

The Raj

America's Premiere Ayurvedic Health Center

Introduction to the Knowledge and Practice of Healthy Daily Routine

Based on the knowledge of Maharishi Vedic
MedicineSM, the world's oldest and most
comprehensive system of natural medicine.



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Disclaimer: The information in this booklet is not intended for use in the diagnosis, prevention or cure of any disease. The information in this booklet is given for educational purposes only and should not replace the advice of your physician. Before making any changes to your diet or exercise routine it is always wise to check with your own personal physician. This booklet does not take the place of a medical consultation and all recommendations should be checked with your health care provider to ensure suitability for you.

The statements in this booklet regarding products have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.

If you have any serious, acute or chronic health concern, please consult a trained health professional who can fully assess your needs and address them effectively.

Introduction

For the vast majority of us health is won or lost in how we live day to day life.

Our behavioral patterns of eating, sleeping, work, rest and rejuvenation determine whether we have good health or start to face a wide a variety of disorders as we age.

Health is a choice. However, choice is only powerful if we have the option of choosing right over wrong. This booklet is designed to provide you with the knowledge to choose behaviors in each major area of daily living that will help you develop the highest possible state of health now and into the future.

The knowledge you receive in this booklet is based on Maharishi Vedic Medicine, the world's oldest and most comprehensive system of natural medicine.

This booklet provides you with both the clear and simple do's and don'ts for healthy behavior as well as a deeper intellectual understanding of the theory behind each of the recommendations. It is our goal to make compliance easier for participants by supporting the practical guidelines with clear intellectual understanding of the principles behind them.

Too many times as health deteriorates the energy and will to make changes in behavior also is reduced, creating a downward spiral in health. The knowledge in this booklet allows each participant to experience an upward spiral in health. As participants make positive changes in behavior, they should notice positive changes in health thus encouraging them to make more positive changes in behavior.

Introduction to Maharishi Vedic Medicine

The easiest way to understand the unique approach of Maharishi Vedic Medicine is to review the description of nature that modern physics gives us.

Physics tells us the world comes in layers. The surface levels of nature behave like particles and are the domain of classical physics. The deeper, more subtle levels of nature behave like wave patterns in fields and are the domain of quantum physics.

Modern medicine is a health care system based on an analysis of health from the molecular level in classical physics. Maharishi Vedic Medicine is a health care system based on an analysis of health from the deepest quantum mechanical level in nature.

The following graph and discussion make this distinction more clear. This graph shows the various levels of natural law from gross to subtle and indicates the areas modern medicine and Maharishi Vedic Medicine operate from.

	Matter	
Classical Physics	Molecules-DNA	<i>Modern Medicine</i>
Particle nature	Atoms	
	Atomic particles	
	Quantum Fields	
Quantum Physics	4 fundamental quantum mechanical fields	
Wave nature	1)electromagnetic 2)weak 3)strong 4)gravity	
	Vata, Pitta and Kapha* <i>see below</i>	
	Unified Field	<i>Maharishi Vedic Medicine</i>

In this chart we actually see the history of physics as we look from top to bottom. Over time physics has investigated progressively deeper, more causal levels of nature's functioning and finds different descriptions of nature, and laws of it's functioning, at each level.

Modern medicine evaluates almost all issues in health in terms of the molecule.

Organs, tissues and physiology are reduced to the biochemistry that creates and supports them. Dietary content is evaluated in terms of molecules of carbohydrates, minerals, proteins and vitamins. Behavior is evaluated for its influence on hormonal cycles and levels of other chemicals in the physiology. And finally, the grandest pinnacle of modern medical research is to try to understand how one molecule, DNA, creates all the other molecules in the body.

Maharishi Vedic Medicine evaluates all issues in health from the perspective the Unified Field, and it's first manifestations. This approach comes from the direct cognition, or experience, of the Vedic ***Rishis***. Rishi means seer. Vedic Rishis purified and refined the functioning of their nervous systems until they could consciously experience and perceive the Unified Field and it's

functioning from deep within their own minds. Their cognitions of the laws of nature functioning on this deepest quantum mechanical level became the body of knowledge called Vedic Science.

Vata, Pitta and Kapha: The Three Doshas

The Vedic Rishis described three fundamental fields that are the first expressions of the Unified Field. These fields orchestrate the functioning of the entire physiology on grosser, more manifest levels. Vedic science calls these first three fields *Vata*, *Pitta* and *Kapha* or *doshas* and gives detailed descriptions of their structure and activity within the body.

In the introduction we saw that Vata, Pitta and Kapha, the doshas, were the first expressions of the Unified Field. They are located at the deepest quantum mechanical level of nature's functioning. Vata, Pitta and Kapha are subtle but powerful fields that create the structure and function of the physical world including the human body.

Maharishi Vedic Medicine diagnoses and treats imbalances that are present in Vata, Pitta, Kapha and their subdivisions. Imbalance in the doshas is imbalance in the body's inner intelligence responsible for proper functioning of all the grosser, more material aspects of the physiology. Treating Vata, Pitta Kapha is equivalent to enlivening the body's natural healing, balancing and self-repair processes.

From this perspective we can see the primary role that Vata, Pitta and Kapha play in Maharishi Vedic Medicine. Ayurvedic diagnosis is not a diagnosis of disorder in the material level of cells and tissues but an assessment of balance in Vata, Pitta and Kapha. Ayurvedic treatment does not take something from the outside like drugs or surgery to attack the disease. Rather its purpose is to restore the proper functioning of these divisions of biological intelligence so that true healing may occur from within.

Basic Functions of Vata, Pitta and Kapha

Following is the basic information regarding, functions, qualities and characteristics of Vata, Pitta and Kapha.

Vata

Vata governs bodily functions concerned with movement.

Vata is especially involved in the movement of electrical activity up and down the nerves and therefore has a major function in the nervous system and brain. The flow of food through the digestive tract and the circulation also are controlled by the function of Vata.

Pitta

Pitta governs bodily functions concerned with heat, metabolism and energy production.

Pitta's main activities are to control the chemical transformation processes associated with digestion and metabolism.

Kapha

Kapha governs bodily functions concerned with physical structure and fluid balance.

Kapha is mainly concerned with fluid balance and the buildup of the gross structure of the body including fat, tissues and muscles.

These three types of processes can be seen at the basis of any system in nature. For example, think of a car. It has moving wheels and parts that would be like the "Vata" function. It has an internal combustion engine that creates chemical transformations to turn gasoline into heat and energy to power the car. This is like the "Pitta" function. The car also has a chassis that provides the overall structure for the vehicle. This is like the "Kapha" function.

Food is evaluated for its strength and balance of Vata, Pitta and Kapha. For example, an apple is high in Vata quality, hot pungent spices have strong Pitta activity and heavy desserts and sweets are high in Kapha.

Behavior is analyzed for its influence on the Vata, Pitta and Kapha fields. For example, staying up late at night increases and disturbs Vata. Eating a large meal late in the evening aggravates Kapha. Exercising in the hot sun can aggravate Pitta.

This Vedic perspective of health is effective because it is rooted in the deepest quantum mechanical reality of nature's functioning. The classical level of molecules that modern medicine deals with is very superficial compared to the quantum mechanical world Vedic Science functions from.

Vedic Science, Ayur-Veda and Maharishi Vedic Medicine

Ayur-Veda is the natural system of health care based on Vedic Science. However, Vedic Science contains many other disciplines within it that also can positively influence health. Maharishi Vedic Medicine contains not only the knowledge of Ayur-Veda but includes healing modalities from many other disciplines of Vedic Science as well.

Maharishi Vedic Medicine and Maharishi Ayur-Veda have the word Maharishi as a qualifier to distinguish them as the revival of the complete and authentic practice of Vedic medicine and differentiate them from the many incomplete and diluted interpretations of Ayur-Veda and Vedic knowledge that are found in some parts of the world.

In this context the word Maharishi means authentic. A true modern day Vedic Rishi, Maharishi Mahesh Yogi, founder of the Transcendental Meditation® program has revived the proper understanding and practice of the various disciplines of Vedic Science. Maharishi Vedic Medicine, Maharishi Ayur-Veda and the Maharishi Vedic Approach to HealthSM bear his name to verify these systems as being complete and revivals of the authentic knowledge and practice of Vedic Science.

With this background you are prepared to gain the most from the practical recommendations in this booklet and the theoretical discussions which accompany them.

Daily Routine

The environment and physiology have many natural cycles and rhythms that should be taken into account in our daily patterns of living. The basis of Ayurvedic daily routine is the fact that Vata, Pitta and Kapha, and the functions they control, become more enlivened at different times of the day. Following are the times when Vata, Pitta and Kapha and their physiological functions are most active.

2:00 AM to 6:00 AM	Vata active	Awake before 6:00 AM Good for meditation
6:00 AM to 10:AM	Kapha active	Good for exercise Avoid sleeping into this period
10:00 AM to 2:00 PM	Pitta active	Digestion is strongest Largest meal at lunch (12:30)
2:00 PM to 6:00 PM	Vata active	Tendency for tiredness Herbal tea & spices in water or milk Rejuvenate with meditation
6:00 PM to 10:00 PM	Kapha active	Evening walk To bed by 10 PM
10:00 PM to 2:00 AM	Pitta active	Metabolic housecleaning strong Sleep for best purification

The Ayurvedic approach is to get maximum support of nature for our most important physiological activities. Eat the largest meal of the day when digestion is strongest. Go to sleep at the time of day that supports sleep and biological cleansing. Awake and meditate when we will have greatest mental clarity. The goal is to perform specific behaviors when nature's rhythms are most supportive of that activity.

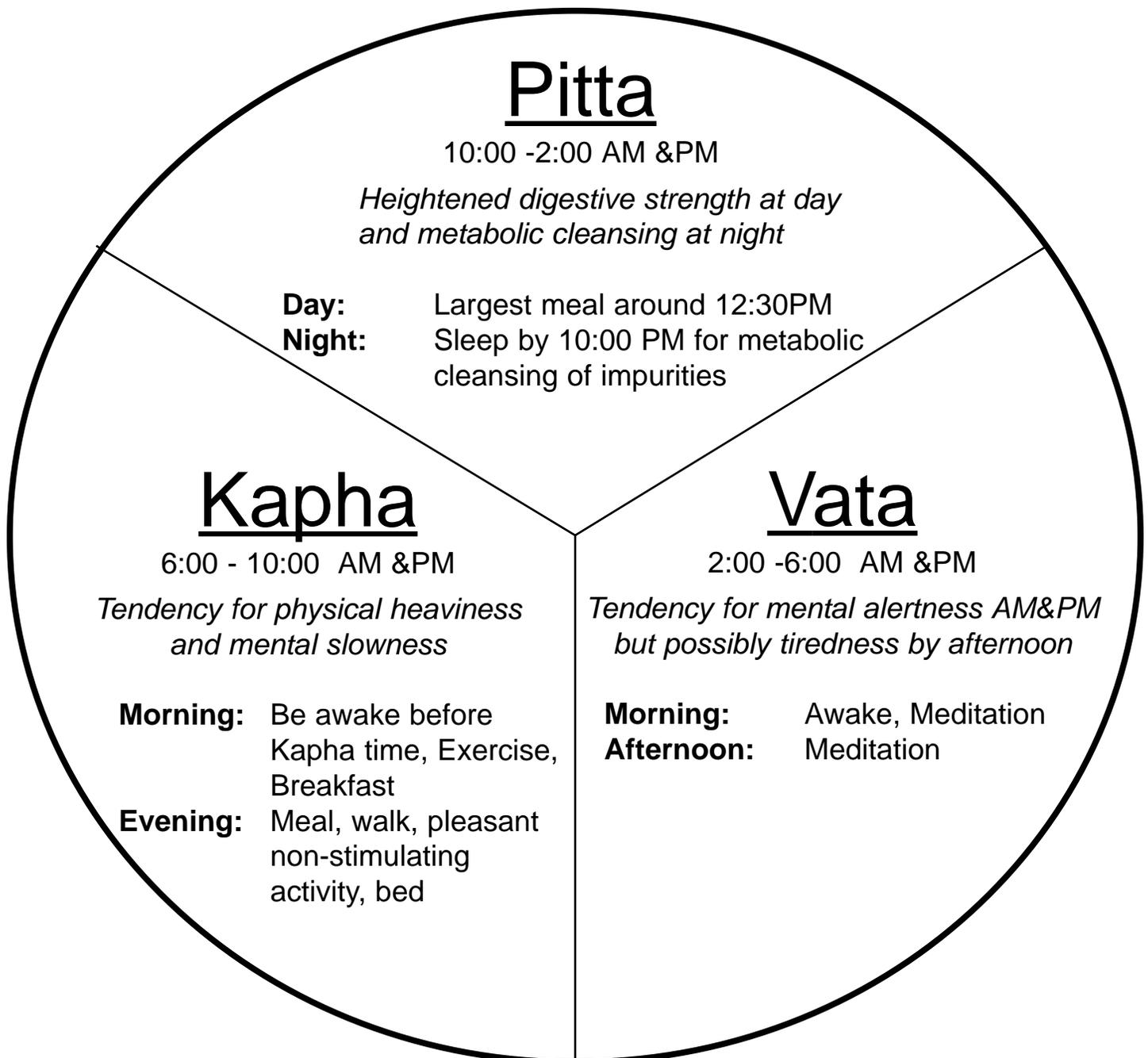
Disregarding the laws of nature leads to illness while living in accord with natural law brings the full support of the evolutionary power of nature which is at the basis of the growth and development of all living things. The ideal daily routine described here is an operating manual for how to live life in

accord with natural law and keep the human mind/body system functioning efficiently with the least amount of wear and tear.

From this deepest perspective, an ideal daily routine is not just for prevention of disease but also the path to the unfoldment of full human potential and development of the highest state of consciousness.

Following is a chart that sequentially describes an ideal daily routine from morning through evening. This chart is a reference. It is important to know what ideal behavior is and have a clear vision of the goal even if we are not able to achieve it perfectly right away. As understanding of daily routine grows over time people find that it becomes easier and easier to move in the direction of an ideal daily routine.

Doshas and times of day



Ideal Daily Routine Description

To Bed by 10:00 PM. The day starts the evening before!

Morning

Arise before 6 A.M.

Evacuate bowels and bladder

Clean teeth, scrape tongue

Abhyanga (Appendix 2)

Bath or shower

Sun salutations and/or asanas and Pranayama (Appendix 3)

Transcendental Meditation[®] technique (Appendix 4)

Exercise (Appendix 5)

Wear clean, comfortable, natural fabric clothing

Light breakfast

Morning work or study

Afternoon

Warm cooked lunch with all six tastes (Appendix 6)

Rest for 10 minutes after eating followed by a brief walk

Afternoon work and study

Sun salutations and/or asanas and Pranayama

Transcendental Meditation technique

Evening

Early, light evening meal

Rest for 10 minutes after eating followed by a brief walk

Pleasant, relaxing activity

To bed before 10:P.M. with natural fabric clothing and bedding

Daily

Proper diet and eating behavior (Appendix 7)

Take Amrit Kalash[®] Rasayanas AM & PM

Seasonal

Diet and exercise according to season

Maharishi Vedic Medicine consultation (Appendix 8)

Maharishi Rejuvenation Therapy (Appendix 9)

Discussion of Daily Routine

Following is a discussion of the issues involved in the ideal daily routine followed by a series of appendix that describe further details in the knowledge of daily routine.

The day starts the night before

Every organism in nature has a rest cycle. This is the time the energy and attention of the organism is freed from being involved in outer activity and can focus on internal balancing and healing. Making the most of this healing time is the foundation of good health. If this regeneration period is disturbed imbalance and sickness result.

According to Ayur-Veda eight hours of sleep, taken at different times of the day, does not create the same level of rest and rejuvenation. The greatest benefits of sleep come if we go to bed in Kapha time (before 10:00 PM). Kapha is the heavy, dull, inert principle in nature and Kapha time supports falling asleep. If we are in bed by 10:00 PM then we are sleeping during Pitta time (10:00 PM-2:00AM) when the metabolism cleans the body of toxins and impurities.

What we want to avoid are situations where we are awake at 12:00 midnight, eating, reading or watching TV. If such behavior becomes a pattern then the body is cheated out of an important daily balancing process. Over time this can lead to the development of many serious imbalances.

Importantly, when we go to bed by 10:00 PM we have the greatest chance of awakening early and having the necessary time to do the rest of our proper daily routine. This is why the day starts the evening before and proper bedtime is the foundation for the next day's activity.

Morning Routine

Awake before 6 A.M.

It is recommended to awaken before 6 A.M. Since we do not want to strain or use alarm clocks to do this, the only way it can happen easily and spontaneously is to go to bed before 10 P.M.

The period before 6 A.M. is the time when all of nature is awakening and Vata is most enlivened in the environment. If we start our day in Vata time

our mind will experience more of the qualities of balanced Vata throughout the day – increased energy, clarity, intelligence and alertness.

If we sleep past 6 A.M. then we sleep into the Kapha time of day. If a person sleeps until 7:30 it means he or she has been lying dormant for 1 1/2 hours into Kapha time and becomes imbued with the qualities of excess Kapha – dullness, heaviness and lethargy.

Elimination

It is beneficial to have elimination in the morning. To help evacuate the bowels and bladder and create a cleansing influence in the physiology it is recommended to drink some fresh, room temperature, plain water or lemon water upon awakening.

Cleansing the mouth and teeth

In addition to brushing the teeth it is recommended to cleanse the tongue. This can be done by brushing the tongue or ideally using a stainless steel or silver tongue scraper to scrape any white film or coating off the tongue. A coating on the tongue in the morning is a residue from the buildup of toxins and impurities from the night and should be removed. The level of coating on the tongue in the morning is a general indication of the level of toxin buildup that is occurring during the evening.

Ayurvedic herbalized oil massage: Abhyanga

Daily morning Ayurvedic oil massage, is one of the most powerful rejuvenation regimens one can add to their daily routine.

The motion and pressure of the massage create heat and friction and help to loosen up impurities, improve circulation and enliven the body. The quality of the oil is also important as it is being massaged into the entire surface area of the body and is being absorbed. The proper oils and herbs create a cleansing and nourishing influence throughout the body and help keep the skin youthful and supple.

Ayurvedic oil massage is especially good at removing Vata imbalance that causes weakness and fatigue. Most people report feeling much stronger, smoother, and balanced throughout the day as a result of their morning abhyanga.

Ideally a physician trained in Maharishi Ayur-Veda should do a diagnosis of balance and imbalance to recommend the most appropriate herbalized oil for you. Refer to the information in Appendix 1 & 2 for details on how to choose an abhyanga oil appropriate for your constitution.

Asanas and/or sun salutations

After the bath or shower it is highly recommended to go through a 3 part sequence of practicing Yoga asanas, pranayama and eyes closed meditation (We highly recommend the Transcendental Meditation (TM) technique). Although each of these practices are valuable alone, when used in this sequence each step prepares you to gain even greater effects from the following ones.

Asanas and sun salutations help remove stiffness and heaviness in the body and are an aid in increasing circulation and flexibility. Improving flexibility removes surface fatigue and stress and helps reconnect the physiology with its inner intelligence. Wherever there is stiffness or hardness in the body it indicates that part of the body is losing contact with circulation and the nervous system. When this happens the fertile ground for disease has been created in the affected tissues. Maintaining a high level of flexibility in the body through asanas and sun salutations is a vital pillar of good health.

Appendix 3 describes sun salutations, or Surya Namaskara, which are a classical Ayurvedic regimen for increasing flexibility in the body.

Yoga asanas postures are also excellent for this but should be learned from qualified instructors for proper technique and the correct sequence of postures. Maharishi Vedic Schools and Maharishi Vedic Medical Centers can be found in many major cities and teach excellent courses in Yoga asanas. Call **1-888-Learn-TM** or connect to **www.tm.org** for the local center near you.

Pranayama (Ayurvedic breathing exercises)

Pranayama is practiced after asanas or sun salutations. Pranayama further purifies and refines the functioning of the body and also helps remove dullness and fatigue. The best source of pranayama instruction is through Maharishi Vedic Schools and Maharishi Vedic Medical Centers. Qualified instructors of the TM technique can also instruct you in the proper practice of pranayama after TM instruction.

Asanas and pranayama sequentially remove surface fatigue and tension thereby preparing the mind and body to gain the most from the meditation period.

Eyes closed meditation (ideally the TM technique)

We respect the fact that many individuals are already practicing some type of eyes closed meditation daily and may not want to change their practice. However, we do highly recommend the TM program and encourage everyone to hear an introductory lecture on the TM technique so they gain the information that would allow them to make the most informed choice for their personal meditation practice.

Maharishi Vedic Medicine describes the twice daily practice of the TM technique as the single most powerful healing recommendation available. The TM technique has more scientific validation of health improvements than any other mental technique studied by science. During the 20 minute TM practice the body goes into a state of deep rest, there is more orderly brain functioning, and increased mental awareness. Regular TM practice helps the body throw off deep stress, improves mental functioning and is an ideal preparation for the activity of the day.

See appendix 4 for more details on TM practice. We also recommend the official TM web page at www.tm.org or call **888-Learn-TM** to be connected to the center closest to you.

Exercise

Exercise helps cleanse the body, improves circulation and increases mind-body coordination. Exercise is recommended daily in the morning when the sun is rising and the air is cool and fresh. We encourage people not to exercise to the point of heavy sweating or exhaustion as the effect can be to create stress and require energy of the body to recover from overexertion.

See appendix 5 for more details regarding exercise.

Natural fabric clothing

Maharishi Ayur-Veda recommends natural fabric clothing as the most suitable attire for the health of the body. Natural fabrics breathe and do not disturb the subtle energy fields of the physiology. Cotton, wool, silk and rayon are the preferred fabrics. It is strongly recommend that people do not wear polyester clothes of any kind.

Breakfast

Digestion is not as strong at breakfast compared to lunch so food should be lighter and easier to digest in the morning. Stewed apples, raisins that have been stewed or soaked overnight, light spices, ripe sweet juicy fruits and mixed grains cooked in water are examples of items that are nourishing and appropriate for most people at breakfast.

Please follow the advice of your medical doctor regarding any changes in your diet.

Afternoon Routine

Lunch

Digestion is strongest during the middle of the day when we are most active and the heat element in nature, the sun, is strongest. This enlivens the heat element within our bodies, Pitta, which is responsible for digestion and metabolism. Therefore, the largest meal of the day should be lunch, taken between 12:00 and 1:30, when digestion is strongest.

Because lunch is the main meal of the day we should put the most attention and planning into it. Ideally, lunch should be a warm cooked meal with all six tastes (see appendix 6). Warm, or room temperature liquids should be sipped with the meal to aid secretion of digestive juices and absorption of food. **Avoid cold drinks and ice water** during meals as they greatly depress digestion.

Lunch should be eaten in a comfortable environment while sitting down. At the end of the meal we should continue to sit for at least ten minutes to let the digestion get off to a good start. Many people have made great strides in their digestion, and how they feel in the afternoon, by adding this rest period to the end of lunch.

This rest period is appropriate not just at lunch but anytime we eat. We should always try to sit for 10-15 minutes before we get up from the table. After this rest period it is recommended to walk at least 3-5 minutes before returning to our afternoon activities.

Asanas, pranayama and meditation (TM practice)

After the work of the day, but some time before the evening meal, it is again recommended to go through the three part sequence of asanas, pranayama, and the TM technique.

By investing in this rejuvenation period after work to remove accumulated stress, develop consciousness and increase mind-body coordination we have a much better chance to grow healthier day by day instead of becoming more tired and imbalanced as time goes on.

Evening Routine

Dinner

During the evening digestion is not as strong. Additionally, soon we will be lying down to sleep which will slow digestion and circulation even more. For this reason it is recommended to eat a smaller quantity of food and less heavy, hard to digest foods at night. Most people should avoid heavy meats, cheeses, desserts and yogurt in the evening.

One of the main reasons people develop a buildup of toxins and heaviness in the body is that they eat large evening meals, which they cannot fully digest, and then lie dormant in sleep for many hours.

Avoiding large meals in the evening is one of the most crucial practices for maintaining good health.

Since digestion is stronger in the early evening it is better to have dinner between 5:30 to 7:00 rather than later. The later we eat the less we should eat. If we eat later we should have light, easy to digest foods like soups and avoid heavy foods. Again sitting at the table for 5-10 minutes and then taking a walk is recommended after eating the evening meal.

Relaxing activity

Pleasant relaxing activity is ideal for the evening. Strenuous or exciting mental and/or physical activity in the evening could make it more difficult to fall asleep.

Since Kapha, the heavy, dull element is enlivened in nature between 6:00 and 10:00 PM an evening walk is recommended. Not only does this aid the body in digestion, it also allows the mind and body to absorb the deeply restful qualities of Kapha that are enlivened outdoors. This will help promote a good nights sleep.

To sleep before 10 PM

To gain maximum rejuvenation from sleep it is recommended to go to bed before ten P.M. Remember, the day starts the evening before with the quality of sleep we get.

Additional Daily Routine Recommendations

Drinking warm or room temperature water throughout the day

Most people can benefit from drinking water frequently throughout the day. This can provide a daily cleansing of the digestive tract, keeps circulation open and helps the body eliminate impurities.

Maharishi Amrit Kalash® Rasayana

Rasayanas are Ayurvedic herbal preparations that have general overall balancing and nourishing effects for people of all constitutions.

Maharishi Amrit Kalash is the premiere rasayana in Maharishi Ayur-Veda. Scientific research has found Maharishi Amrit Kalash to be exceptionally high in anti-oxidant and free radical scavenging activity. It has 1000 times the anti oxidant property that vitamin C or E have.

The Amrit Kalash rasayanas are usually taken twice a day, morning and evening.

Seasonal Routines

Diet and the Seasons

1. Pitta Season: Summer

Because the hot, warm weather of summer increases Pitta within the body, we should adjust our diet to favor foods that pacify (decrease) Pitta. Eat more cool foods, cool drinks and foods with sweet, bitter and astringent tastes. Include the fresh, sweet, fruits and vegetables that grow in this season. Take fewer foods with pungent, bitter and salty tastes. Eat less of the following foods: yogurt, cheese, tomatoes, vinegar and hot spices. (Please note "cool" does not mean cold.)

2. Vata Season: Winter

The cold, dry weather of winter increases Vata and we should follow a more Vata pacifying diet at this time. Favor warm food and drinks, heavier foods and more unctuous (oily) foods. Eat more of the sweet, sour and salty tastes. Avoid dry and cold foods and cold drinks. Eat fewer foods with pungent, bitter or astringent tastes.

3. Kapha Season: Spring

The cold, wet weather of spring increases Kapha, therefore we should follow a more Kapha balancing diet. Favor a diet that is lighter and less unctuous (oily). Favor warm foods and drinks. Eat more foods with the pungent, bitter and astringent tastes and fewer foods with the sweet, sour and salty tastes.

See *The Raj Recipe Book* for details on Vata, Pitta and Kapha balancing diets.

Exercise and the Seasons

Since exercise is most appropriate at Kapha periods more exercise is recommended in spring.

In summer it is important not to overheat. Therefore less exercise, taken at cooler times of the day, is recommended. To keep Pitta in balance it is important not overexert in the hot sun.

Seasonal Maharishi RejuvenationSM Therapy

After the body has been operating for 4 months in the temperature and weather of a season it builds up the toxins and impurities that come from functioning in that particular climate.

One of the main reasons people fall sick at the change of seasons is due to this accumulation of impurities from the past season and the body having the extra challenge of adjusting to a new climate.

Maharishi Vedic Medicine recommends cleansing the body of accumulated toxins and blockages at the change of seasons. Seasonal Maharishi Rejuvenation Therapy every four months helps prevent these impurities from accumulating in large quantities and hardening in the tissues.

See Appendix 7 for a detailed description of Maharishi Rejuvenation Therapy and its important role in elimination of toxins and impurities.

Appendix 1

Qualities and Characteristic of Vata, Pitta and Kapha

If you do not have availability to a consultation with a physician trained in Maharishi Vedic Medicine then information in this section can be used to help you determine which dosha is strongest or most imbalanced in you. This can help you choose the appropriate Ayurvedic massage oils, teas, seasonings and other products that are dosha specific.

Qualities of Vata, Pitta and Kapha

Vata

Moving	quick	light	minute	rough
dry	leads Pitta and Kapha			

Pitta

hot	sharp	light	acidic	slightly oily
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Kapha

Heavy	oily	slow	cold	steady
steady	solid	dull		

Characteristic when Vata, Pitta or Kapha Dominate in the Physiology

Vata

- Lighter, thinner build
- Performs activity quickly
- Tendency toward dry skin especially in winter
- Aversion to cold weather
- Irregular hunger and digestion
- Quick to grasp new information, also quick to forget
- Tendency toward worry
- Tendency toward constipation
- Tendency toward light and interrupted sleep
- Enthusiastic and vivacious by nature
- Walks quickly
- Difficulty making decisions or often change mind
- Talkative

Pitta

- Moderate build
- Performs activity with medium speed
- Aversion to hot weather
- Perspires easily
- Prefers cold food and drinks
- Sharp hunger and digestion
- Can't skip meals
- Medium time to grasp new information
- Medium memory
- Strong intellect
- Great precision and organization
- Tendency toward reddish hair and complexion, moles and freckles
- Good public speakers
- Tendency toward irritability and anger
- Enterprising and sharp in character

Kapha

- Solid, heavier build
- Gains weight easily
- Greater strength and endurance
- Oily, smooth skin
- Slow digestion, mild hunger
- Can skip lunch without significant discomfort
- Tranquil, steady personality
- Slow to grasp new information, slow to forget
- Slow to become excited or irritated
- Sleep is heavy and long
- Hair is plentiful, thick and wavy
- Tendency to excess mucous, chronic congestion, sinus problems and allergies
- Tendency toward lethargy and depression
- Performs activity slowly
- Sweet and happy by nature

Qualities of Balance and Imbalance in Vata, Pitta and Kapha

Vata

Balance	Imbalance
Mental alertness	Dry or rough skin
Normal elimination	Insomnia
Enthusiasm & Exhilaration	Constipation
Sound sleep	Fatigue
Strong immunity	Tension headaches
Normal elimination	Intolerance of cold
Proper formation of body tissues	Underweight
	Anxiety, worry

Pitta

Balance	Imbalance
Normal heat & thirst mechanisms	Rashes, skin inflammations
Strong digestion	Heartburn
Lustrous complexion	Visual problems
Sharp Intellect	Excessive body heat
Contentment	Premature greying, baldness
	Hostility, irritability

Kapha

Balance	Imbalance
Muscular strength	Oily skin
Vitality and stamina	Slow digestion
Strong immunity	Sinus congestion
Affection, generosity, courage	Nasal allergies
Stability of mind	Obesity
Healthy, normal joints	Lethargy, dullness

The dosha you have the most imbalance in should determine the dosha specific massage oils, teas etc. that you use. If you see you have a strong predominance of either Vata or Pitta or Kapha it is possible to help keep yourself in balance by eating a diet that does not aggravate your condition. Following is some basic information as to how to use diet to balance Vata, Pitta or Kapha.

How the Food Tastes Affect Vata, Pitta and Kapha

Sweet, Sour, Salty	Increase Kapha	Decrease Vata
Pungent, Bitter, Astringent	Increase Vata	Decrease Kapha
Pungent, Sour, Salty	Increase Pitta	
Sweet, Bitter, Astringent	Decrease Pitta	

How Food Qualities Affect Vata, Pitta and Kapha

Heavy	Increase Kapha	Decreases Vata
Cold	Increases Kapha	Decreases Vata and Pitta
Oily	Increases Kapha	Decreases Vata
Light	Increases Vata	Decreases Kapha
Hot	Increases Pitta	Decreases Vata and Kapha
Dry	Increases Vata	Decreases Kapha

The *Raj Recipe book* contains much more detailed information on appropriate diets for different conditions.

Appendix 2

Herbalized Oil Massage-Abhyanga

A full body, warm oil massage before showering in the morning is recommended for most everyone. This daily regimen provides a powerful preventive and rejuvenative effect on the body. This procedure is an important technique to help reconnect the physiology with its underlying biological intelligence.

Benefits include:

- **Improving circulation in the body.** Commonly a part of the body that has become stiff or flabby has poor circulation and little feeling. Ayurvedic oil massage to these areas can help re-establish proper circulation and nervous system activity.
- **Providing a purifying and cleansing influence to the physiology.** When we rub and press the body we help break up the accumulated deposits of toxins and impurities that have localized in the tissues. The motion also creates heat and friction and increases the flow of fluids through the blood and lymph vessels. This helps to cleanse and open these important channels of circulation and elimination.
- **Maintaining the suppleness and youthfulness of the skin.** When warm oil is applied to the body, some of it is absorbed by the skin. Even after showering there remains a softness and suppleness to the skin. Oil application helps prevent the skin from becoming dry and helps to maintain its youthfulness.
- **Creating a stabilizing and balancing effect on Vata.** Sesame oil is one of the most balancing of all substances for Vata. Classic symptoms of Vata imbalance are fatigue and lack of mental clarity. When the entire body surface area has absorbed Ayurvedic oil and herbs these symptoms are reduced and there is greater evenness, strength and stability during the day.
- **Increasing the secretion of hormones from the skin.** These hormones, including growth hormone and endorphins help confer strength and immunity on the system.

Instructions for abhyanga:

Sesame oil in which herbs have been boiled is the usual abhyanga oil. There are a variety of excellent herbalized oils available. They are discussed at the end of this appendix.

- 1) In the morning heat about 1/4 cup of cured oil to slightly above body temperature. The massage should be done with the open part of the hand rather than with the fingertips. Start by rubbing the head. Place a small amount of oil on the fingers and palms and begin to massage the scalp vigorously. Spend proportionately more time on the head than you do on other parts of the body.
- 2) Next apply oil gently with the open part of the hand to your face and outer part of your ears. You do not need to rub these areas vigorously.
- 3) Rub both the front and back of the neck, and the upper part of the spine.
- 4) You may want to now apply a small amount of oil to your entire body before proceeding. This will allow the oil to have maximum amount of time in contact with the body.
- 5) Next rub your arms. The proper motion is up and down over your long bones and circular movement over your joints. Massage both arms, including especially the hands and fingers.
- 6) A very gentle circular motion should be used over your heart. Over the abdomen a gentle, clockwise, circular motion should be used, following the colon from the right lower part of the abdomen, moving towards the left lower part of the abdomen.
- 7) Rub the back and spine. There will be some areas which you may have difficulty reaching.
- 8) Rub the legs. Like the arms, use an up and down motion over the long bones and a circular motion over the joints.
- 9) Finally, rub the top and bottoms of the feet. The feet are considered especially important, thus proportionately more time should be spent here than on other parts of the body. Use the open part of your hand and massage vigorously back and forth over the soles of the feet.
- 10) **The effects will be significantly greater if you can leave the oil on the body for 15- 20 minutes before taking a bath or shower.** This is easily done by putting on some light, clothing and doing things around the house for 15-20 minutes before showering.

Important Additional Points!

1. Use liquid soap to shower after abhyanga to prevent drains from clogging.
2. Buy inexpensive towels to be used to dry off after showering and wash them separately with extra detergent and oil removing preparations.
3. Dry the towels on lower heat in your dryers to avoid combustion of any remaining oil residue under intense heat.

Choosing Your Herbalized Massage Oils

These oils are available by mail order from The Raj. See accompanying product catalog for details.

There are two different sets of herbalized massage oils:

- 1) **"Herbal Massage Oil"** series and
- 2) **"Rejuvenation Massage Oil"** series.

"Herbal Massage Oil" series

There are three formulations in the "Herbal Massage Oil" series:

- 1) **Moisturizing:** For Vata imbalance and dry skin types
- 2) **Soothing:** For Pitta imbalance and sensitive skin types
- 3) **Stimulating:** For Kapha imbalance and oily skin types

The "Herbal Massage Oil" formulations can be chosen on the basis of the strength of imbalance in Vata, Pitta or Kapha according to the following chart. Simply choose the oil in the category you have the strongest **imbalance** in.

Herbal Massage Oil Name	Dosha	Symptoms of imbalance
Moisturizing	Vata	dry or rough skin, insomnia, constipation, fatigue, tension headaches, intolerance to cold, underweight, anxiety and worry
Soothing	Pitta	rashes, skin inflammations, heartburn, intolerance to heat, anger and irritability, visual problems, excessive body heat, premature greying and hair loss
Stimulating	Kapha	oily skin, obesity, sinus congestion, nasal allergies, slow digestion, lethargy, dullness and depression

Rejuvenation Massage Oil Series

There are two formulations in the "Rejuvenation Massage Oil" series

- 1) **Rejuvenation massage Oil for Women.**
- 2) **Rejuvenation Massage Oil for Men.**

These oils go through an extra series of refining processes and use the most pure and effective Ayurvedic herbs available. Rejuvenation oils are more

easily absorbed than other oils and have less of a smell and sticky quality. These special blends aim to increase resistance to stress, improve circulation, increase energy and promote better sleep.

Rejuvenation oils may be diluted 50/50 (1 to 1) with almond oil, sesame oil or olive oil according to whether imbalance is highest in Vata, Pitta or Kapha according to the following table. We recommend diluting with organic cold pressed oils.

Vata imbalance dilute with almond oil

Pitta Imbalance dilute with olive oil

Kapha imbalance dilute with sesame oil.

Appendix 3

Sun Salutations: Surya Namaskar

The Sun Salutation or Surya Namaskar is an Ayurvedic exercise that can be performed easily at home and has many benefits. Like all exercise it improves circulation and increases mind-body coordination. This series of bending postures helps to remove stiffness and flabbiness in the body. Stiffness and flabbiness indicate that part of the body is losing contact with its underlying circulation and nervous system control. When this happens mind-body coordination is broken and the body loses contact with the intelligence responsible for maintaining its health. Regular practice of Sun Salutations helps prevent this.

Sun Salutations are especially enlivening and purifying for the physiology. They are excellent warm up for athletics.

Instructions

1. The optimal time to perform this exercise is in the morning before breakfast while facing East. If you are practicing the Transcendental Meditation program or are performing Yoga asanas, this exercise should be performed before either of these. If this exercise is performed at other times during the day, the guideline is: at least 1/2 hour prior to meals or at least 3 hours after meals.
2. See the following diagram which illustrates one full cycle of the Sun Salutation exercise.
3. A maximum of 12 cycles per session is advised.
4. There are 2 "Equestrian" positions per cycle. Use the same knee forward during each cycle. Switch to the opposite knee forward for the next cycle. Alternate the knee forward with each cycle.
5. Once in a position hold that position for about 5 seconds. The one exception to this is the sixth position which is held only momentarily.
6. Please note the breathing patterns recommended for each exercise. The basic principle is to inhale when a position arches the spine backwards and exhale when the spine bends forward. The inhale or exhale is commenced as you start to move into each new position. If you finish inhaling or exhaling before the end of the 5 second "hold" period, then hold your breath until the inhale or exhale of the next position is started.
7. As you assume the 12th position, exhale for 5 seconds. If you continue into another cycle, breathe normally as desired for 5 seconds in position #1 before moving into position #2.

Surya Namskar (Sun Salutations)

1. Salutation Position

Normal breathing



2. Raised Arm Positon

Inhale



3. Hand to foot position

Exhale



4. Hand to foot position

Inhale



5. Mountain Position

Exhale



6. Eight Limbs Position

no breathing, then...



7. Cobra Position

Inhale.



8. Mountain Posiiton

Exhale



9. Equestrian Position

Inhale



10. Hand to Foot Position

Exhale



11. Raised Arm Position

Inhale



12. Salutaion Position
Normal, restful breathing





Pranayama Instruction

1. Sit comfortably in a quiet room where you won't be disturbed with back erect and eyes closed.
2. Gently cover the right nostril with the inside of the thumb of the right hand.
3. Breathe in comfortably and fully through the left nostril until the lungs are full.
4. When the in-breath naturally stops due to the lungs being full then uncover the right nostril and cover the left nostril with the ring and middle finger of the right hand.
4. Breathe out naturally and fully through the right nostril.
5. Keep the fingers over the left nostril and breathe in comfortably and fully through the right nostril.
6. When the in-breath naturally stops uncover the left nostril, and cover the right nostril with your thumb and breath out and in again as before.
7. Repeat this process for 5 minutes.

In summary we breath out and in fully through one nostril and then switch nostrils when lungs are full and breath out and in fully through the other nostril.

Appendix 4

The Transcendental Meditation Technique

The mind and the body are inseparably linked and interconnected. It is not possible to influence one without influencing the other. Mental stress and imbalance create physical disorder and disease. The positive side of this mind-body connection is that states of mental strength and orderliness are capable of enlivening the healing ability of the body and can aid in the treatment and prevention of disease.

Both the TM technique and Ayur-Veda are part of the same Vedic Science tradition. TM is the traditional consciousness developing recommendation of Ayur-Veda.

TM is easy to learn, professionally taught and is available in almost every major city in the United States. The TM technique has more scientific research validating its health benefits than any other mental development program yet studied.

Instructions

The TM technique is introduced through two, free, no obligation, introductory presentations. The first presentation explains the effects of the practice on mind, body, behavior and society. The second lecture goes more deeply into the principles of the practice and compares and contrasts the TM technique to other types of meditation.

The TM program is taught in-residence at The Raj or can be learned locally in most major cities.

Call 1-888- LEARN TM to be connected to the TM center in your local area.

Also contact the official TM website at www.tm.org.

Appendix 5

Exercise

Exercise plays an important role in maintaining health. Exercise increases circulation and helps remove the toxins and impurities that have accumulated in the physiology. These deposits are a major factor in the breakdown of the resistance of the body. Exercise is a key procedure for helping the body's natural internal cleansing processes.

Exercise increases mind-body coordination. Disease occurs when the body loses contact with the underlying intelligence responsible for its maintenance and repair. Exercise involves the coordinated activity of body and mind and is a valuable aid in maintaining contact of the physiology with biological intelligence.

Instructions

- **Quantity:** Ayur-Veda recommends exercising to 50% capacity. Fifty percent capacity is usually when strain begins to appear in the body - breathing through the nose is no longer easy, sweat begins to appear on the body and it becomes difficult to maintain proper form and focus during exercise. It is not healthy to go beyond 50% capacity as this stresses the body and it's energy will be needed to be diverted into repairing and re-balancing the effect of straining.

Instead, exercise should energize the physiology, leaving it feeling exhilarated and ready for work. Exercise should never exhaust the physiology, and require extra rest for repair.

- **Breathe through the nose** while you exercise. The brain and physiology are balanced by breathing through the nose. If you can no longer breathe through the nose, slow your pace until nose breathing becomes possible again.

- **Do not exercise to the point of sweating heavily or panting for breath.** You are going too far if your heart starts pounding, you are panting and sweating heavily and your muscles start to feel weak and rubbery. All these things turn on the "fight or flight" systems, and deplete the body's reserves - exactly the opposite of the goal of exercise.

General Points:

1) **Loosen up** and warm up thoroughly before exercise and warm down properly afterwards. Do not exercise just before or after a meal, in the hot sun, or in extreme wind or cold.

2) **Exercise According to body type:**

- **Vata:** By nature Vata types have the quality of motion and changeability highly enlivened in their physiology. They need less exercise than the other major body types. They also have more slender frames and less strong joints and cannot take the pounding of heavy, extended exercise. Vata types excel at balancing and stretching exercises. Yoga, dance, aerobics, walking, short hikes and light bicycling are good for them. Half an hour of mild exercise a day is usually enough. They must be careful not to overexert themselves.

- **Pitta:** Pitta types have good drive and endurance and can exercise in moderate quantity. They enjoy challenge and sports that bring a sense of accomplishment at the end of the day, like skiing, hiking and mountain climbing. Water sports, because of their cooling nature, are also good for Pitta.

- **Kapha:** Kapha types have a tendency toward heaviness, overweight and dullness, and as a result need significant quantities of exercise. Also, because Kapha types have strong frames and joints, they can more easily withstand vigorous and extended exercise. Running, aerobics, and rowing are good Kapha exercises.

- **Exercises for all body types.** This set of Ayur-Vedic exercises performed in sequence can be accomplished by almost anyone regardless of physical constitution. Together these exercises enhance the link between intelligence and physiology.

1. Sun Salutations (Surya Namaskara)—combines stretching, balancing and calisthenics. (1-6 minutes)

2. Neuro-muscular integration (Yoga Asanas)—A set of gentle yoga positions. (10-15 minutes)

3. Balanced breathing (Pranayama)—a traditional yogic breathing exercise. (5 minutes)

These are ideally performed before the recommended two meditation periods of the day.

Note: Consult experienced instructors for proper practice of asanas and pranayama. We recommend Maharishi Vedic Schools and Maharishi Vedic Medical Centers in your areas for instruction. Connect to www.tm.org or call **1-888-Learn-TM** for location of a center near you.

Appendix 6

Balanced Diet and The Six Tastes

Maharishi Ayur-Veda emphasizes the importance of a balanced diet and provides a simple system to achieve it. According to Ayur-Veda, all foods can be divided into six fundamental categories according to taste:

sweet

sour

salty

pungent

bitter

astringent

Each taste contains nutritional factors that the body needs for proper functioning. Ayur-Veda recommends that our diets include all six tastes every day. Ideally, lunch and dinner would both contain all six tastes. It is especially important to include all the tastes at lunch, which should also be the main meal of the day.

Imbalance in the diet can be a major source of imbalance in the body. Each type of food has a different effect on Vata, Pitta and Kapha, as well as digestion, metabolism and tissue development. As a result, diets in which for months or years only certain food groups and tastes are predominant, can lead to significant imbalances in the physiology.

When the diet is not balanced, that is, when it does not contain all six tastes, it can lead to experiences like still feeling hungry after finishing a large meal, feeling weak and tired in the late afternoon, or developing cravings for certain foods.

Following are the six tastes and some major foods within each category:

Sweet:

- Most grains like wheat, rice, barley, corn, etc.
- Pulses (legumes), i.e. beans, lentils, peas (dahl)
- Milk and sweet milk products like ghee, cream, butter
- Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits
- Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans

- Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, etc.

Sour:

- Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries, plums
- Sour milk products like yogurt, cheese, whey, sour cream, etc.
- Fermented substances like wine, vinegar, soy sauce, cabbage
- Carbonated beverages

Salty:

- Any kind of salt like rock salt, sea salt, salt from the ground
- Any food to which salt has been added (pickles, nuts, chips)

Pungent:

- Hot spices like chilis, black pepper, mustard seeds, ginger, cumin, cloves, cardomom, garlic, etc.
- Mild spices like turmeric, anise, cinnamon, and "fresh" herbs like oregano, thyme, mint, etc.
- Raw vegetables like radish, onion, cauliflower

Bitter:

- Fruits like olive, grapefruit
- Green leafy vegetables like spinach, green cabbage, brussel sprouts
- Spices like fenugreek, turmeric

Astringent:

- Turmeric, honey, walnuts, hazelnuts
- Pulses (legumes) i.e. beans, lentils, peas, (dahl)
- Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables
- Fruits like pomegranate, berries, persimmon, cashews, most unripe fruits

How the Tastes Affect Vata, Pitta and Kapha

Sweet, Sour, Salty	Increase Kapha	Decrease Vata
Pungent, Bitter, Astringent	Increase Vata	Decrease Kapha
Pungent, Sour, Salty	Increase Pitta	
Sweet, Bitter, Astringent	Decrease Pitta	

How Food Qualities Affect Vata, Pitta and Kapha

Heavy	Increase Kapha	Decreases Vata
Cold	Increases Kapha	Decreases Vata and Pitta
Oily	Increases Kapha	Decreases Vata
Light	Increases Vata	Decreases Kapha
Hot	Increases Pitta	Decreases Vata and Kapha
Dry	Increases Vata	Decreases Kapha

The *Raj Recipe Book* contains much more detailed information on appropriate diets for different conditions.

Appendix 7

Proper Eating Behavior

How we digest and assimilate our food is just as important as what we eat. If digestion is disturbed, even the best diet will not provide proper nutrition. The following points include a variety of recommendations to aid in the most complete digestion of food.

A. General

- Eat according to your hunger level. Avoid eating when not hungry and do not delay eating when hungry.
- Eat at approximately the same time every day.
- Don't eat too quickly or slowly.
- Do not overeat. Eat to about 3/4 capacity. Do not leave the table very hungry or very full.
- Allow 3 - 6 hours between meals. Do not eat before the previous meal is properly digested.
- Eat a balanced meal with all six tastes.
- Eat sitting in a settled environment. Do not read, watch TV or drive while eating.
- Sip warm or room temperature liquids during the meal. This enlivens digestion and helps the food be better dissolved and absorbed. Do not take ice cold liquids and foods with a meal as they suppress digestion.
- Sit comfortably for ten to fifteen minutes after finishing the meal. This allows the digestive process to get well underway. If you immediately jump up from the meal, digestion will be disrupted and the food will be improperly processed.
- Chew the food well. Digestion starts in the mouth.
- Milk should be taken alone or with other sweet tastes. Milk should not be taken with vegetables, meat, fish, sour foods, salt or eggs.
- Eat fresh foods freshly prepared. Avoid leftovers.
- Avoid artificial foods, colors and preservatives.
- Fresh fruit and vegetable juices are recommended as part of your daily diet.
- Honey should not be heated in any way such as by cooking, baking or by adding it to hot beverages. Ayurvedic theory says that when honey is heated it can develop a toxic effect in the body.
- Eat organic food whenever possible. Strictly avoid genetically engineered food.
- Do not use a microwave as it can aggravate Vata in the food.

B. Breakfast

- Digestion is not as strong early in the morning. Breakfast should be light and according to hunger.
- Meat and eggs are best avoided.
- Favor fresh and stewed fruit, juice, cereals, milk and bread.

C. Lunch

- Lunch should be the main meal of the day because digestion is strongest at mid-day. The ideal timing of lunch is 12:00-1:00 P.M.
- Lunch should be a warm cooked meal containing all 6 tastes.
- Ideally you should have at least half an hour for lunch including 10-15 minutes of sitting comfortably after eating.

D. Dinner

- Ideally dinner should be started by 6:30 PM. Eat very lightly if dinner is after 7:30 PM. The later dinner is served, the lighter you should eat.
- Avoid heavy foods like cheese, yogurt, meats and oily and fried foods at dinner. If eaten at this time, when digestion is slow, they are likely to be improperly digested and can produce toxins that end up being absorbed. These foods are best taken at lunch.

Appendix 8

Maharishi Vedic Medicine Consultation

Ayurvedic Diagnosis

Your consultation will start with your doctor performing the traditional Ayurvedic determination of balance and imbalance in your physiology including Ayurvedic pulse assessment.

You may already know the modern medical diagnosis for your condition is. What the Ayurvedic assessment adds is the determining of the imbalances, or blockages in the functioning of the body's inner intelligence, that are at the basis of the problem.

The Ayurvedic diagnosis helps to determine the root causes of your condition including the mistakes in lifestyle that may be creating it.

Your doctor will explain these findings in detail to you. This usually gives people a new perspective on why they have a condition. For ideal health it is recommended to update your assessment of balance and imbalance, and corresponding recommendations, every 4-6 months.

Ayurvedic Recommendations

The home program includes recommendations from the following areas:

Diet, Digestion and Elimination

Many imbalances are caused by poor digestion and elimination. Also, proper diet can be a great aid in helping the body to heal and rebalance itself. Your Ayurvedic recommendations aim to improve digestion, elimination and the ability of your body to assimilate and be nourished by food.

You will also receive simple guidelines to help determine a balanced diet and information about which food groups and individual foods to favor or reduce.

Proper Metabolism and Tissue Development

Maharishi Vedic Medicine contains a deep understanding of the organizing principles at the basis of proper metabolism and tissue formation and contains natural means to restore balance to these processes.

Ayurvedic Herbs

Ayurvedic herbs are nutritional supplements recommended to help nourish and strengthen the physiology and aid its natural healing ability. They are concentrated food substances that have especially profound effects on balancing Vata, Pitta and Kapha.

Cleansing and Purification

The buildup of toxins and impurities in the tissues and blockages in circulation is a major factor in many diseases.

Natural regimens to cleanse the body of toxins and open channels of circulation are an essential part of most Maharishi Vedic Medicine programs.

Maintenance of natural biological rhythms

Disruption of biological rhythms weakens resistance and creates imbalance. Resistance and overall health can be greatly enhanced when eating, sleeping and awakening are timed to be in harmony with natural biological and environmental cycles.

Daily routine and lifestyle

Maharishi Vedic Medicine has a deep understanding of how different lifestyle mistakes eventually lead to specific imbalances and diseases.

Your doctor will review your daily routine to see if there are any problems that might be contributing factors in your medical condition and will help you gain the most healthy possible pattern of living.

Home Rejuvenation Programs

Your doctor will discuss with you the following types of rejuvenative programs that can be added to your daily routine to help balance the body and enliven its healing ability.

1. Consciousness:

The state of mind profoundly influences the health of our body. It is vital to remove mental stress and imbalance and strengthen mind-body coordination for good physical health. Based on your Ayurvedic diagnosis your physician will discuss to what extent mental stress may be a contributing factor in any condition you may have.

Our main recommendation from the area of consciousness is the Transcendental Meditation program due to its scientifically validated

effectiveness, ease of practice and worldwide system of standardized instruction.

2. Cleansing and purification through Ayurvedic oil massage

You will be instructed how to perform a herbalized oil massage to help enliven the physiology, open circulation, dissolve impurities and provide a daily cleansing and balancing effect to the entire physiology.

3. Exercise

You will receive exercise recommendations matched to your body type and imbalances. You will also be given guidelines to help ensure exercise creates the maximum rejuvenation and does not create wear and tear on the physiology.

4. Yoga asanas and breathing techniques

Often people also receive instructions in specific sets of Yoga asanas postures and Yoga breathing techniques that target their specific imbalances.

Appendix 9

Maharishi Rejuvenation Therapy at the Raj: Removing the Obstructions to Perfect Health

The Inner Intelligence at the Basis of the Healing process

The body has a matter level and an intelligence level. The matter level of cells, tissues and organs functions according to precise and elaborate rules because a deeper intelligence level is in contact with the material physiology guiding its orderly functioning. The intelligence level creates and controls the matter level.

Modern medicine diagnoses and treats the matter level. Maharishi Ayur-Veda diagnoses and treats the intelligence level. Another way of saying this is that Ayur-Veda enlivens the body's natural healing and balancing ability as its approach to preventing and treating disease.

Maintaining the connection between the body's inner intelligence and the physiology is the basis of health. Conversely, Ayur-Veda describes how blocking the connection between the body's intelligence level and matter level is the basis of disease.

The Maharishi Rejuvenation Program helps to restore the connection between the intelligence of the body and its material structure and function. It accomplishes this by eliminating the blockages in all the body's connecting points between its intelligence and matter levels.

Disease develops when impurities accumulate and the body's channels become blocked

Ama: Blockages and Impurities in the Physiology

Toxins, impurities and blockages in the channels of circulation and communication occur for many reasons e.g. poor diet, poor digestion, poor elimination, environmental toxins, mental and emotional stress. Maharishi Ayur-Veda describes **ama** as toxins that accumulate in

- 1) the tissues and disturb proper biochemical function and
- 2) channels of circulation blocking the body's self-balancing feedback mechanisms.

If these impurities remain in the physiology they aggregate over time, become more toxic, deeply imbed in tissues and become the root cause of many diseases.

Srotas: Channels of circulation, communication and elimination

The body's various channels must remain clear and unobstructed for health as they are the paths through which the body communicates with itself, creates balance and eliminates impurities. If circulation and communication become blocked then two of the main systems the body uses to balance and heal itself are impaired contributing to the formation of many diseases.

There are srotas at all levels of physiological functioning from the microscopic pores in cells, to the finest capillaries, to the major channels of digestion and elimination. Each of these channels must be open for proper nourishment and cleansing of every level of human physiology.

The Process of Disease Formation: Accumulation of Ama and Blocking of Srotas

The following examples describe how ama accumulation can be at the basis of various diseases.

- 1) Arthritis:** When the ama starts to accumulate in the joints this can create an inflammatory and immune response that creates the symptoms of arthritis.
- 2) Asthma:** If ama accumulates in the lungs and blocks it's circulation then the body can both accumulate more allergens and be more sensitized to those that accumulate.
- 3) Cardiovascular disease:** Modern medicine describes how impurities block the cardiovascular system. When the accumulating impurities are high in free radicals they become very reactive with the blood vessel walls and damage them.
- 4) Cancer:** According to Ayur-Veda the accumulation of impurities in tissues can create a chronic irritation and reaction that eventually can lead to tumor formation. This process is worsened when normal channels of circulation and elimination in that area become blocked.

Removing ama and opening the srotas through Maharishi Rejuvenation Therapy

Home Cleansing Program

Maharishi Rejuvenation Therapy starts with a home cleansing program that begins to loosen and remove impurities and helps to open the channels of elimination in preparation for the more intensive treatments received during the in-residence stay at The Raj. The treatment will be much more smooth and effective as a result of your home cleansing program.

Maharishi Rejuvenation Therapy

When you go through Maharishi Rejuvenation Therapy at The Raj each day you receive a series of cleansing treatments performed according to authentic Ayurvedic guidelines by highly trained technicians using the most pure Ayurvedic herbs and oils. (Men treat men and ladies treat ladies)

There are usually three treatments administered over a three hour period by two trained technicians though programs may vary by instruction of your physicians.

Herbalized oil application

The first treatment of the day is usually an Ayurvedic herbalized oil massage called *abhyanga*. The massage lasts 55 minutes during which two technicians are massaging the full body with special herbalized oils picked by your physician. The entire 55 minute massage is choreographed, with both technicians doing strokes in harmony, using specific strokes over different parts of the body to create the most cleansing and balancing effect.

The massage has two benefits:

First, the heat and friction of the motion of the massage help to loosen impurities and open up the channels of circulation.

Second the herbalized oil is absorbed into the system and helps to create a deeply balancing and nourishing effect. It also softens and opens the channels of elimination so toxins can be more easily removed from the body

Heat Treatments

The second treatment you usually receive is some kind of heat treatment. Heat, like massage, helps to loosen up impurities, and open the channels of circulation and elimination so the body can more easily remove accumulated impurities.

One heat treatment called *shirodhara* is the gentle pouring of warm herbalized oil back and forth across the forehead while you are comfortably lying down with the eyes closed. This treatment is deeply relaxing to the mind and nervous system and is a great aid in restoring balance when people have been under continual mental strain and pressure.

Another heat treatment is an herbalized steam bath called *swedana* where special herbalized steam bathes the body, dissolves impurities and opens the channels of elimination.

Often people receive a heat treatment called *pizzichili*, where herbalized oil is gently poured over their entire body. The herbalized oils of this most luxurious treatment of all cleanse and nourish the entire physiology.

Herbal enema

The third treatment of the day is a mild herbal enema or *basti*. Ayurvedic theory says that the massage and heat treatment drive a lot of the impurities into the lower bowel area so it is important to administer the enema to properly complete the cleansing process.

Meals to Support the Purification Process

Because your treatments will mobilize many impurities so they can be eliminated from the body it is important to have a diet during home cleansing and treatment that does not clog the channels of elimination. A lighter, easy to digest, vegetarian diet during this period is also important to reduce indigestion and prevent incompletely digested materials from being created and absorbed.

At The Raj we have prepared meals that take into account all the Ayurvedic knowledge of what to serve people for maximum benefit during their treatment. Our Vaidyas (Indian Ayurvedic physicians) and licensed MD's have reviewed the appropriateness of every vegetable, grain, spice and cooking oil that is used in preparing your food.

The Raj

America's Premiere Ayurvedic Health Center

Maharishi Ayur-Veda® Products Reference Manual and Catalog



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How to Choose Dosha Specific Products

Many of our product descriptions make it self-explanatory whether the product is right for you. There also are a variety of products that are matched up to whether your imbalance is primarily in Vata, Pitta or Kapha, the three doshas. Review the following chart of symptoms of imbalance and specific products for each imbalance to help you choose dosha specific products.

Dosha	Imbalances	Specific Products
Vata	dry or rough skin, insomnia, constipation, tension headache, intolerance of cold, underweight, anxiety, worry	Vata Tea Vata Churna Moisturizing Massage Oil
Pitta	rashes, skin irritations, heartburn, acid indigestion, visual problems, excessive body heat, premature graying, baldness, hostility, anger, irritability	Pitta Tea Pitta Churna Soothing Massage Oil Be Trim Type 2 Herbal Aci-Balance Elim-Tox-0
Kapha	oily skin, slow digestion, sinus congestion, nasal allergies, obesity, overweight, lethargy, dullness, depression	Kapha Tea Kapha Churna Stimulating Massage Oil Be Trim Type 1

Disclaimer: The information in this booklet is not intended for use in the diagnosis, prevention or cure of any disease. The information in this booklet is given for educational purposes only and should not replace the advice of your physician. Before making any changes to your diet or exercise routine it is always wise to check with your own personal physician. This booklet does not take the place of a medical consultation and all recommendations should be checked with your health care provider to ensure suitability for you.

The statements in this booklet regarding products have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.

If you have any serious, acute or chronic health concern, please consult a trained health professional who can fully assess your needs and address them effectively.

Herbalized Massage Oils

There are two different sets of herbalized massage oils:

- 1) "**Herbal Massage Oil**" series and
- 2) "**Rejuvenation Massage Oil**" series.

"Herbal Massage Oil" series

There are three formulations in the "Herbal Massage Oil" series:

1) Moisturizing: 8 oz. \$10.95 32 oz \$39.95

For Vata imbalance and dry skin types

2) Soothing: 8 oz. \$10.95 32 oz \$39.95

For Pitta imbalance and sensitive skin types

3) Stimulating: 8 oz. \$10.95 32 oz \$39.95

For Kapha imbalance and oily skin types

Rejuvenation Massage Oil Series

There are two formulations in the "Rejuvenation Massage Oil" series

1) Rejuvenation Massage Oil for Women. 4 oz. \$12.95

2) Rejuvenation Massage Oil for Men. 4 oz. \$12.95

These oils go through an extra series of refining processes and use the most pure and effective Ayurvedic herbs available. Rejuvenation oils are more easily absorbed than other oils and have less of a smell and sticky quality. These special blends aim to increase resistance to stress, improve circulation, increase energy and promote better sleep.

Rejuvenation oils may be diluted 50/50 or 1 to 1 with almond oil, sesame oil or olive oil according to whether imbalance is highest in Vata, Pitta or Kapha according to the following table. We recommend diluting with organic cold pressed oils.

Vata imbalance, dilute with almond oil

Pitta Imbalance, dilute with olive oil

Kapha imbalance, dilute with sesame oil.

Products for Digestion

Maharishi Ayur-Veda® herbal products for digestion are chosen according to two sets of principles:

- 1) Using liquids during the first 15-30 days for the quickest influence and then switching to tablets if symptoms still persist.
- 2) Tablets to increase digestion or reduce excessive digestive activity that creates heartburn and acid indigestion.

Liquid preparations

Herbal liquids are processed in a special way to allow the quickest assimilation and activity of the herbs.

There are two liquid preparations available for digestion:

1) Herbal Digest Elixer D1: 7 oz.

This mixture balances appetite and enhances internal cleansing processes. Choose this preparation if you have low appetite and poor elimination.

2) Herbal Digest Elixer D2: 7 oz.

This mixture aims to enhance your digestion and improve assimilation of foods into the body. Choose this preparation if you have indigestion, gas or feel that you have fatigue and low energy because you are not properly assimilating your food.

Herbal Digest Elixer 1 and 2 are sold together as a package for \$14.95

Herbal Tablets

1) Herbal Di-Gest: 120 tablets \$16.95

This formulation aims to aid the various aspects of the digestive process including:

- improving appetite
- reducing cravings
- enhancing digestion
- strengthening elimination
- creating improved assimilation of food and proper tissue development

2) Herbal Aci-Balance 60 tablets \$14.95

This preparation is for people who suffer from heartburn and acid indigestion because of excessive digestive fire or a diet too high in hot spicy foods. The aim of Herbal Aci-Balance is to balance digestion, regulate stomach acid secretion and soothe feelings of discomfort.

Products for Weight Loss

There are three types of products to choose from that can help your body balance its fat and carbohydrate metabolism and strengthen its digestion and elimination.

- 1) Be Trim Type 1 and Be Trim Type 2 tablets
- 2) Vata, Pitta and Kapha seasonings (churnas)
- 3) Be Trim Tea

To maintain a proper weight it is not only what we eat that is important. The ability of the body to properly process fats and carbohydrates are also key elements. If you experience cravings for foods and feelings of hunger even when you are full it is likely your fat and carbohydrate metabolism needs balancing. It is important to know that weight loss programs that focus on suppressing appetite may in the process be slowing fat and carbohydrate metabolism that makes weight loss even more difficult. The combined use of the following products can help address some of the root imbalances in the overweight condition.

Be Trim Tablets

The Be trim products main focus is on balancing fat and carbohydrate metabolism.

1) Be Trim Type 1: 60 tablets \$24.95

This formula is for people with more of a Kapha (large frame and body size) constitution and mild to normal appetite. The formula aims to balance, appetite, fat metabolism, lower carbohydrate absorption and unnecessary food cravings.

2) Be Trim Type 2: 60 tablets \$24.95

This formula is for people with more of a Pitta (medium body size) constitution, very strong appetite, excess acid production and heartburn. The formula aims to balance appetite and metabolism and lessen stomach acid secretions.

Dosha Specific Churnas (seasonings) used with Be-Trim Products

Churnas contain

1) a blend of spices to give you all 6 tastes in a meal (sweet, sour, pungent, bitter, astringent and salty)

2) herbs and spices specific for balancing either Vata, Pitta or Kapha.

Churnas can be sauteed in ghee to bring out flavor and enhance absorption of nutrients, or added directly to dishes or sprinkled on your food at the table.

1) Kapha Churna 2oz. shaker \$3.95 8oz. shaker \$13.95

Kapha churna contains more hot, digestion enhancing spices and should be used with the Be Trim Type 1.

2) Pitta Churna 2oz. shaker \$3.95 8oz. shaker \$13.95

Pitta churna contains more cooling spices and should be used with Be Trim Type 2.

Tea

Be Trim Tea 20 bags \$4.99

Be Trim tea helps you satisfy food cravings without making the nervous system feel wired and jittery like caffeine does. Its blend of herbs is designed to aid the metabolism of fat and slow absorption of carbohydrates. It is a valuable preparation to use when experiencing excessive cravings and hunger and helps people avoid unnecessary snacking between meals.

Take 2-3 cups a day if you are more Kapha and using Be Trim Type 1 tablets

Take 1-2 cups a day if you are more Pitta and using Be Trim Type 2 tablets

within the body. The herbs are picked to improve metabolism and help the body attain a more healthy ratio of good and bad cholesterol.

Womens Health Products

Rejuvenation, Energy and Resistance to Stress for the Female Physiology

Vital Woman 60 tablets \$19.95

The 25 traditional Ayurvedic herbs in this preparation help today's busy women meet the demands of high activity and performance. Aimed to help women overcome the challenges of stress in today's world, Vital Woman, helps create stamina, vitality and inner strength. Vital woman is for women of all ages.

Rejuvenation for Women 60 tablets \$24.50

Rejuvenation for women is one of Maharishi Vedic Medicine's rasayanas. Rasayanas are special synergistic blends of herbs chosen for their general strengthening, balancing and nourishing effects on individuals of many constitutions. This blend of 20 herbs and minerals helps the body build healthy, pure blood and tissues. The product aims at improving the production of new cells and slowing the cellular aging of important tissues. This preparation is useful for women of all ages both before and after menopause.

Balanced and Smooth Menstrual Cycles

Smooth Cycle 60 tablets \$19.95

There is a delicate relationship between emotions, hormones and menstruation. For this reason, stress, poor diet, weak digestion and stimulants such as caffeine and alcohol can block *apana*, the downward force of elimination in the body. Smooth Cycle is a blend of 22 herbs and minerals to help keep the downward force of elimination strong and to balance the major factors involved in menstruation- hormones, emotions, liver, blood and fertility.

Menopause

Accumulated impurities combined with the sudden physiological changes of menopause can lead to a range of interrelated imbalances and symptoms. Midlife 1 and 2 have been formulated to help the body remove the imbalances at the basis of menopause symptoms.

Midlife for Women 1 60 tablets \$24.95

Ideally this formulation is taken in advance of menopause to prevent that can later create unwanted symptoms. The synergistic combination of herbs is aimed at enhancing metabolism and making the process of elimination of impurities more efficient.

Midlife for Women 2 60 tablets \$24.95

This preparation aims to remove the imbalances at the basis of unwanted symptoms and can be taken with Midlife for Women 1. Taken after menopause starts Midlife for Women 2 reduces hot flashes, improves circulation and maintains moisture balance in the body.

Herbal Calcium Absorb 60 tablets \$14.95

It is not enough to take calcium for strong bones because first we must properly absorb and assimilate it. This combination of calcium and special herbal co-factors help the body to assimilate calcium and help the bone building process.

Men's Health Products

Vital Man 60 tablets \$19.95

The 22 traditional Ayurvedic herbs in this preparation help today's busy man meet the demands of high activity and performance. Aimed to help overcome the challenges of stress in today's world, Vital Man, helps create stamina, vitality and inner strength. It helps purify blood, digestion and reproductive function.

Rejuvenation for Men 60 tablets \$28.50

Rejuvenation for Men is part of a group of special Ayurvedic formulations called rasayanas. Rasayana are synergistic blends of herbs chosen for their general strengthening, balancing and nourishing effects on individuals of many constitutions. The formula is designed to promote good health, vitality and longevity. It strengthens bones, improves bone marrow and enhances reproductive fluid.

Prostrate Protection 60 tablets \$24.95

When testosterone levels drop after age 40 it can lead to an enlarged prostate that blocks urine flow and creates the basis for urinary tract infection. This blend of 18 herbs, minerals and fruits supports overall prostate health. It helps curb prostate enlargement, balances testosterone levels and strengthens the urinary tract.

Choosing Amrit Kalash[®] Rasayanas

Rasayanas are synergistic blends of a wide variety of herbs that have the unique property of creating an over-all balancing and nourishing effect throughout the physiology in people of almost every constitution. The premiere rasayana in Ayur-Veda is Maharishi Amrit Kalash. This ancient preparation was formulated in India thousands of years ago and is being made available today in the purity and strength of its original formulation.

Modern science has verified the healing potential of this preparation by demonstrating it is far more powerful in its anti-oxidant properties than either vitamin C or A. Free radicals are a contributing factor in 80% of diseases and premature aging. Free radicals are reactive oxygenated-based chemicals created by toxins, pollution, chemicals and stress. The Amrit preparations have wide spectrum anti-oxidant properties and are both water soluble and fat soluble to allow them to be active both inside and outside the cells.

There are two Amrit preparations that act synergistically. Their combined use is ideal.

Amrit Kalash Ambrosia (tablets) 60 tablets (1 month supply) \$45.00

Ambrosia has its most potent effect on the subtler aspects of the physiology, the mind, brain and nerves. This blend of 13 different herbs also helps vitality and inner strength.

Amrit Kalash Nectar (herbal concentrate) 21 oz (1 month supply) \$50.00

Nectar influences the entire mind/body system. It improves balance and coordination of the mind and helps the functioning of the heart, brain and metabolism.

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The Raj

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Catalog Price List

Product Type	Description	Size	Unit price
Booklets	The Raj Recipe Book		\$9.95
	Introduction to Maharishi Ayur-Veda® Principles of Healthy Daily Routine		\$14.00
	Combination Raj Recipe and Daily Routine Booklets ***Save \$3.95		\$20
Massage Oils	Moisturizing Herbal Massage Oil	8 oz	\$10.95
	Moisturizing Herbal Massage Oil	32 oz	\$39.95
	Soothing Herbal Massage Oil	8 oz	\$10.95
	Soothing Herbal Massage Oil	32 oz	\$39.95
	Stimulating Herbal Massage Oil	8 oz	\$10.95
	Stimulating Herbal Massage Oil	32 oz	\$39.95
	Rejuvenation Oil for Men	4 oz	\$12.95
	Rejuvenation Oil for Women	4 oz	\$12.95
Digestion	Herbal Di-Gest Elixers D-1& D-2	7 oz. each	\$14.95
	Herbal Di-Gest tablets	120 tablets	\$16.95
	Herbal Aci-Balance tablets	60 tablets	\$14.95
Weight Loss	Be Trim Type 1 tablets	60	\$24.95
	Be Trim Type 2 tablets	60	\$24.95
	Be Trim Tea	20 bags	\$4.99
Detoxification	Elim-Tox	60 tablets	\$19.95
	Elim-Tox-O	60 tablets	\$19.95
	Herbal Cleanse	60 tablets	\$14.95
	Genitrac	120 tablets	\$19.95
	Triphala	120 tablets	\$12.95
	Liver Care	90 tablets	\$19.95
	Cholesterol Protection	60 tablets	\$19.95
Womens Health	Vital Woman	60 tablets	\$19.95
	Rejuvenation for Women	60 tablets	\$24.95
	Smooth Cycle	60 tablets	\$19.95
	Midlife for Women 1	60 tablets	\$24.95
	Midlife for women 2	60 tablets	\$24.95
	Herbal Absorb Calcium	60 tablets	\$14.95
Mens Health	Vital Man	90 tablets	\$19.95
	Rejuvenation for Men	60 tablets	\$28.50
	Prostrate Protection	60	\$24.95
Amrit Kalash	Amrit Kalash Ambrosia	60 tablets	\$45.00

	Amrit Kalash Nectar	21 oz	\$49.50
Teas	Vata Tea	20 bags	\$4.25
	Pitta Tea	20 bags	\$4.25
	Kapha Tea	20 bags	\$4.25
Churnas	Kapha Churna	2 oz/8 oz	\$3.95/\$13.95
	Pitta Churna	2 oz/8 oz	\$3.95/\$13.95
	Kapha Churna	2 oz/8 oz	\$3.95/\$13.95

Ordering

There are three ways to order products from us.

1) Use the enclosed order form and fax it to us at 641-472-2496 or mail to our address.

5% discount on all items ordered this way:

2) E-mail your order, shipping address and credit card # to us at theraj@lisco.com.

5% discount on all items ordered this way.

3) Phone us at 1-800-248-9050 extension 437

