

VEDA JYOTI

Light of Knowledge

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AYURVEDA – THE ANCIENT SECRETS

Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda loosely 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 ancient Vedic culture and was taught for thousands of years in an oral tradition from accomplished masters to their disciples.

Ayurveda recognizes five elements as the fundamental building blocks of nature: Earth, Water, Fire, Air, Ether (Space)



Every substance contains all five of these elements. That said, in a given substance, one or two elements are typically predominant over the others

The doshas are the life energies behind all of our bodily functions. Each one commands a specific force in the body and is associated with certain sensory qualities. “Doshas” in Ayurveda refer to your unique physical and mental constitution, which influence your personal well-being. Each person has their own dominant dosha or combination of two or three of these elemental forces. Knowing yours can help you maintain balance through seasonal changes for lasting health and peace of mind.

The three Doshas are:



VATA

(Air + Ether)

Balance

Energetic
Enthusiastic
Bubbly
Friendly

Imbalance

Nervous
Anxious
Forgetful
Restless

What to do in a case of imbalance:

- Drink hot lemon water in the morning
- Be grounded (Get an Ayurvedic massage)
- Spend time with those you love
- Have more rest time
- Have a stable routine
- Practice pranayama



PITTA

(Water + Fire)

Balance

Funny
Cooperative
Confident
Decisive

Imbalance

Critical
Angry
Dictator Like
Workaholic

What to do in a case of imbalance:

- Allowing yourself more free time
- Do not skip meals
- Spend more time in nature
- Favour cooler colour clothing
- Laugh
- Just let go and surrender
- Exercise more often



KAPHA

(Water + Earth)

Balance

Generous
Kind
Strategic
Patient

Imbalance

Stubborn
Miserable
Resentment
Feels Trapped

What to do in a case of imbalance:

- Have a more consistent routine
- Clear your space
- Favour warm and bright colour clothes
- Exercise regularly
- Stay warm and dry
- Eat a lot of vegetables

AYURVEDIC DIET

When it comes to an Ayurvedic diet, it is recommended to eat foods that stimulate the six tastes: sweet, sour, bitter, astringent, pungent, and salty. This is because each taste has a unique relationship with a specific dosha. Some of the specific foods that a person with a predominant dosha should eat and those to avoid are listed below.

the vata diet

sweet
sour
salty
warm
hot

Diet is absolutely central to the system of Ayurvedic healthcare. To maintain Vata balance, sweet, sour and salty tastes with food warm or hot in nature are best.

Vata foods include warming spices such as Cinnamon, black Pepper and Ginger.

Foods that are unbeneficial to Vata & distort balance include bitter, pungent and astringent flavours, such as bread, Neem, and millet. It is wise to avoid foods which are too dry in nature.

the pitta diet

sweet
bitter
astringent

Balancing Pitta requires consuming foods that counteract the fire element and the tendency to overheat. Sweet, bitter and astringent foods should be consumed.

Especially cold fruits and vegetables such as cherries, cucumbers, watermelon and avocados.

Sour, salty and spicy foods, such as chilli and garlic, should be avoided by Pitta types.

the kapha diet

warm
dry
spicy
astringent
bitter

For a Kapha diet, warm and dry food recipes are most beneficial along with tastes spanning spicy, bitter and astringent.

Choose organic vegetables and pungent spices like black pepper and ginger to stoke the digestive fire.

Kapha people should avoid sweet, sour, salty, heavy, oily and processed foods and particularly fermented food recipes.



Natural Healing



In the ancient science of Ayurveda, herbs and spices are viewed as the spiritual essence of healing. Plants and herbs carry in their cells the wisdom of cosmic intelligence and the healing vibrations of nature.

Since ancient times, humans and plants have had a very spiritual connection – plants capture solar energy

and convert it into nutrients that humans can digest. According to Ayurvedic herbology, herbs and spices have a multitude of benefits for the mind, body, and spirit. They can be used internally or externally (through the skin) or even used as aromatherapy. Below are a few key herbs that can be used everyday to assist in solving common problems:

Ajwain Digestion



Ajwain is a strong digestive and nerve stimulant. It functions as a weight loss herb by drawing out deep-seated toxins from the body. Ajwain heals painful joints and is an excellent herb to address vata issues.

It can be taken as a tea to assist with weight loss: simply boil 1 tsp of Ajwain seeds in 16 ounces of water and consume instead of your green tea.

Cardamom Tranquilizer



Cardamom is a natural tranquilizer, bringing clarity and joy to the heart and mind. It neutralizes the acidity of coffee and caffeine. It also neutralizes the mucus-forming properties in milk. Cardamom removes excess kapha from stomach and lungs.

For the best results, add some cardamom pods or powder to coffee as you are brewing it or boil cardamom in warm milk and drink before bed.

Manjistha Purifying



Manjistha is probably the best blood purifying herb in Ayurvedic medicine. It is anti-inflammatory and clears acne. It cleans the blood and liver, lowering pitta disorders in the skin and helps clear acne. It cools and detoxifies the blood, cleanses and regulates liver and kidney functions.

Take this herb in capsule form (two capsules in the morning, and two capsules at night) if you have any

pitta related skin disorders. Alternatively, you can take it with warm milk before bed.

Neem Detox



Neem is one of the most powerful blood purifiers and detoxifiers in Ayurvedic herbology. It is ideal for wound healing and curing skin diseases and damage, especially from the sun. Neem is useful for all pitta disorders, such as skin and eyes. It works wonders for eczema and psoriasis skin flare-ups. It is also useful for joint and muscle pain. It can be also used as a medicated oil on skin.

Shatavari Female Vitality



Shatavari is the best Ayurvedic root to rejuvenate women (as Ashwagandha is for men). It nourishes and cleanses the blood and the female reproductive organs.

Shatavari is readily available to consume in pill and powder form. Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Turmeric Blood Cleanser



Turmeric purifies the blood and the channels of the body. It improves the skin's complexion, bringing circulation and nutrition to the skin. Turmeric is anti-inflammatory and is a perfect remedy to treat acne-prone skin.

Ideally, consume 1 tsp of turmeric per day whether in capsule form or apply on the skin.

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Herbal Powders for Specific Ailments

At minimum these herbs should be taken over a period of three months to see an effective improvement.

Heart/High Blood Pressure

Ashwagandha: Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Arjuna: Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Diabetes

Karela Powder: Take two capsules daily, or ¼ teaspoon

twice daily with warm water.

Jamun (Madoni) Powder: Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Neem: Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Digestive Problems

Triphala: Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Turmeric: Take two capsules daily, or ¼ teaspoon twice daily with warm water.

Aloe Vera Plant: Take 1 tablespoon of the gel only, twice daily on an empty stomach.

* Herbs can be found at your local Indian spice shops



Treatment of Common Colds

Ayurveda believes in treating the disease from its roots. The reason for common cold and flu is the decrease in immune power due to a low digestive fire. Prevention of a disease is always better than the cure. Here are some methods to keep yourself healthy and avoid cold and flu.

2 Gargle your throat with hot salt water twice a day to get rid of itchy sore throat.

4 Take easily digestible food and consume a more liquid hot diet such as kichadi, hot soups, and clear vegetable soup with spices.

6 Tea made from an equal quantity of fresh tulsi leaves and ginger heals the effects of colds and flu.

8 Drink turmeric with warm water and a pinch of black pepper regularly as it can fight infections.

10 Consuming sour fruits like amla (Indian gooseberry) provide ample Vitamin C which helps fight common cold and cough. Consuming citrus fruits like Orange, Lemon, and Tangerine also serves the purpose.

1

Boil ¼th inch of ginger in 1 cup of water and drink it 2-3 times daily. Ginger reduces kapha dosha and thus helps to combat cold, cough and even vomiting.

3

Take steam inhalation with plain water to get rid of stuffy or a runny nose.

5

For excessive phlegm, the juice of Tulsi and ginger can be taken with honey. Dosage should be 5 ml each, three times a day.

7

Regular exercise, Yoga and pranayama for 45 minutes to an hour will help in clearing any blockages in our physical and energy system within the body and improves blood circulation, keeping you fit and energetic.

9

Rubbing of mint oil on the feet, chest and back can help for easy breathing and in relieving congestion.

We have been blessed with this ancient knowledge of Ayurveda. Only today is the modern world realising the numerous benefits of this Science and because of this, certain herbs are now being classified as the next "Superfood". You are what you eat and Ayurveda stands testament to this fact. Live consciously and healthily, for the benefit of your body, mind and spirit.

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