

Seasonal modifications in exercise routine depending on the dosha season

- **Kapha season:** more vigorous exercise
- **Pitta season:** light to moderate exercise
- **Vata season:** moderate to vigorous exercise depending on body type

1

Mental and Emotional Balance



2

Mind-Body Effect

From Charaka Samhita (oldest text of Ayurveda):

- "Direct contact with the least excited state of awareness (*Atma*) is the most powerful means of promoting health."
- "Complete transcending (of mental activity) is the best among the sources of health and happiness."

3

Effects of TM on Trait Anxiety

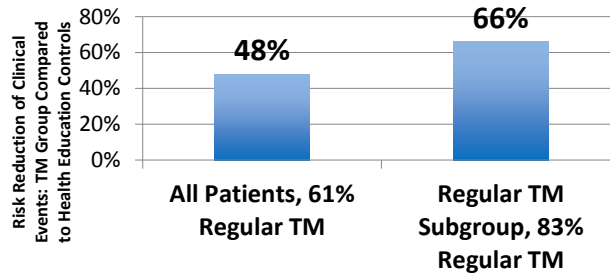
Meta-Analysis of 16 RCTs



Orme-Johnson DW, Barnes V. Effects of the Transcendental Meditation Technique on Trait Anxiety: a Meta-Analysis of Randomized Controlled Trials. *Journal of Alternative and Complementary Medicine* 20 (2013): 330-341.

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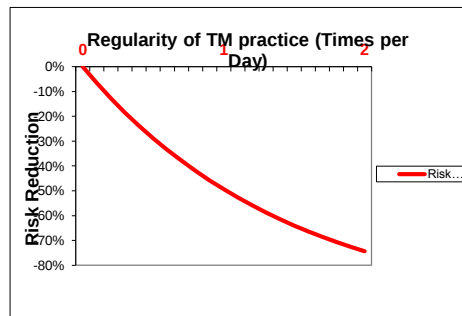
Greater Risk Reduction for Heart Attacks, Strokes, and Death with More Regular TM Practice



Reference. R. H. Schneider, Grim C. E., Rainforth M. A., et al. "Stress reduction in the secondary prevention of cardiovascular disease: Randomized controlled trial of Transcendental Meditation and health education in Blacks." *Circulation: Cardiovascular Quality Outcomes* 5, no. 6 (2012): 750-758.

5

Decreased Risk of Heart Attacks, Strokes, and Death with More Regular TM Practice

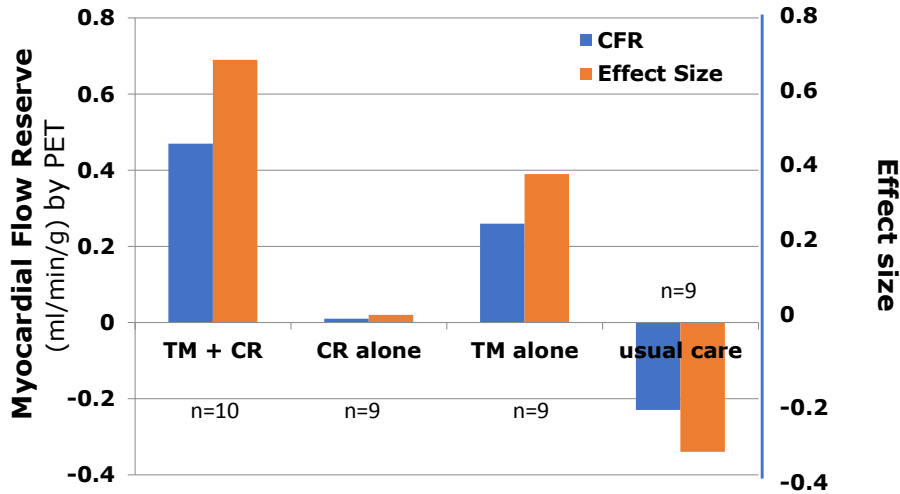


Reference. R. H. Schneider, Grim C. E., Rainforth M. A., et al. "Stress reduction in the secondary prevention of cardiovascular disease: Randomized controlled trial of Transcendental Meditation and health education in Blacks." *Circulation: Cardiovascular Quality Outcomes* 5, no. 6 (2012): 750-758.

6

Cardiac Rehabilitation and TM

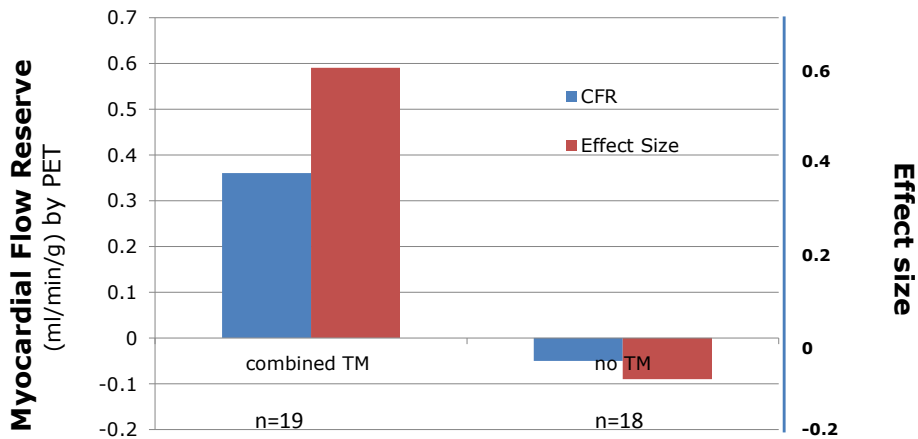
Improved Cardiac Blood Flow using PET imaging



Schneider R, Bokhari S, et al. The Effects of Meditation and Cardiac Rehabilitation on Myocardial Blood Flow: A Randomized Controlled Pilot Trial. *Circulation* 2017;136:A16768. Presented at the American Heart Association Scientific Sessions Annual Meeting, Anaheim, CA, November 13, 2017

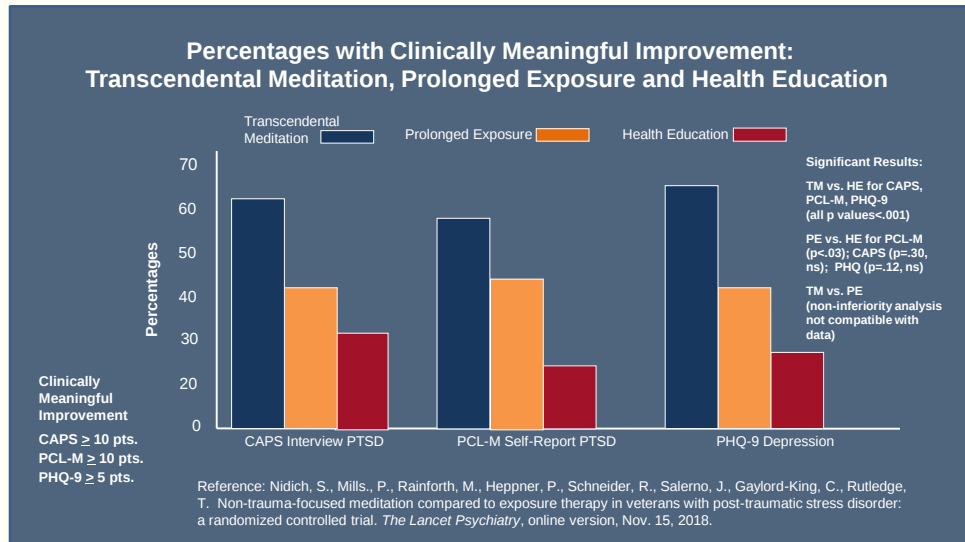
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Global Myocardial Flow Reserve (combined groups)

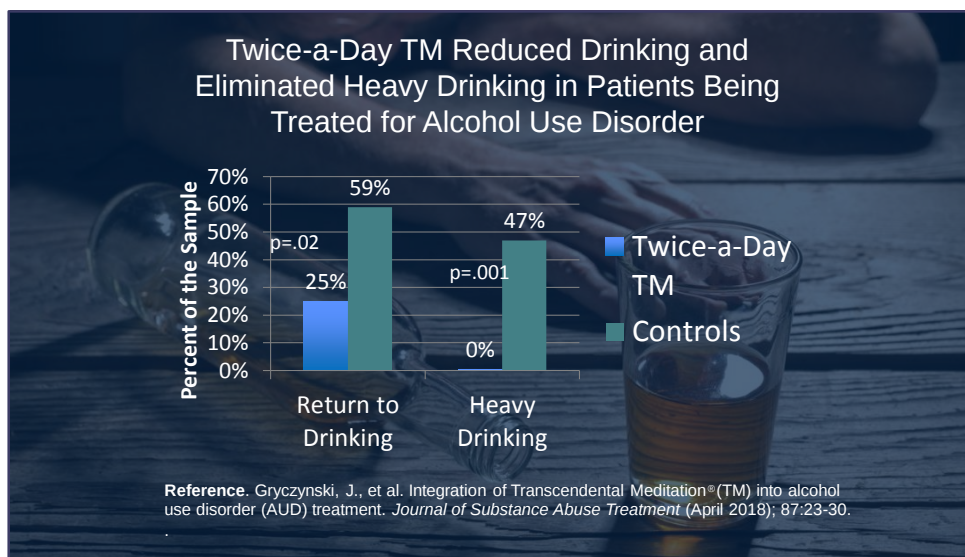


Schneider R, Bokhari S, et al. The Effects of Meditation and Cardiac Rehabilitation on Myocardial Blood Flow: A Randomized Controlled Pilot Trial. *Circulation* 2017;136:A16768. Presented at the American Heart Association Scientific Sessions Annual Meeting, Anaheim, CA, November 13, 2017

8



9



10

Ayurveda Core Principle: Timing of Meals

Principle: Lunch as main meal, with lighter supper, is associated with better health outcomes.

Study of late vs. early main meal eaters in obese subjects (main meal before or after 3 PM):

- Equivalent caloric intake
- Significantly greater weight loss and more rapid loss if main meal before 3 PM.

Conclusion: timing of meals predicts weight normalization.

International Journal of Obesity **37**, 604-611 (April 2013)--M Garaulet, P Gómez-Abellán, J J Alburquerque-Béjar, Y-C Lee, J M Ordovás and F A J L Scheer

11

Ayurveda Core Principle: Early Bedtime is Better for Health

Study of 2,700 adolescents: late bedtime (after 11:15 pm), but not total sleep duration, was associated with decreased academic performance and increased emotional distress.

Conclusion: Bedtime matters, not just sleep quantity.

J Adolescent Health, 54, (2014) 350-6, Asarnow, Lauren, McGlinchey E, Harvey A, UC Berkeley, CA

12

Ayurveda Core Principle: Early Arising Time is Better for Health

The TIME of day of outdoor light exposure affects metabolism and body weight.

The earlier in the day we get up and outside, the lower our weight (BMI).

Optimum exposure to morning light is at least 20 minutes. Earlier in morning is better.

About 20% of our body weight is LIGHT TIME-SENSITIVE.

Ref: April 2, 2014 PLOS ONE, Reid, K, Santostasi, G, Northwestern University

13

Ayurveda Core Principle: Timing of Exercise

Principle: Exercise during morning hours (Kapha period of day) is associated with improved performance and better health outcomes.

Study: People who exercise in early morning (7 am) have lower nocturnal BP (a risk factor for cardiovascular disease) compared to those who exercise later (1 pm or 7 pm). They also spend greater time in deep sleep.

Fairbrother K, et al. *Vascular Health and Risk Management* (2014);10:691-698

14

Ayurveda Core Principle: Exercise Suitable to Body Type

Optimal exercise type and pattern (e.g., high vs. low intensity) differs depending on individual characteristics (e.g., power, endurance) as determined by DNA analysis:

DNA Analysis Could Help Improve Your Workout: Study
Reuters April 14, 2016 (published in Biology of Sport)

15

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16