Disclaimer

Soham Ayur-yoga is an integrated, complementary, informative and educative wellness center with the mission of providing self-healing tools to people for restoration of health and prevention of imbalances. The Ayurveda Program has not been evaluated by the Food and Drug Administration. None of the information or products in the Ayurveda Program is intended to diagnose, treat, cure or prevent any disease. For medical concerns, please consult your physician. Before making changes to your diet or lifestyle, please consult your physician.

Discover Ayurveda: Take home a snap recap information about Ayurveda.

What is Ayurveda?

Ancient Healing Medical Science. Ayurveda is the Vedic science of healing for both body as well as mind.

Ayurveda = Ayur + Veda = Life + Knowledge / Science = Science of Life

Why Ayurveda and what it can do for you?

- Is a 5000 year old, time tested and scientifically-proven approach to health
- Uses the inherent principles of nature to bring the individual back into healthy equilibrium
- Works with both the preventative and maintenance aspects of healthy life
- Provides a wide range of natural therapeutic measures to balance and maintain harmony with physical, mental and spiritual health

Why Now?

- Today’s lifestyle is fast paced and stressful
- There are too many choices which can be confusing
- Ayurveda is being rediscovered for its efficacy & safety
- Ayurveda answers all your problems in simple word- IMBALANCE.
- IMBALANCE TO –Your own body, mind, and heart (soul, spirit), yourself and other people, yourself and your surroundings.

A brief view through Ayurveda’s magnifying lens:
• View of the individual as an integrated whole, not a collection of parts. Ayurveda is holistic medicine.
• Sees the person as intimately connected to nature and the universe
• Environment, relationships, job and constitutional type, diet & activities, the weather & seasons are important when considering prevention, diagnosis & treatment
• The human body is part of nature – when it runs perfectly as designed, it can be perfectly healthy
• Using self-healing and self-regulating, it is trying to be healthy at all times (homeostatic balance)
• Interference causes imbalance-Wrong diet, poor exercise, negative thinking, stress and fatigue etc.
• The five fundamental elements that make up the universe: space, air, fire, water & earth also make up the human physiology. These energies are called...“doshas”.
• Doshas- Vata, Pitta, Kapha.
• Individual proportion of doshas at birth determines one’s “Prakruti”.
• Depending upon dominant dosha in your physiology, marks your ‘Prakruti’.
• By knowing one’s own “Prakruti”/BMT- one can plan and practice an appropriate daily diet & behavioral regime.
• With this simple effort, the body will maintain balance of the doshas (Vata, pitta and Kapha).
• Remember, According to Ayurveda, Balance = Health

How Vaidya (A classically trained Ayurveda physician) can help you?

• Ayurvedic Nutrition Consultation - Herbal Therapy
• Detoxification by gentle cleansing called Panchkarma Therapy
• Individualized Health Program
• Natural Diet to suit individualized body type
• Weight management
• Therapeutic Nutritional Supplements
• Botanical supplements, herbal medicines
• Nutritional and Vitamin Therapy – includes balancing body chemistry with hair tissue mineral analysis. Hair tissue mineral analysis is an analytical test which measures the mineral content of the hair represents the toxic levels, mineral, vitamin levels in your body.
• Yoga therapy - Mantra therapy, Swara therapy, Yoga cures (according to body type and concerns), Diet / food plans.
• Stress Management - Relaxation exercises- Breathing techniques called Pranayama, Meditation
• Vedic Medical Astrology - Birth chart readings, matching charts, and gem, crystal, rudraksha.

Start a baby step towards your health Ayuvedically- take it easy advice!
Ayurveda says that in order to lead a happy, healthy and contended life one needs to abide by certain rules every day. This daily regimen or Dinacharya describes the optimum time of the day for our day to day activities. As per Ayurveda every hour of the day has a specific Dosha predominance as indicated below:

<table>
<thead>
<tr>
<th>First cycle:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m. to 10 a.m.</td>
<td>-</td>
</tr>
<tr>
<td>10 a.m. to 2 p.m.</td>
<td>Kapha</td>
</tr>
<tr>
<td>2 p.m. to 6 p.m.</td>
<td>-</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second cycle:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6 p.m. to 10 p.m.</td>
<td>-</td>
</tr>
<tr>
<td>10 p.m. to 2 a.m.</td>
<td>Pitta</td>
</tr>
<tr>
<td>2 a.m. to 6 a.m.</td>
<td>-</td>
</tr>
</tbody>
</table>

- Wake up early. Starting a day early can refresh your body and mind, give you the ability to concentrate in everything you do and make you relaxed. Brahma Muhurtha (about 1.5 hrs. before sunrise), when the Vata element is predominant, is the best time for meditation, Yoga and exercises and I like to called as “time for me”.
- Wash your face with cool water soon after rising.
- Drinking a glass of water can help in easing out the bowel movement. Proper bowel movement is essential to keep the body healthy and to avoid the deposition of toxic elements in the body. Nature’s call needs to be attended to everyday before breakfast.
- Brush your teeth and clean your tongue daily.
- Before bathing massage your body with sesame oil. Use warm water for bathing.
- Breakfast should be wholesome, as per your Prakruti and able to supply the body with the essential nutrients to kick-start your day. Fruits and cereals are the best options for a healthy breakfast. Do not skip breakfast, chew your food well and never have food in a hurry.
- The best time for lunch is between 12 noon and 1 p.m. as pitta, the Dosha responsible for digestion is predominant during this period. Ayurveda advocates that lunch should be the heaviest meal of the day.
- A few minutes of rest and a short walk after lunch are recommended to aid digestion.
- The late afternoon is perfect for meditation. Say your prayers and meditate at dusk.
- Dinner should preferably be between 6 and 7 p.m.
- Go to bed early. An average of six to seven hours of sleep is required for an adult.

Hari Om tat sat!