Ayurveda

An Ancient Indian Medical System Gaining Strength as a Complementary Medicine in the West

Presented By:
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Objectives

1. Dietitians will be able to identify the 3 main body types.
2. Dietitians will learn to devise a diet and lifestyle plan that would suit the needs of the client based on their body types.
3. Dietitians will be able to identify common spices used in food by the Indian population.
Ayurveda - science of life
Ayur (life) + Veda (Science or knowledge)

- Over 5000 years old Medical science of India
- Derived from the Vedas (Scriptures), conceived by sages of India
- It was later compiled in 3 main books (Brhat Trayi) by Charaka acharya, Sushruta and Vaghbatta.

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Ayurveda – science of life
Ashtanga or 8 limbs of Ayurveda

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Figure: http://ayurvedacaap.org/ayurveda/
Ayurveda - science of life
Lesser books & Modern Textbooks

- Simplified versions later 3 lesser books called *Laghu Trayi*. Madava Nidana, Sharangadhara Samhita, and Bhavaprakasha.
- Modern Books - Several like Dr. Lad, Dr. Frawley etc
History and Evolution in the US

- Practiced in Indian communities for 1000s of years. 80% use traditional medicine some form
- Wikipedia 75-85% of population of Nepal uses Ayurveda
- Practiced in periphery of the US since 1960s
- NAMA today says that there are:
  - Over 30 Ayurveda training programs in the US
  - Practitioners and lay Ayurveda consultants in the 1000s
  - Over 450 members of Ayurveda
Evolution in the US
Earliest successful promoters of Ayurveda

- Maharishi Mahesh Yogi. TM Early 1970s
- Dr. Deepak Chopra - Perfect Health Intro book
- Dr. Vasant Lad (Vaidya) Founder of Ayurvedic Institute, Alberquerque, NM
- Dr. David Frawley. Founder of American institute of Vedic studies. Two students started the first schools in US
- Robert Svoboda. First westerner trained in traditional Indian system BAMS
- Sanjay Gupta. FNCE 2017. Documentary
Definition of Health in Ayurveda

- **Definition of Ayurveda:** (Merriam Webster Dictionary): a form of alternative medicine that is the traditional system of medicine of India and seeks to treat and integrate body, mind, and spirit using a comprehensive holistic approach especially by emphasizing diet, herbal remedies, exercise, meditation, breathing, and physical therapy.

- **Swasta** is the word used for health in Ayurveda

- **Swasthasya Swathya Rakshanam** (Preserve the health of healthy people).
  **Aturasya Vikar Prashamanam** (Cure the diseases of ill people).

- **sama dosha sama agnischa sama dhatu mala kriyaah**
  **Prasanna atma indriya manaha swastha iti abhidheeyate**
  **Sushruta Samhita 15:38 (43)**

  One who is established in the Self, who has balanced doshas, balanced agni (digestive fire), properly formed dhatus (tissues), proper elimination of malas (wastes), well-functioning bodily processes, and whose mind, soul and senses are full of bliss, is called a healthy person.
Three Pillars of Health

Ahara: Diet
Nidra: Sleep
Brahmacharya: Self-Control

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Modern Medicine Vs. Ayurveda

**Modern Medicine**

- Considers human body as Mechanical/Biochemical entity
- One Size fits all approach
- Quantitative - Objective “Science of Measurement”
- Treats symptoms eg. Antacids
- Instant quick fix - Acute
- Stresses on chemicals as active ingredients in medicines

**Ayurveda**

- Considers Spiritual and Energetic entity as well
- Individualized approach
- Qualitative - Subjective “Science of Experience”
- Treats the root cause as imbalance
- Long term relief and well being
- Uses whole plants, plant parts and food as medicine

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Prakruti: Ayurvedic Body Types

- Three energetic bodies or humors or Doshas called Vata, Pitta and Kapha
- These are based on the 5 great elements (Panchamahabhutas) Ether(Space - Akash), Air (Vayu), Fire (Agni), Water(Apah or Jala) and Earth (Prthvi)
- Vata: (Air and Space) Responsible for any movement in the body, cooling energy
- Pitta: (Water and Fire) Heating energy, Digestion, Vision, Passion
- Kapha: (Earth and Water) Stability, binding, water balance, lubrication, healing properties, cooling energy
- 20 Gunas or Qualities: 10 pairs of opposites
- *Yada Pinde Tada Brahmande - As the atom so is the Universe*
Vata Dosha - Air and Ether
Light, Dry, Cold, Mobile, Clear, Rough, Subtle

**Body Frame:** Tall, thin, narrow and prominent bones, longer face, dry skin, not clear complexion, wavy or rough and thick hair, small eyes, darker skin in the family

**Behavior:** Walks fast, talks fast and very talkative, can’t sit still, fidgety

**Sleep:** light sleeper, always fresh in the morning, many dreams

**Personality:** Very creative, very enthusiastic, lot of ideas, loves travel, exploring, change frequently, OCD tendencies, short term memory, forgets quickly, Impulsive, very sensitive to noise or anything

**Digestion:** Irregular, prone to constipation, bloating

**Response to stress:** Anxiety, nervousness, fearful

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Pitta Dosha - Fire and Water
Hot, Liquid, sharp, little wet, light, pungent, flowing

**Body Frame:** Medium build, angular face, colored eyes, early graying, baldness, red, brown or blonde hair, acne problems, rosy skin, freckles, can’t tolerate much heat

**Personality:** Competitive, Argumentative, Intense, Passionate, Perfectionist, Controlling, very organized, Good comprehension, Intelligent, assimilate knowledge, Contemplative, Visual learners

**Digestion:** Strong appetite, Can digest anything, always hungry, can’t tolerate feeling of hunger and will get irritable, Can’t skip meals

**Sleep:** Sound sleep 7-8 hours, not that deep

**Response to stress:** Anger, irritation, aggressiveness, violence

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Kapha Dosha - Water and Earth
Heavy, cold, dull, wet, firm, smooth, soft, sticky, gross

**Body Frame:** Heavy, Large frame, solid muscles, fat, short bones, flatter nose, large beautiful eyes, gentle look, dark brown thick hair, soft, oily clear complexion, round face, hairy people, perfect teeth

**Personality:** Very slow, even learning, strong grasp on subject, like to stick to their job, very grounded, no leadership roles, inertia, great stamina, miserly, hoarders, loving, compassionate and affectionate, love hugs, sense of touch, strong memory

**Digestion:** Metabolism very slow so overweight, can skip meals, sweet tooth, hard to lose weight, don’t drink much water

**Sleep:** Sound sleep, long hours and difficulty waking up in the morning

**Response to stress:** Become quiet and withdraw

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## Nutrition Approach Comparison

### Modern Medicine and Ayurveda

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Modern Nutrition</th>
<th>Ayurvedic Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Why do we eat?</strong></td>
<td>Personal preference, habit, body image, pleasure</td>
<td>To take in Prana to live or for nourishment at all levels</td>
</tr>
<tr>
<td><strong>Nutrient Element</strong></td>
<td>Calories, Carbohydrates, Protein &amp; Fats</td>
<td>Six Tastes and Incompatible combos</td>
</tr>
<tr>
<td><strong>Main Focus for weight loss</strong></td>
<td>Counting calories</td>
<td>Evaluating metabolism based on Agni or digestive fire</td>
</tr>
<tr>
<td><strong>Importance given to</strong></td>
<td>Caloric Value</td>
<td>Individual Constitution (Prakruti) and imbalance (Vikruti)</td>
</tr>
<tr>
<td><strong>Intervention based on</strong></td>
<td>Nutrition Deficiency</td>
<td>Balancing Prakruti and Vikruti</td>
</tr>
<tr>
<td><strong>Summary</strong></td>
<td><strong>You are what you eat</strong></td>
<td><strong>You are what you digest</strong></td>
</tr>
</tbody>
</table>

**Summary:**
- **Modern Nutrition:** You are what you eat
- **Ayurvedic Nutrition:** You are what you digest
Basic Principles in Ayurveda

- **Agni** (Digestive Fire) and **Ama** (toxins)
- **Food** (**Ahara**) is medicine - Moderation
- **Six tastes in Ayurveda**
  - Vata pacifying diet - salty, sour & sweet
  - Pitta pacifying diet - sweet, bitter & astringent
  - Kapha pacifying diet - Bitter, pungent & astringent
- **Like increases like**
- **Dhinacharya** - Daily routine
- **Ritucharya** - Seasonal routine
- **Stages of Life** - **Vata, Pitta, Kapha**
- Spices are an essential part of food which is typical of Indian foods as well
- **Herbs** - Lot of studies on PubMed

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Lifestyle Recommendations
Dinacharya - Daily Routine

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Figure: https://ayurvedahimachal.wordpress.com/tag/ayurveda/
https://lifespa.com/ayurvedic-daily-routine-dinacharya/
Lifestyle Recommendations
Ritucharya - Seasonal Routine

- Spring: Keep dry & warm. Spring clean, eat spicy foods, and engage in challenging exercise.
- Summer: Stay cool & hydrated. Drink plenty of room temperature water (not ice-cold), eat sweet fruits, bitter greens, and do light stretching exercises in the morning with the sun.
- Fall: Hydrate with hot water & teas. Oil your nostrils and skin, cover your neck, limit strenuous exercise, take ginger baths, and add a more healthy fat to your diet for grounding.
- Winter: Reduce stress & spend time in solitude/quiet. Practice deep breathing to clear the lungs & ward off colds. Eat soups and stews (orange food), don’t skip lunch!

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https://www.pinterest.com/pin/268667934000788902/
Integrating Ancient Wisdom with Modern Science

- Food as medicine – Body type and listening to signs
- Behavior modification – distractions, one trip, water before, mindful eating, Emotional eating etc.
- Incorporate 6 tastes and food combinations to be avoided
- Daily routine
- Seasonal routine
- Stress management – Yoga, Pranayama, Meditation
- Sleep – No daytime sleeping, bedtime ritual, timing

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Benefits to Dietitians for integrating Ayurveda in practice

- Holistic approach including diet and lifestyle
  Chronic illnesses
- Self Healing Modality - Giving guidelines for patient to take charge
- Patient is involved in management = Better compliance
- Intuitive and common sense approach
- Teaching Mindfulness
- Personalized nutrition
Ayurveda Organizations in the US

http://www.ayurvedanama.org/

https://www.aapna.org/

https://www.cayurvedac.org/

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“Let food be thy Medicine” – Hippocrates –

“If the diet is wrong, medicine is of no use and if diet is right, medicine is of no need.” – Ayurvedic Proverb –

Thank you!
Questions?

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