern science. To date, a number of researchers have attempted this task, of which one of the most successful outcomes is the creation of the new field of **Ayurgenomics**.

Ayurgenomics integrates concepts in Ayurveda, such as Prakriti, with modern genetics research. It correlates the combination of three doshas, Vata, Pitta and Kapha, with the expression of specific genes and physiological characteristics.

It also helps to interpret Ayurveda as an ancient science of epigenetics which assesses the current state of the doshas, and uses specific personalized diet and lifestyle recommendations to improve a patient's health.

The Tridosha theory of Ayurveda explains that there are three fundamental principles or forces, called doshas, which govern the physiology of each individual. **Vata is the dosha involved in transportation in the body; from the transportation of molecules to the transportation of nervous impulses. It arises from the elements of ether and air.**

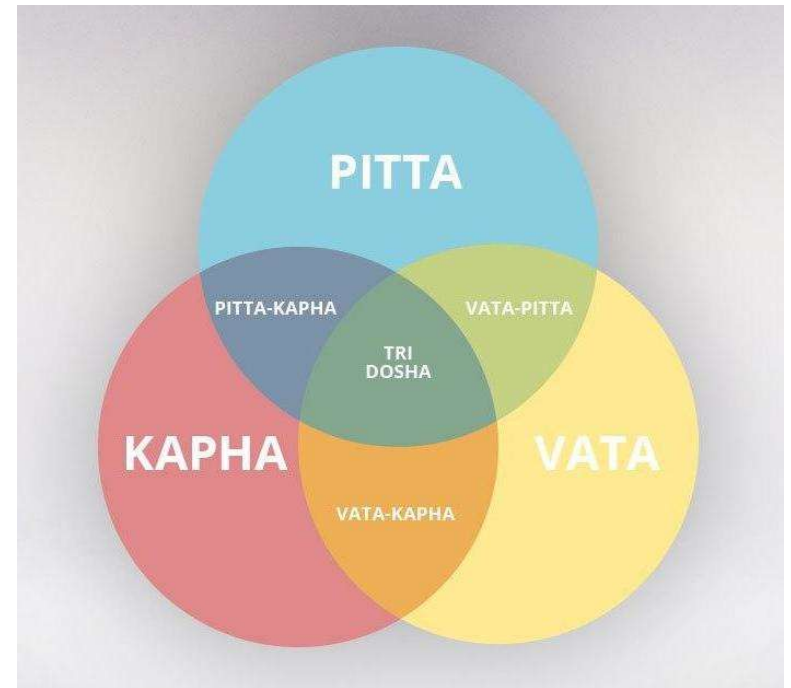
Pitta is the dosha that governs the process of digestion, as well as all metabolic pathways inside each cell. It is formed from fire and water.

Kapha is the dosha that governs structure and cohesion in the body. It is an expression of earth and water.

Each individual is born with a particular combination of these three doshas; this is called **Prakriti**.

There are seven basic types of Prakriti:

1. Vata;
2. Pitta;
3. Kapha;
4. Vata/Pitta;
5. Pitta/Kapha;
6. Vata/Kapha; and
7. Vata/Pitta/Kapha.



Is there a scientific explanation for Prakriti? The best description so far has come from the new field of Ayurgenomics, which attempts to describe Prakriti types in terms of modern genetics and physiology.

Prakriti is an inherent nature of an individual determined at the time of your birth, which can not be changed during your lifetime. Each Prakriti has different characteristic features. **The concept of Prakriti makes Ayurveda unique from other medical systems.** Selection of treatment, medicine is different for each individual depending upon their Prakriti. Ayurveda also suggest about food which is conducive, foods which need to be avoided according to Prakriti.

Assessment of Prakriti analysis will not only help in understanding the physical and mental constitution of patient, but also plays a vital role in prognosis, diagnosis, treatment and prevention of many diseases.

Genomics

Genotyping of
population

Predisposition
haplotypes

Environment
Diet & Life-style

Molecular Markers

Symptomatic

Ayurgenomics

Predisposition

Targeted screening

Prevention

Diagnosis

Therapy

Predictive
medicine

Traditional knowledge

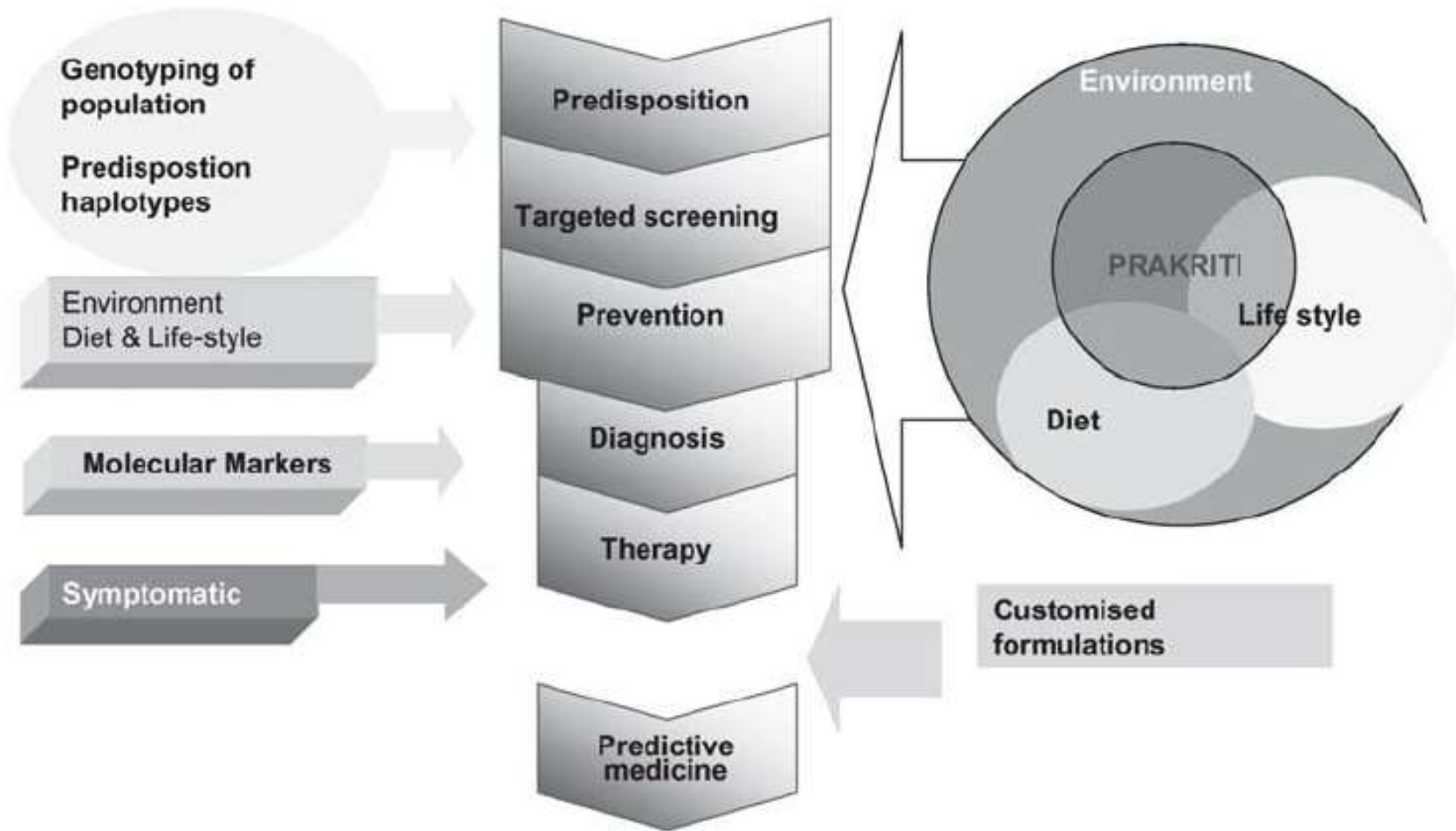
Environment

PRAKRITI

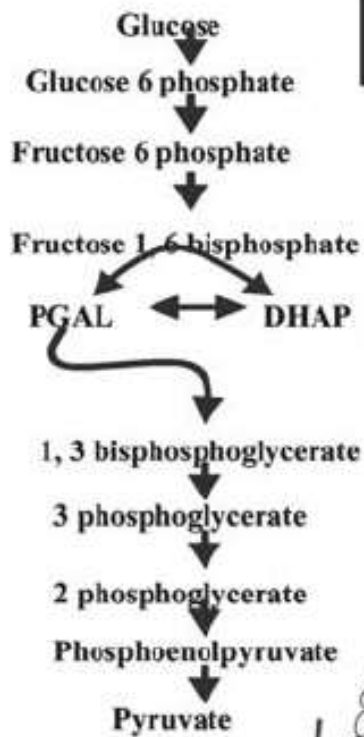
Life style

Diet

Customised
formulations



Metabolism ?



Hemorrhagic disorders

PITTA

Cholestrol deposition

Obesity /CAD

Storage ?

KAPHA

lysosome

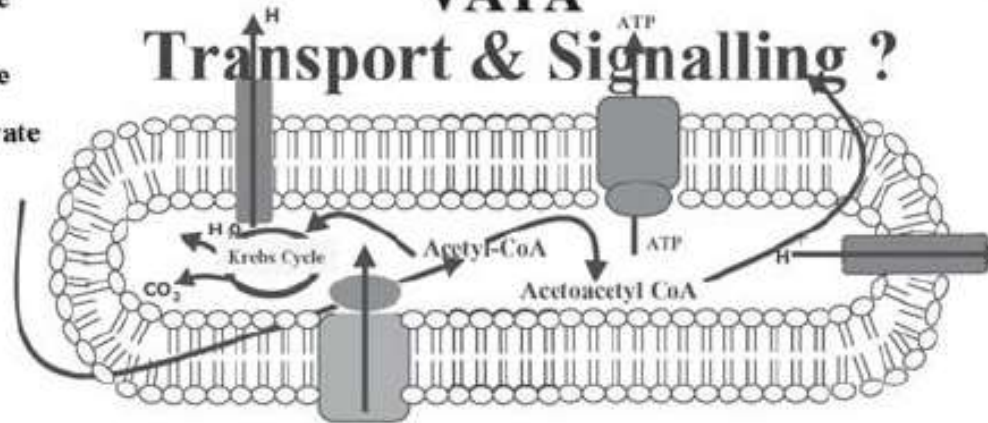
LDL receptor

Cholestrol
 3 Hydroxy 3
 MethylGlutaryl CoA

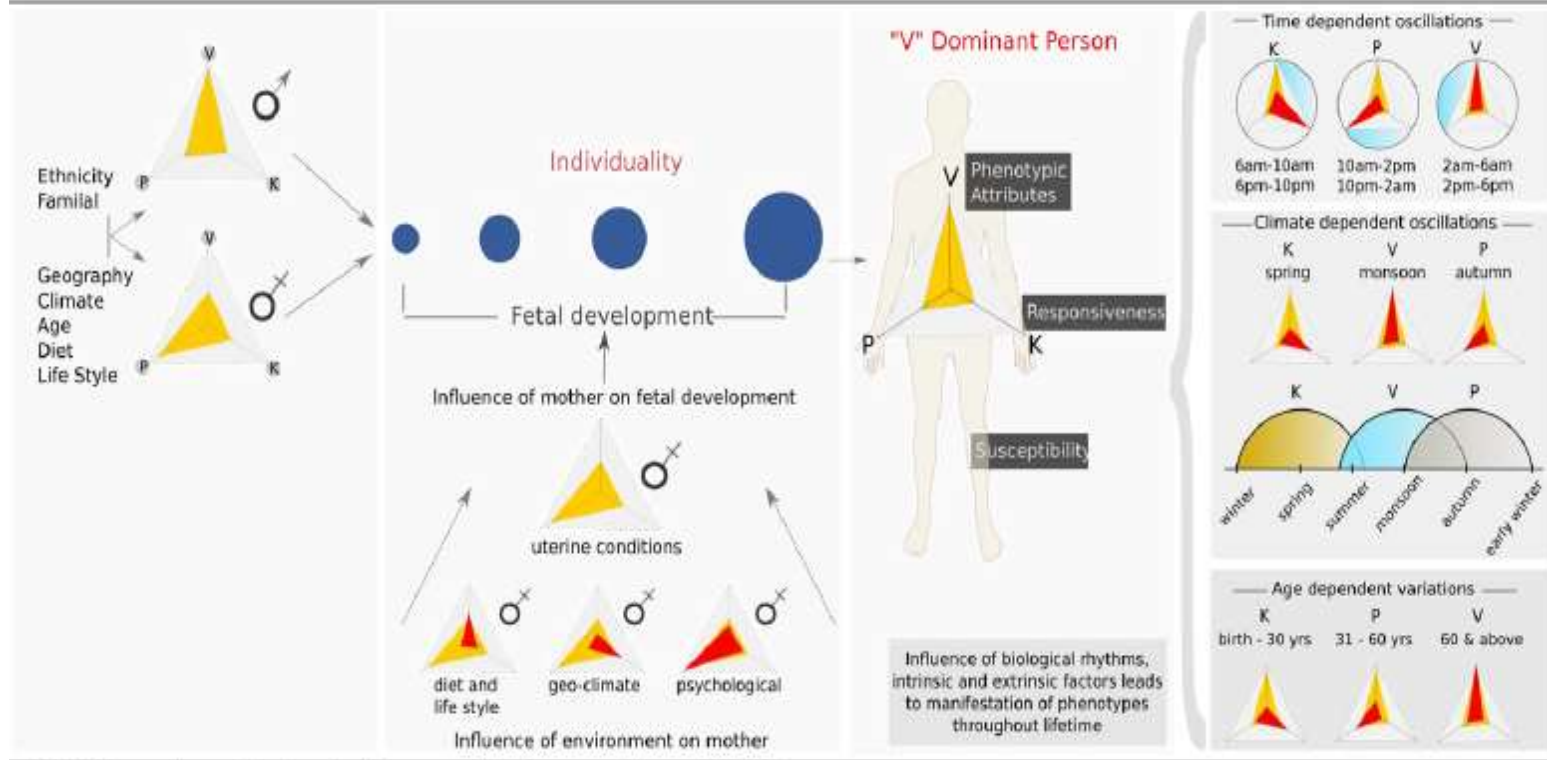
Neurological disorder

VATA

Transport & Signalling ?



Dosha Prakriti: Mechanism of development and expression in an individual with the factors governing them at different stages



Ref: Prasher B et al, Journal of genetics, 2016

शुक्रशोणितसंयोगे यो भवेदोष उत्कटः ॥
प्रकृतिर्जायते तेन तस्या मे लक्षणं शृणु ॥६३॥
genetics

तत्र प्रकृत्यादीन् भावानुव्याख्यास्यामः । तद्यथा—शुक्रशोणितप्रकृतिं, कालगर्भाशयप्रकृतिं, आतुरादारविहारप्रकृतिं, महाभूतविकारप्रकृतिं च गर्भशरीरमपेक्षते । एतानि हि येन येन दोषेणाधिके-
epigenetics

तत्र प्रकृतिर्जातिप्रसक्ता च, ethnicity कुलप्रसक्ता च, familial देशानुपातिनी च, geography कालानुपातिनी च, time वयोऽनुपातिनी च, age प्रत्यात्मनियता चेति । जातिकुलदेशकालवयःप्रत्यात्मनियता हि तेषां तेषां पुरुषाणां ते ते भावविशेषा

हिताहितं सुखं दुःखं आयुस्तस्य हिताहितम्।
मानं च तच्च यत्रोक्तं आयुर्वेदः स उच्यते॥

आयुर्वेद

आयुर्वेद वह विज्ञान है जो जीवन के लिए हितकारी और अहितकारी, पथ्य और अपथ्य, जीवन जीने की शैली, रोगों से बचाव के तरीके और रोगों के उपचार के उपायों का ज्ञान कराता है।

