

Maharishi AyurVeda Personal Wellness Program

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Ayurvedic Definition of a Healthy Individual

One whose:

- Governing mechanisms (*Doshas*) are in balance
- Digestion (*Agni*) is balanced
- Tissues and excretory systems are functioning normally
- And whose mind, senses, and self are filled with pleasantness (bliss),

Such a one is called a healthy individual.

-*Sushruta Samhita*, Su. 15.38

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Pillars of Wellness

- Diet
- Digestion
- Bowel regularity
- Sleep
- Lifestyle balance
- Mind (includes emotions, stress)

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Diet

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General Dietary Recommendations

- Favor fresh foods, freshly prepared—avoid packaged/highly processed foods, and leftovers or reheated foods (to the extent possible)
- Favor whole foods—avoid refined foods
- Avoid cold foods and beverages
- Eat as low down on the food chain as possible. Lacto-vegetarian diet is preferable. Poultry and fish are better than red meats (better to have them at lunch than supper).

Crowe FL, et al. Risk of hospitalization or death from ischemic heart disease among British vegetarians and nonvegetarians: results from the EPIC-Oxford cohort study. *Am J Clin Nutr.* 2013 Mar;97(3):597-603.

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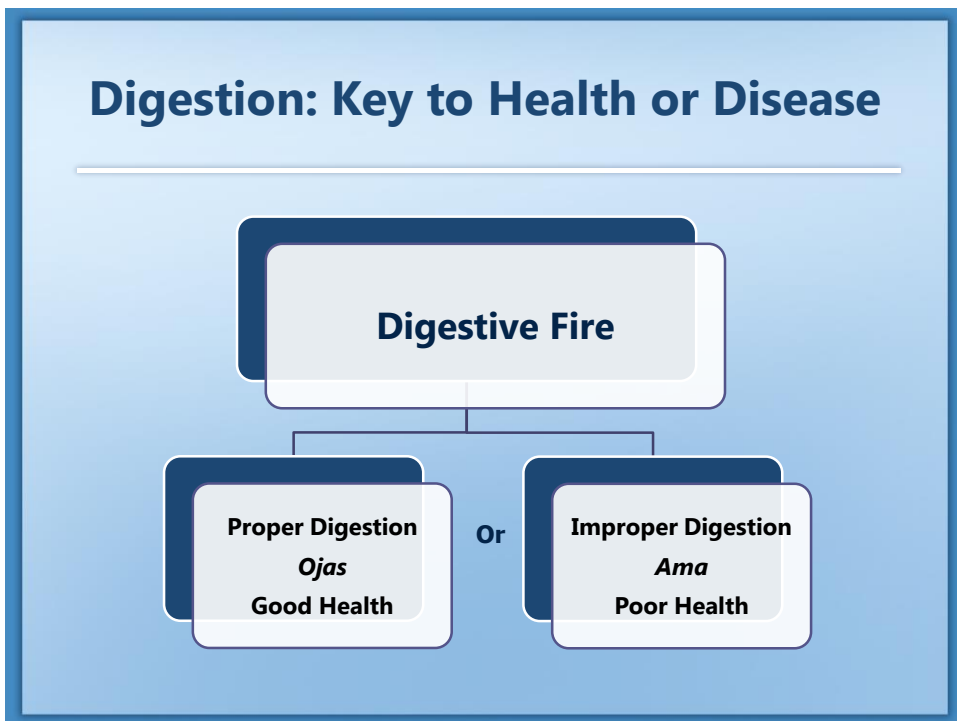
Seasonal modifications in diet depending on the dosha season

- **Kapha season:** lighter, drier diet; increase spices (Kapha spices); warm foods and drinks
- **Pitta season:** moderate food intake, cooling foods and drinks (not cold), cooling spices (Pitta spices)
- **Vata season:** heavier food intake (depending on digestive power); moderate spices (Vata spices); warm foods and drinks; adequate oils

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Digestion

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Top Behaviors for Good Digestion (1)

- Regular mealtimes, around the same time each day: breakfast, lunch, supper and (optional) afternoon snack.
- Take enough time to eat, avoid rushing meals:
 - Eat in a quiet, settled atmosphere with settled mind
 - Chew food well—digestion begins in the mouth
 - Take a few minutes to sit quietly after eating
- Eat to about $\frac{3}{4}$ of capacity; satisfied but not feeling “full”
- Make lunch the main meal of the day

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Top Behaviors for Good Digestion (2)

- Avoid eating before the previous meal is digested (3 to 6 hours between meals)
- Do not eat right before going to bed. Warm, boiled milk is all right.
- Avoid large amounts of raw food, such as raw vegetables. Naturally grown, ripened fruits are fine.
- Respect the principle of acquired suitability (*Oka-satmya*)

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Bowel Regularity

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Follow these points, especially if bowel regularity is an issue

- Adequate fiber
- Adequate oils: olive oil / ghee (if no cholesterol problem)
- Adequate fluid intake
- Adequate exercise, yoga
- Probiotics: lassi, yogurt, kefir
- Herbal preparation: Triphala 1-2 grams at bedtime
- Upon arising, drink 1-2 glasses of lukewarm water
- Give it time, every day in the early morning

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Sleep

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Sleep

- Early bedtime: lights out by 10 pm
- Wind down for at least an hour before bed (2 hours is better): no TV or screens (avoid "blue light")
- If sleep is an issue
 - Sleepy time drink: warm milk with cardamom, nutmeg, and saffron
 - Aromatherapy at bedtime: e.g., MAPI Slumber Time Aroma
 - Herbal preparations: e.g., MAPI Blissful Sleep and Deep Rest (1 tablet of each)

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Lifestyle Balance

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Lifestyle Balance: Key Points

- Daily Routine: Maintain a regular routine
- Regular mealtimes
- Regular bedtime and arising time
- Regular bowel movements, morning preferred
- Early bedtime (10 p.m. is best) and arising time (by 6 a.m. if possible)
- Make lunch the main meal; supper lighter.
- Daily routine: include meditation, exercise (e.g., morning brisk walk), yoga asanas

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