

SVA
WINTER PROTOCOL



by Vaidya R. K. Mishra
www.VaidyaMishra.com

WINTER: YOUR BEST SEASON FOR RADIANT HEALTH

जीवेम शरदः शतम्
jīvema śaradaḥ śatām

पश्येम शरदः शतम्।
paśyema śaradaḥ śatam।

जीवेम शरदः शतम्।
jīvema śaradaḥ śatam।

श्रृणुयाम शरदः शतम्।
śrṛṇuyāma śaradaḥ śatam।

प्र ब्रवाम शरदः शतमदीनाः।
pra bravāma śaradaḥ śatamadīnāḥ।

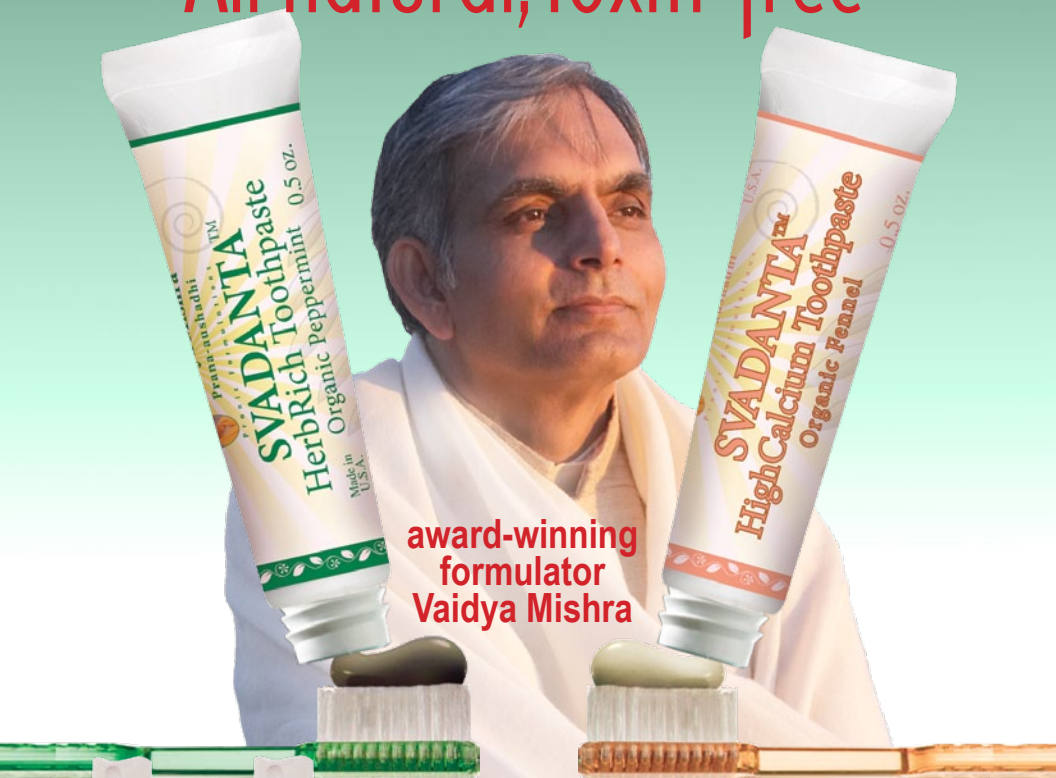
स्याम शरदः शतम्।
syāma śaradaḥ śatam।

भूयश्च शरदः शतात्॥
bhūyaśca śaradaḥ śatāt॥

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PREFACE

We have learnt that Ayurveda is the maintenance manual of our bodies. According to the vedic tradition, its author is none-other than Brahma himself, the ultimate source of all knowledge. "Svasth vrit" is a major aspect of ayurvedic science that we can translate as "life-style medicine." This branch includes the following sections: "dinacharya" – daytime routine, "ratricharya" – nighttime routine, "ritucharya" – seasonal guidelines. The main purpose of this 'Svasth vrit' is "how to live healthy and happy for a 100 years!" According to the ancient texts, this is the life-span allotted to human beings in this day and age (kaliyug).

The Sanskrit verse I selected from Yajurveda featured on the cover page indicates that through the proper care of the body (that is: following the daytime, nighttime and seasonal routines and guidelines) one can indeed enjoy a long and healthy life. Unlike what we commonly believe, the winter season is, indeed, the best time to enjoy radiant health! Taking care of health during the wintertime also ensures overall total health for the rest of the year. So the verse says: "live a 100 winters, see a 100 winters, hear a 100 winters, speak a 100 winters, be seen by others for a 100 winters, and create a good life history (with good actions and lifestyle) which can serve as an inspiration for others."

While increasingly younger people are falling victim to chronic and terminal diseases, technology and modern findings have also drastically increased the life expectancy of individuals. However, the point is to live up to a healthy 100, not to lead a long and impaired life! The Yajurveda says that one should strive to live a healthy 100 having full use of one's organs and all senses (live, see, hear, speak..).

It is my sincere hope that this small booklet will guide you and help you to enjoy this winter season in accord with the spirit of Yajurveda and the practical teachings of Ayurveda...

Vaidya Ramakant Mishra
Karthik Purnima – November 21, full moon day, 2010
Los Angeles, CA

SVA
Winter Protocol

WINTER: YOUR BEST SEASON FOR RADIANT HEALTH

By Vaidya Rama K. Mishra

WINTER'S POTENTIAL FOR HEALTH

Ayurveda is the most ancient health science with a complete understanding of seasonal impact on health. The scope of this wisdom goes deep into various aspects of our life, including physical, mental, emotional, sensual, and vibrational health. Even more than that, because it is the total science of health, Ayurveda can explain how seasonal changes can pose different challenges for different people depending on their constitution, imbalances, age, gender, and profession.

"FOR MOST PEOPLE, WINTER USUALLY BRINGS THE MISERY OF COLDS AND FLU, FATIGUE, A RANGE OF ISSUES ASSOCIATED WITH POOR CIRCULATION..."

Through pulse diagnosis, people can receive seasonal protocols that are fine-tuned to their particular physiology at a particular time. Because it is difficult for most people to get their pulse checked every season, this booklet will provide general guidance and tips for how to use the winter season as a foundation for greater health year-round.

For most people, winter usually brings the misery of colds and flu, fatigue, a range of issues associated with poor circulation, including cold hands and feet, achy joints, flaky, itchy skin, extreme hunger, sugar craving, depression, not to mention various digestive disorders and weight gain.

Quite contrary to common experience, Shaka Vanshiya Ayurveda (SVA) teaches that winter is the best season for acquiring health because of the

predominance of soma in nature. Soma (cooling, nurturing lunar energy) is the raw material for ojas, which can be compared to the neuro-transmitter or hormonal coordinator and the controlling factor for immunity.

WINTER IN RITUCHARYA

Ritucharya, n. – seasonal routine [from Sanskrit: ritu *season* + aacharya *codes of conduct* or *guidelines for balanced living*]

"Lifestyle medicine" of Ayurveda based on the varying impact of the Sun. Following the rules or codes of conduct regarding diet, routine, and behavior according to the changing seasons.

According to the Vedas, during a calendar year, the earth goes through two solar cycles:

1) Summer solstice (uttarayan)

Starting on the 14th of January, the northern hemisphere begins to receive more solar energy than the southern hemisphere. This transition creates a drying effect for the northern hemisphere.

2) Winter solstice (dakshinayan)

The southern hemisphere receives more solar energy than the northern hemisphere. This transition brings lubricating and nurturing effect to the northern hemisphere.

“SUN’S MOVEMENT” (SURYA SIDHANTHA) AND SOLAR ENERGY

The reception of solar energy is a prerequisite for the existence of life on Earth. Earth’s varying degrees of exposure to the sun govern the changing temperatures on different parts of the globe so that life flourishes in a continuous rhythm of creation.

Continuity of all forms of life depends on transformation, and the energy that fuels transformation comes from the sun in the form of solar energy (agni). Agni or fire in the form of heat represents one of the five basic elements of life. All life forms on our planet have found some way of converting solar energy into other types of energy they need for growth and transformation. Plants use it for photosynthesis to form glucose that becomes food for animals. Human beings can absorb it directly and use it as a source of Vitamin D necessary to maintain physiological functions.

(Check Vaidya Mishra's "Vitamin D" DVD, available at www.chandika.com)

As we study the Vedic seasonal classifications, it is important to note seasonal variations in different parts of the world. Some regions have four distinct seasons. In some countries, the same season differs from region to region. For example, in North America, while the northern states face severe cold and snow, the southern states are sunny and mild. In this modern technological age, seasonal inconsistencies can also be attributed to the increase of the fire element on the planet due to global warming.

MICROCOSM AND MACROCOSM: THE CREATION AND UNIVERSE PRINCIPLE

When we consider solar energy or agni as the vibrational source of the fire element, one of the five elements (panchamahabuta-s) in nature, we are talking about energy that governs the functioning of the entire universe. The principle of creation states that whatever is in the universe is in the human body and vice versa. Microcosm and macrocosm are two faces of the same energetic reality. The same five elements that govern the physical body also govern the universe.

The five elements - earth, water, fire, air, and ether - represent a more manifest form of the three vibrational energies (tritratva) - soma (lunar energy), agni (solar energy) and marut (etheric energy). The unified state of the soma, agni, and marut forms a rhythmic vibrational energy we know as prana.

PRANA'S ENTRY ROUTES IN THE HUMAN BODY



Prana is received through numerous vibrational channels. The main reception point, adhipati marma, is located at the top of the head, at the Anterior fontanelle (Bregma). This is the point where the Coronal, Sagittal, and Frontal Sutures intersect. Prana is also received through the openings of ears, eyes, nose, mouth, anus, and through the pores of the skin called "loma randra."

PRANA AND ITS FORMS

Prana permeates creation both in its invisible vibrational form as well as in its manifest expression as the five elements.

While the universe is governed by soma, agni, and marut, our physiology is governed by the three doshas - vata, pitta, and kapha. The basis for the three doshas comes from the interplay of the five elements in this way:

- 1) vata (air plus ether)

2) pitta (fire plus water)

3) kapha (solid soma (earth) plus liquid soma (water))

These three physiological governing principles have been given the name doshas (impure) because their pure source energies, soma, agni and marut, get vitiated in the physiology.

FUNCTIONS OF SOMA

In biological terms, soma or lunar energy lubricates and nurtures the entire physical body, providing it with stability and optimal absorption. In the physical body soma is expressed as kapha dosha. Soma is also converted into ojas.

Kapha is made of liquid soma (water) and solid soma (earth). Depending on the location in the body, kapha is divided into subdoshas – tarpaka, bodhaka, kledaka, avalambaka, and sleshaka (see appendix for more information).

OJAS

ओजः सोमात्मकम् ॥ सुश्रुत सू॥ च॥ १५

ojaḥ somātmakam

The source of ojas is soma.

—Shusruta.su.ch.15

Ojas is the end product of a good routine, behavior in accordance with the laws of nature, and a well-digested, healthy diet. The creation and functioning of ojas depend on agni - which transforms soma to ojas - and on marut-which circulates ojas.

अष्टबिन्दु प्रमाणः परम ओजः।

अर्धाजलिः प्रमाणः अपर ओजः॥चरक॥

aṣṭabindu pramāṇaḥ parama ojaḥ|

ardhāñjaliḥ pramāṇaḥ अपर ओजः॥

The essential ojas (param) is eight drops,

Circulating ojas (apar) is a handful.

— Carak

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Eight drops of ojas constitute the “glue” that holds the soul in the body.

These eight drops of ojas reside in the emotional heart, between the soul and the physical heart. This essential ojas preserves prana to the extent that the loss of even one drop of essential ojas leads to death.

In more familiar terms, ojas can be compared to the intricate and vast web of neurotransmitters. Ojas governs the overall immunity of the body. Like a light at the door, ojas connects the macrocosm of the universe with the microcosm of the internal physical environment.

(For in-depth knowledge on ojas, listen to the free teleconference course on Immunity and Health on www.vaidyamishra.com)

FUNCTIONS OF AGNI

In the physiology, agni is primarily responsible for digestion and all transformations on the physical and vibrational level. When the fire element combines with the water element, pitta dosha is formed. According to Shaka Vanshiya Ayurveda, pitta can be thought of as fuel, like gasoline, which is comprised of agni (fiery component of prana) and some soma (cool, nourishing component of prana). The same components of soma that keep gasoline liquid so that it can flow through the car also keep pitta liquid so that it can flow in the body. Soma also keeps pitta cool so that it does not burn the channels through which it flows. Pure agni (fire) can not circulate in the body, but pitta, in its liquid form, flows easily to wherever it is needed.

Whenever an organ or cellular system needs real flame (agni) to digest, metabolize, or transform something, the pitta fuel is ignited. This ignition takes place in the burners (sandhi-s or gaps) and produces the needed flames (agni-s) in the stomach (jataragni), liver (bhutagni-s), between each tissue as one tissue is transformed to another tissue (dhatuagni-s), and on the cellular level (dehagni-s).

WHENEVER AN ORGAN OR CELLULAR SYSTEM NEEDS REAL FLAME (AGNI) TO DIGEST, METABOLIZE, OR TRANSFORM SOMETHING, THE PITTA FUEL IS IGNITED.

The flame (agni) is what cooks or transforms, not the fuel (pitta).

Maintaining pitta in perfect balance poses a unique challenge because pitta must maintain some coolness. Otherwise, spontaneous combustion can occur. At the same time, pitta can't be kept too cool, because if it congeals, it won't flow.

The following pitta subdosha-s govern the transformational processes in various locations in the body: pachaka, ranjaka, sadhaka, alochaka, and bhrajaka (see appendix for more information).

FUNCTIONS OF MARUT

Marut energy governs movement and circulation in nature and in our physiology. On the physical level, marut corresponds to the action of vata dosha, which is made up of the air and ether elements. Anything pertaining to the movement of pitta and kapha doshas in the physiology is by definition associated with the vata dosha. The subdoshas of vata are: prana, udana, samana, apana, and vyana.

SOMA, AGNI AND MARUT IN WINTER

Because of the predominance of soma in nature during winter, winter season provides life-sustaining lubrication and nurturing. Particularly the extreme cold of the early winter (hemant) provides excess soma. The word “hema” is synonymous with soma.

In late winter (sishir), the start of the dehydration period overlaps with the hydration period, creating extreme cold and dry conditions. However, the remaining hydration in the environment can continue to nurture our bodies if we create the conditions necessary for the absorption and transformation of soma.

When soma enters the body through the vibrational channels and through the intake of food and water, agni converts it into ojas, and marut or vata circulates it through the healthy channels in the body. The reception, transformation, and circulation of soma depend upon the intelligence of the vibrational and physical channels. The conversion of soma can only occur when physical and vibrational channels are clean and open due to a healthy routine, behavior, and diet prepared with the proper balance of ingredients and spices.

OJAS IN WINTER

During early winter, the body has sufficient reservoir of agni accumulated from the summer season. This agni helps to transform soma into ojas. When winter deepens, the body receives even more soma, but the vibrational and physical channels begin to narrow because of the reduction in agni in the environment. The insufficient strength and circulation of agni corrupts the transformation of soma so that instead of being converted into ojas, soma becomes a toxic substance (ama of soma).

The same principle applies to the transformation of soma from a soma-rich diet. If the channels are clogged so that the reception of new prana and elimination of old prana is obstructed, the digestive flame fluctuates. This creates

**WITHOUT CLEAN
AND OPEN CHAN-
NELS, EVEN THE
BEST FOOD BE-
COMES TOXIC.**

semi-digested food, which turns soma into ama. Without clean and open channels, even the best food becomes toxic.

PHYSICAL AND VIBRATIONAL CHANNELS

Physical channels transport to and from various tissues elements like food, water, plasma, blood, muscle, fat, bone, bone marrow, reproductive fluid, menstrual fluid, breast milk, urine, feces, sweat, etc.

Health of the channels is very important for good circulation of blood, which carries nutrients for tissue nourishment. The disposal of waste materials through sweat, urine, and feces also requires healthy channels. Excess cold or dryness due to heat and wind can block or vitiate channels so that nutrients do not reach the targeted tissues, organs, and systems.

Vibrational channels (nadis) circulate prana, breath, thoughts, sensory stimuli, and emotions. The Carak Samhita says that for the mind, which is beyond sensory perception, the entire body serves as a channel. Vibrational channels help soma, agni, and marut move as vata, pitta, and kapha in the physical channels. If vibrational channels are clogged, the entire body becomes deprived of prana, soma, and ojas, which can lead to poor immunity and advanced aging.

CAUSES OF VITIATED CHANNELS

At any time, vibrational and physical channels can become vitiated, blocked, or clogged.

Etiological causes for blockages in the vibrational channels:

- Synthetic prana in the form of EMF/EMR
- Negative emotions (anger, jealousy, hatred, etc)
- Regular exposure to noises and loud environments
- Not following the laws of nature in terms of diet, routine, behavior
- Global warming
- Extreme seasonal changes
- Frequent flying, fast driving, always on the go, night life

Etiological causes for blockages in the physical channels:

- Processed food, leftovers, cold food and drinks (especially cold milk), poor diet and routine

- Eating winter squashes, large beans (pinto, black, etc), soy, deep fried food, overeating
- Eating before the previous meal is digested
- Eating when not feeling hungry
- Eating on the go or distracted while watching TV, working on the computer, talking on the phone, etc.
- Eating while under stress or when the mind is preoccupied
- Staying up late regularly
- Not following the seasonal routine
- Synthetic perfumes, chemicals in cosmetics, food additives
- Environmental pollution

In winter, the following factors can further block or vitiating channels:

- Seasonal changes impact the rhythm of the vibrational channels and thus affect the physical channels of the body
- Excess cold in the environment shrinks the physical channels
- Cold, frozen, channel-clogging food and drinks, improper routine and behavior
- Not consuming healthy, organic dairy products like ghee, yoghurt, milk, and paneer
- Improper protein metabolism due to consumption of unhealthy protein
- Not drinking pH-balanced natural spring water
- Long-term accumulation of semi-digested food (ama), free-radicals (ama-visha), and environmental chemical toxins (garavisha). This is the primary cause of age-related joint and body pains that worsen during winter.
- Accumulation of excess agni in the stomach and diminished circulation of agni in the physiology

DIGESTION AND THE WINTER SEASON

शीतेशीतानिलस्पर्शसंरुद्धोबलिनां बली।

पक्ताभवतिहेमन्तेमात्राद्रव्यगुरुक्षमः॥९॥च॥सू॥६-४

śīteśītānilasparśasamruddhobalināmbalī

paktābhavatihemantemātrādravyaguruksamaḥ||9||ca.sū.6-4

CONCENTRATION OF AGNI IN THE STOMACH

During the summer, heat accumulates in the digestive system, but acidic toxins increase the heat load and put more pressure on the already heat-predominant (agneya) organs like stomach, liver, and pancreas. In winter, as temperatures drop, the channels begin to shrink. This results in poor circulation and distribution of agni, which blocks and localizes agni in the stomach. In other words, agni increases in winter, but poor circulation blocks it from flowing.

In the wintertime, agni in the physiology also increases due to the cooler environmental temperatures. In order to counterbalance the loss of heat from the body to the environment, the body has to work a little harder to maintain warm temperature. This is an automated natural response that the body triggers. All the agni-s in the physiology have to be a little more active to compensate for the heat that the body is losing to the cold environment. As a result, the body needs richer, more somagenic foods, to feed the active agni and the maintain it at optimal levels. Food, nevertheless, should not be clogging as the channels are already shrunk due to the cold and are slower in circulation.

IMPACT OF CONCENTRATED AND INCREASED AGNI

Three sub-doshas govern the digestive process.

- 1) Samana vata moves and churns the ingested food.
- 2) Pachaka pitta provides enzymatic support.
- 3) Kledaka kapha protects the mucus lining of the stomach from the stomach acid.

When the digestive flame is not fed with intelligent soma-rich food, the high heat burns the kledaka kapha or the mucus lining. Whenever any of the pitta or kapha sub-doshas get aggravated, vata gets vitiated. Since vata is cool by nature, in winter season, cold in the atmosphere adds on to this, and vata becomes even more aggravated. High vata then fans the digestive flame, causing it to burn even higher, much like dry bushes in heavy winds.

सयदानेन्थनं युक्तं लभतेदेहजं तदा।

रसं हिनस्त्यतोवायुः शीतः शीतेप्रकुप्यति ॥ च॥सू॥६-१०॥

sayadānēnthanāmyuktāmlabhatedehajamtadā|

rasamhinastyatovāyuhṣītaḥśīteprakupyatil (ca.sū.6-10)

When the doshas burn, the effect is carried to the tissues and they burn out as well. The seven tissues (dhatus), plasma, blood, muscle, fat, bone, bone marrow, and reproductive fluid, hold the body together. The first dhatu that gets burnt is the clear part of plasma (rasa - rasaàhina). The above verse states that plasma directly supports the skin so that when plasma is burnt, the skin dries from the inside. Winter's dry, windy air then dries the skin from the outside as well, which is why the skin needs special care and hydration in winter.

When plasma burns, the ensuing de-hydration reaches the blood tissue (rakta), which leads to anemia. Like a domino effect, the process spreads down the chain of tissue transformation and causes the decline of muscle, fat, bone, bone marrow, and the reproductive fluid until it finally impacts and burns prana itself.

When prana is burnt, soma gets burnt too. Reduction in soma leads to the reduction of ojas. Low ojas weakens the immune system, ultimately causing the immune system collapse.

To prevent the cascading effect of localized high agni, the digestive fire must be appeased. Unless intelligent, heavy food is taken both in quality and quantity, the digestive fire cannot be satisfied and it begins to consume the doshas, tissues, and can eventually consume prana, soma, ojas, and affect immunity.

FASTING IN WINTER

Do not fast in winter! Some of the contemporary Ayurvedic texts advocate fasting in winter, but Carak Samhita clearly warns against it by saying that “fasting in winter season aggravates and increases the digestive flame. High flame and no soma to pacify it can burn up the entire physiology.”

**DO NOT FAST
IN WINTER! ...
CARAK SAMHITA
CLEARLY WARNS
AGAINST IT...**

HUNGER AND OVEREATING – THE VICIOUS CYCLE

Localized heat in the stomach and a metabolically more active physiology stimulate more hunger. Wanting pacification, high digestive flame demands more soma. That is why people get hungrier in winter and tend to eat more. If the channels are vitiated, the nutrients from the food cannot reach their targeted organs and systems. The physiology registers nutritional deficiency and signals to the brain to demand more oxygen/prana in the form of glucose. Another hunger cycle begins, and people eat more. Excess cooked or semi-cooked food in the stomach starts to become rancid, which makes the

liver acidic and hot. This leads to accumulation of more heat or fire in the stomach, creating a vicious cycle that contributes to winter weight gain.

America blames weight gain on “winter holidays”, but put in another way, weight gain is the result of high soma, low agni condition that commonly arises during winter. Excess soma in the environment leads to excess soma in the channels. Because agni is localized in the stomach, it does not adequately support the transformation of soma in the physical channels overall. Not only does weight gain occur, but the body accumulates toxins and stores them until the spring thaw. For most people, spring cleaning involves not only cleaning out the garage, but also getting rid of toxins that were stored in the body during the winter. At best, all of those toxins will be flushed out. More likely, however, only some of the toxins will be cleaned out. Over time, the impact of incomplete clearing of toxins is described as “getting older and heavier.”

SVA WINTER CARE SOMA-ENHANCING DIET

तस्मात्तुषारसमये स्निग्धाम्ललवणान् रसान् ।

औदकानूपमांसानां मेद्यानामुपयोजयेत् ॥ च ॥ सू ॥ ६-११ ॥

tasmāttuṣārasamaye snigdhamlalaṇān rasān |

audakānūpamānsānām medyānāmupayojayet (cha.sū.6-11)

The main objective of the winter diet is to pacify the fire without clogging the channels. Here are a few strategies:

- Heavier, somagenic food is essential for fueling the localized fire. A nurturing diet (santarpana) that pacifies vata and pitta is recommended.

- Taste (rasa)

Proper ratio of soma and agni must be maintained in the choice of food through the synergy of correct combining, processing, and cooking (samyog and samskar). All six tastes, sweet, sour, salty, pungent, bitter, and astringent, are made of the five elements. Because winter is hydrating, nurturing, building season, with a lot of soma in nature, more agni is also needed to convert soma into ojas.

Sour and salty tastes enhance agni, while also providing some soma. Lime juice is a great source of the sour taste. Squeeze it onto the food daily.

Salt combines earth and fire elements. Soma Salt is more fire- balancing because of the ideal ratio of earth to fire.

Sweet taste is naturally predominant in winter because it has a lot of soma, but excess sweetness can clog the channels, lower the digestive fire, and lead to weight gain.

Although pungent, bitter, and astringent tastes have to be included in every meal to maintain the ratio of soma and agni, they should not be consumed in excess amounts. Excess pungency or hot, spicy foods can burn the channels, increasing the heat further. Bitter and astringent tastes are dominated by air and space elements and do not have enough heaviness to feed the condensed heat in the stomach and liver. Air and space elements dominate light and dry foods, so consuming these can aggravate the dryness during winter season.

- No white sugar! Eat Good Soma.

The need for more soma in winter creates an urge for sweet foods because soma is of predominantly sweet taste. Unfortunately, as is common knowledge by now, foods made with white, processed sugar do not supply soma but rather empty calories that satisfy the senses but cannot deceive the brain. The body will continue demanding food until it receives soma-rich and channel opening, nurturing food. The more chocolate, cakes, and white sugar we eat, the more harm we are causing.

- Open the Channels Without Burning the Channels

Hot spices or high heat treatments will circulate the heat suddenly all over the body and the body will go into shock. Carak recommends including pungent food but not spicy hot food that can burn the channels and increase the heat. Vaidya Mishra recommends warm, not hot, drinks and spices in proper synergy.

Open the channels with warm, mild spices and treatments. Use pitta-pacifying spices and not kapha-pacifying hot and heating spices. Winter is soma-genic so we want to preserve soma for building and nurturing our immunity and ojas. Do not burn soma with hot, excessively pungent spices, herbs, and hot treatments.

- Non-Vegetarian Protein: Avoid fish and meat from dry, hot climates and favor fish and meat with cooling, non-clogging properties.

- SVA Spice Mix for Winter Season

Turmeric -1 part

Cumin – 1 part

Coriander – 6 parts

Fennel – 6 parts
Clove – 1 part
Black pepper – 1 part
Sunthi (ayurvedic ginger) - 1 part

Clove is favored because it has a sweet post-digestive taste, which supports soma. While clove contains some agni, it is a warming and channel-opening without being hot. Black pepper, on the other hand, although channel opening, is very pungent and hot and can burn the channels and soma. Black pepper is not recommended in winter season except to relieve excessive channel clogging. In such cases, black pepper can be used in small quantity and with proper combination with other cooling spices. Sunthi is ginger that has been prepared ayurvedically. While it still has channel-opening and ama-burning properties, it is also not pitta-aggravating and is thus ideal.

("SVA Dravyaguna" DVD Course: Learn the properties of foods and the science of herb-spice-food combining. Available from www.chandika.com)



• Vaidya Mishra's Shroto Shudhi Masala, Mum's Super Spice, or Mum's Spicy Masala with green chillies, delicious, mild, and warming spice mixes from the SVA family lineage. They help distribute heat gradually and evenly to support healthy, open channels (note: Mum's Spicy Masala is not recommended for very high pitta conditions). *Available from chandika.com.*

• Pro-biotics and Proper Dairy Products

गोरसानिक्षुविकृतीर्वसां तैलं नवौदनम्।
हेमन्तेऽभ्यस्यतस्तोयमुष्णं चायुर्नहीयते॥च॥सू॥६-१३॥

gorasānikṣuvikṛtirvasāntailamnavaudanam।
hemante'bhyasyatastoyamuṣṇamcāyurnahīyate(।ha.sū.6-13)

Dairy products that support channel lubrication without clogging include raw milk, home-made paneer, and yoghurt or buttermilk blended into lassi.

Raw milk:

Raw milk is very high in soma and can clog the channels. Boiling raw milk with digestive spices like cardamom and clove will infuse some

agni and reduce clogging and heaviness. Boiling milk also enhances the transformation of soma in the milk into ojas. If an individual's agni is very high, it is okay to condense milk by boiling it for a long time. Otherwise, don't condense the milk because it will become heavier and harder to digest.

Lassi:

Yoghurt is a bit heavy and it becomes less clogging when it is blended with spices like ayurvedic ginger (shunti), black pepper, cumin, or Mum's Masala. Combine and blend 80% water and 20% yoghurt. Add ayurvedic ginger and toasted cumin or a pinch of Mum's Masala. Drink only at lunch during winter.

Home-made paneer:

It is important to distinguish between the home-made paneer and the paneer commercially available in Indian grocery stores. Paneer should always be home-made. Before eating, always cook paneer with spices.

- Only drink warm, natural spring water with adequate pH balance. Do not drink cold, refrigerated, or ice-cold water.

- Pacify Stomach and Liver Agni

To feed the digestive flame and relieve intense hunger, eat quality protein like paneer (home-made cheese), sweet fruits, organic milk, rice pudding, green protein. Eating high-quality dairy in winter promotes unctuousness in the body.

बिलेशयानां मांसानि प्रसहानां भूतानि च।

भक्षयेन्मदिरां शीघुं मधु चानुपिबेन्नरः॥च॥सू॥६-१२॥

bileśayānām māmsāni prasahānām bhūtāni ca

bhakṣayenmadirām śīdhuṃ madhu cānupibennaraḥ||ha.sū.6-12||

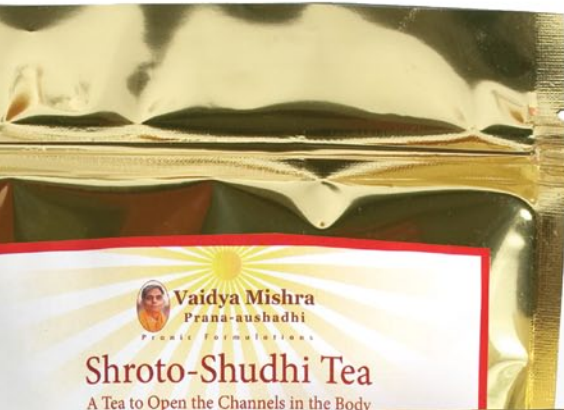
- Alcohol

Alcohol has more agni because it is fermented and predominantly sour. Excess consumption of wine can heat the liver and the blood, which heats and dries the channels through which the blood circulates. That is why Carak does not recommend wine in summer. A little wine in winter can help to balance the excess soma in nature. Only wine made from grain, or mild wines can be consumed in small quantity and only as a complement to a somagenic meal. A healthy liver is a prerequisite for the consumption of

...calming, balancing, immunity-enhancing,
if we tell you all their
therapeutic properties, you'll
think its medicine.

Just enjoy their delicate flavor and aroma...





The *shrotas*, physical channels, in the body are of great importance in Shakha Vansya Ayurveda. The Ayurvedic concept of "*shroto mayo purusha*," the whole body is nothing but channels.

Only when the channels are open, and free from blockages, health is truly ideal. Only when the channels are open, can nourishment reach deep into the body and toxins be removed safely from the body.

Shroto-Shudhi Tea compliments Shroto-Shudhi Tea. The *masala* targets channels in the body which carry food materials and, when cooked with oil in the body, targets channels in the body which carry lipid soluble materials. Both products open the channels and bring nourishment (without aggravating *amavisha* (toxins) in the body).



Tulsi is a very divine Ayurvedic herb. It is great for boosting immunity, and it is full of sattwa (pure divine energy). The story goes that a Rishi's daughter asked her father to describe the perfect man. When it came time to marry, she learned from her father that Vishnu alone possessed such perfection and that he was already married. She refused to marry anyone else and prayed devotedly to Vishnu. Eventually, in Krishna's era, she danced with him. She became the healing Tulsi plant.

Suggested Use: Boil 1/2 tsp. of the tea blend for 3 minutes in 8 oz. of water and sip slowly.

Warning: Tulsi teas you can buy, the ingredients in this tea are natural and contain the life and the divine energy of the plants.

- **Shroto-Shudhi Tea**
(opens detox and vibrational channels)
2 oz \$14.50, SKU: HTSS2
4 oz \$24.50, SKU: HTSS4
- **Tulsi Tea**
(a divine tea for immunity and sattwa)
2 oz \$14.50, SKU: HTTUL2
4 oz \$24.50, SKU: HTTUL4



- **Shroto-Shudhi Cooking Masala**
(channel opener)
2 oz, \$11.50, SKU: MSS2
6 oz, \$24.50, SKU: MSS6
- **Mum's Super-Spice**
(tridoshic, pretoasted, ready to use)
2 oz, \$9.35, SKU: MDD2
6 oz, \$22.50, SKU: MDD6
- **Spicy Mum's Super-Spice**
(kapha-balancing/agni-enhancing)
2 oz \$9.35, SKU: MSDD2
6 oz \$22.50, SKU: MSDD6
- **Kids Super Spice #2**
(warming)
2 oz \$13.50, SKU: MMK#2
- **Kids Super Spice #3**
(warming)
2 oz \$13.50, SKU: MMK#3



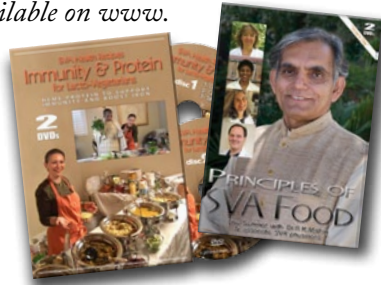
...detoxifying, balancing, channel-opening,
if we tell you all their health
attributes, you'll think you
are at the pharmacy.

Just surrender to the sublime taste of these spice mixes



alcoholic beverages, so caution is advised for those who are suffering from liver-associated diseases or problems.

(More information and recipes for cooking somagenic and immune-boosting foods are available on "Principles of SVA Food" DVD and "Immunity and Protein" DVD. Complimentary recipes are available on www.chandika.com)



- Real Ayurvedic Ghee

Include oily, unctuous foods like ghee and olive oil. Add olive oil on top of the food while cooking and never sauté or heat olive oil directly. Real ayurvedic ghee is made from cultured butter.

Carak mentions the importance of ghee in the winter protocol. Ghee has soma and agni. It lubricates, cleans, and enhances channel functioning, and balances the digestive flame, whereas oil is fire-predominant. Oily foods tend to clog the channels.

(To purchase Mum's Ghee visit www.chandika.com.)



FOODS FOR THE WINTER DIET.

Food temperature should be medium hot.

Whole grains	quinoa, rice, millet, barley, amaranth Carak recommends the use of new rice (harvested that same season) in winter as it has more Soma than Agni. Old rice (harvested in the previous season) should be used in summer.
Lentils	yellow or green mung dhal, red lentils, french lentils, kulthi*
Spices	cardamom, cumin, mint, turmeric, nutmeg, rose, coriander, fennel, clove, black pepper, cinnamon
Nuts	walnuts, coconut (sauté with spices or Mum's Masala), pine nuts, almonds
Vegetables (avoid winter squashes. They are heavy to digest and clog the channels.)	summer squash, zucchini, lauki, white daikon radish, asparagus, okra, moringa or drumstick, organic fresh greens, suran, ratalu, yam, cabbage, beets, parsnips, cauliflower, broccoli, garnet yams, swiss chard, kale
Fruits	blueberry, blackberry, ripe papaya, sweet pineapple, sweet pears, sweet grapes
Fresh organic lime or lime juice	Soma-predominant with some agni. Channel-opening. Sweet post-digestive taste, which enhances Soma and provides natural Vitamin C
Dry fruits Soak them in a little water to infuse Soma. Otherwise dry fruits have more agni because of the dehydration process.	raisins, figs, dates, prunes
Dairy Ideally, dairy products should be organic from 100% grass-fed cows.	Organic milk (preferably un-homogenized). Boil in the ratio of 50% milk and 50% water with channel-opening spices like cardamom, Madhur Masala, or Mum's Kid Masala #.1 and #.5. These spices enhance protein assimilation. Drinking cold milk is channel-clogging and is not recommended. Yogurt prepared as lassi, paneer, and organic ghee made from yoghurt are recommended.
Water with balanced pH	Natural spring water is recommended. Drink room-temperature or luke-warm water. Do not drink hot water.
Salt – Soma Salt	Soma salt is more balanced. It has earthy soma along with agni.

*KULTHI AS A SPECIAL WINTER LENTIL

Kulthi is kapha- and vata-pacifying. It opens the physical channels. It grows on rocky land, which gives it a specific vibrational ability to disintegrate or break down the micro-molecules of toxins. Kulthi can reverse the growth of cysts. It enhances absorption, supports the health of the sinuses, detoxifies the lungs and throat. It supports digestive system, fat metabolism, and the health of the eyes.

While kulthi tastes like other lentils, it may take a little longer to cook. For faster cooking, first dry grind it coarsely. It can be combined with any other dhal like mung or masoor. Available at www.chandika.com.

Tip: Do Not Fast, Detox, or do Panchakarma in Winter – unless recommended by an expert and under their strict guidance.

TARGETED SVA WINTER PROTOCOL

अभ्यङ्गोत्सादनं मूर्ध्नितैलं जेन्ताकमातपम्।

भजेद्भूमिगृहं चोष्णामुष्णं गर्भगृहं तथा॥च॥सू॥६-१४

abhyāṅgotsādanam mūrdhnitailam jentākamātapam।

bhajedbhūmigṛhamcoṣṇāmuṣṇamgarbhagrhamtathā(ha.sū.6-14)

VATA-PREDOMINANT CONSTITUTION

Due to poor circulation in winter vata gets easily aggravated. Unevenly distributed heat causes cold hands and feet, while high heat in the stomach can cause dry and flaky skin as well as pain in the bones and joints.

TIPS FOR PACIFYING VATA:

DAILY ABHYANGA

As Carak mentions in the above verse, abhyanga is generally good for everyone during winter because of the decrease in the plasma tissue (rasa dhatu) due to the localized heat in the stomach, and because of dryness from cold, windy weather.

For vata-predominant constitution, massage every day with vata oil made with warming, nurturing, and calming herbs and essential oils. In winter, the oil should be slightly warmer than the body. Use Chandika's Vata Ab-

hyanga Oil if vata is high and the skin is too dry. Concentrate on hands and feet, arms and legs, and back because these areas are more affected by vata. If the skin is not too dry, combine 50% Women's Rasayana Oil and 50% Vata Oil for women, or 50% Men's Rasayana Oil and 50% Vata Oil for men. You can also do self-massage with raw silk cloth as silk enhances circulation.

Massage the head with oil containing vata-pacifying herbs like shanka pushpi, jatamansi, and brahmi or Chandika's Herb-rich Hair Oil, which is cooling but not cold, calming to the nervous system, and channel-opening.

(More information about vata oil is available at www.chandika.com.)

CIRCULATION

For severe circulation problems and for managing aches and pain in the joints, use Maha Vedana Shanti Transdermal Cream/Flex'n Flow Transdermal cream

Tip: Before going out in the snow, apply Maha Vedana Shanti/Flex'n Flow Body Mist on your feet and hands.

For Vata-predominant constitution or imbalance, use SuperSport or Maha Vedana Shanti Transdermal/Flex'n Flow Cream or Body Mist.

PITTA-PREDOMINANT CONSTITUTION

Pitta-predominant people are born with a lot of heat in the system. They always have sharp hunger. If the agni in the stomach is condensed and is not circulating due to clogged channels, their hunger level increases further and they crave more soma. They can tolerate eating more in winter because they can digest more. When they don't feed the flame, the excess hunger can cause acid stomach, burn the plasma, and heat the blood.

TIPS FOR PACIFYING PITTA:

DAILY ABHYANGA

Massage at least three times a week with oil made with cooling, nurturing herbs and essential oils. Use coconut oil processed with channel-opening citrus herbs. Coconut oil has the property that can freeze and clog the channels, so it needs to be infused with channel-opening and pitta-pacifying herbs. You can also use Chandika's Women's Rasayana Oil or Men's Rasayana Oil.

SPICES FOR HIGH PITTA CONSTITUTION

Use clove and avoid black pepper. Follow all other spices mentioned under SVA spice mix for the winter season.

KAPHA-PREDOMINANT CONSTITUTION

Kapha persons have a natural tendency to receive more soma from nature. Their channels get blocked more than vata- and pitta-predominant types'. When kaphas' channels are clogged due to poor diet, routine, and behavior, the digestive flame gets vitiated. Added to this, if the person eats dumb, un-intelligent sweets to pacify hunger for soma, the channels accumulate more toxins that increase the tendency for weight gain and obesity.

TIPS FOR PACIFYING KAPHA:

SPICES

Add channel-opening, warm spices like black pepper. Follow the SVA spice mix recipe for winter season. Use Vaidya Mishra's Shroto Shudhi Masala, Mum's Super Spice, or Mum's Spicy Masala with green chillies if channels are too clogged.

CIRCULATION

Have a warm bath. Do some physical exercise. Do abhyanga with pure sesame oil at least once or twice a week.

AVOID TOXINS

Use chemical-free skin care and oral care products. Avoid synthetic perfumes and make-up, especially in deep winter season.

EXFOLIATING BODY SCRUB:

- 40% oatmeal or oat flour
- 40% mung flour or chickpea flour
- 20% skin clay or bentonite clay

Mix the above ingredients with a little warm olive oil and make a paste. In a warm room, apply the paste to the body. Exfoliate. This will help open the channels and pacify vata. Repeat once a week or bi-monthly.

Directions for Massage:

1. Warm oil massage
2. Exfoliation with the Exfoliating Body Scrub
3. Massage the head with warm oil. The head is directly exposed to the cold, windy weather, which can freeze the channels and make the scalp colder.
4. Sit in a moist steam room (not hot). Cover your head with a towel. Cover yourself with a blanket. The room should be just warm enough to help you sweat. This will open the channels and pacify vata.

Do this treatment once a week or twice a month according to your health condition.

For any medical condition, follow the advice of your doctor before doing any type of massage.

SELF-MARMA MASSAGE FOR VATA, PITTA AND KAPHA.

Cleans vibrational energy points (marmas) to enhance their ability to receive and circulate proper amounts of soma, agni, and marut. This self-massage is an easy and blissful way of getting a complete vibrational and physical treatment in the comfort of your home.

Follow along with the "Self-Massage for Vibrational Balance" DVD available from chandika.com.



GENERAL ABHYANGA RECOMMENDATION FOR VATA, PITTA AND KAPHA

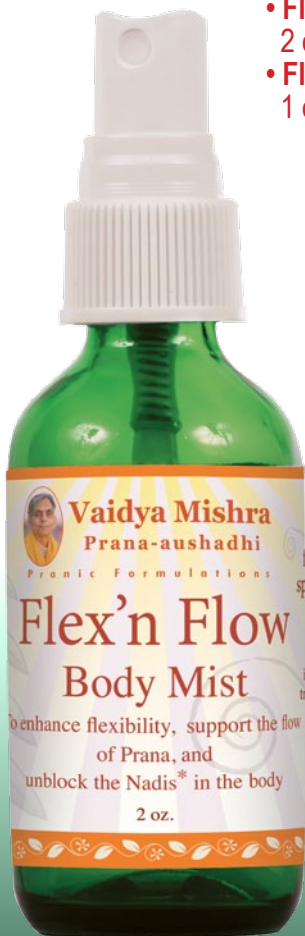
If the skin is not too dry, combine 50% Women's Rasayana Oil and 50% Vata Oil for women, or 50% Men's Rasayana Oil and 50% Vata Oil for men.

Don't worry, keep bending and stretching...

...Flex'n Flow

Enhance your yoga practice, gym exercise or physical therapy. Flex your muscles, joints, and tendons. Improve the flow of vital and physical energy.

- **Flex'n Flow Body Mist**
2 oz \$12.50, SKU: BMFF2
- **Flex'n Flow Herbal Memory Nectar Drops**
1 oz \$24.50, SKU: HMGF'nF1



Testimonial

Best ever! I used to use Supersport TD every morning and evening to improve circulation on hands and feet, until I caught a really bad cold and I had so much vata accumulation and nothing was moving. Vaidya prescribed this new cream and I could feel my body thaw off, literally warmth travel and unclog my channels. It also helps with my minor but chronic back aches and muscle aches. This cream is the best ever, and now I am hooked on this one! Thank you, thank you, thank you.
—Laura, March 18th, 2010



Ingredients: "Total Flex'n Flow" (Vaidya Mishra's proprietary blend), Prasharin, Citrus fruit, Camphor, Peppermint, Wintergreen, Ashwagandha and Ashwagandha in Purified water

Vaidya Mishra
Prana-aushadhi
Herbal Formulations

Flex'n Flow
Transdermal Cream

Directions: Apply to targeted areas with fingers or cotton pad, spread out. May be used up to 3 times per day. This product has been evaluated by the FDA. It is intended to be used to treat, cure or prevent disease.



• Flex'n Flow Transdermal Cream
2 oz \$29.99, SKU: TDF'nF2

JOINTS

Kapha governs the lubrication of the entire body - channels, organs and the whole system. Particularly, sleshaka kapha nurtures and lubricates the joints and vata governs the mobility. Excess agni can burn the lubrication and cause more dryness, which aggravates vata and vitiates circulation. This produces the creaky sensation in the joints.

1) Healthy Joints CreamClay

Removes toxins from joints. Rehydrates physical channels, lubricates the joints, and improve the functioning of sleshaka kapha. Balances EMF toxins.

To use: Apply a thin layer on the knees (or other joints) in the body. Leave it on for 10 minutes and then rinse it off with warm water. Dry. Depending upon the condition and intensity of the problem, follow with your choice of Healthy Joint Cream, Supersport, or Maha Vedana Shanti Cream. If you are a pitta-predominant person or have excess heat in the skin and channels, apply DGL first then follow with Flex'n Flow Body Mist or Maha Vedana Shanti Cream.

2) Healthy Joints Herbal Memory Nectar or Maha Vedana Shanti Herbal Memory Nectar

Provides vibrational support for the channels and helps to reduce pain.

To use: Add one drop to one liter of natural spring water with pH 7 and above. Drink throughout the day. Discard leftover water at night and make a fresh batch every day.

SKIN

Despite the abundance of lubricating and nurturing soma in the environment, a lot of people suffer from dry, flaky, and itchy skin during winter.

Skin is the barrier between the external environment and the body. Skin's health and appearance is regulated by three sub-doshas. Vyana vata governs circulation in the skin and modulates the sense of touch. Bhrajaka pitta governs skin temperature and the biochemical processes that occur in the skin. Whatever touches the skin, including sunshine or cold winds, gets cooked on the surface of the skin by bhrajaka pitta. Bhrajaka pitta supplies fuel for the bhrajaka agni flame that "fries" the material topically applied to the skin so that it can be absorbed into the bloodstream. Sleshaka kapha regulates moisture levels and lubrication.

In winter season, the reception of soma from nature increases. Skin absorbs soma through vibrational channels called loma randra, which are connected to the medium layer of the skin. When the overall physical channels are clogged, agni is localized in the stomach and not freely flowing in the body so that bhrajaka agni cannot cook the soma. This limits vyana vata's ability to circulate soma evenly. As a result, sleshaka kapha creates pockets of condensed lubrication, which further freezes the channels and creates dryness. Because of vata's cold and dry quality, the skin gets especially dry in winter. In addition, the condensed heat adds to the dryness and makes the skin flaky and itchy.

Winter skin has unique needs. Proper winter skin care has to be able to open and moisturize the channels. Skin care should be 100% free of synthetic fragrance and chemical preservatives.

SVA skin care products for vibrational and physical nurturing, rehydrating, deep moisturizing, protecting, and rejuvenating all layers of the skin:

PROPER WINTER SKIN CARE HAS TO BE ABLE TO OPEN AND MOISTURIZE THE CHANNELS. SKIN CARE SHOULD BE 100% FREE OF SYNTHETIC FRAGRANCE AND CHEMICAL PRESERVATIVES..

Skin Detox CreamClay:

Skin clay for the body opens and rehydrates physical channels, balances EMF toxins, lubricates the lipid and water areas of the skin, and nurtures all skin layers. It can be applied anywhere except the sensitive areas and the face.

Lalita's Facial Clay or Face Mask:

This clay is high in calcium and contains the same 18 herbs used in Lalita's Age-Defying cream. It rehydrates physical channels, balances EMF toxins, lubricates lipid and water areas of the skin, and nurtures all skin layers. Caution: do not apply on the eyelids or too close to the eyes.

Lalita's Facial cleanser:

Cleans the skin without drying it. Leaves a smooth, soft, moist texture.

Lalita's Facial oil:

Light oil base infused with Lalita's 18-herb formula is especially soothing for winter skin and feeds the lipid area of the skin. Delicate essential oil aroma calms the mind and enhances sensuality.

Lalita's Age-Defying Cream (also available as Aroma Free)

Water-based cream makes an ideal day-cream moisturizer. The power of 18 herbs is targeted to the water area of the skin while deep jasmine essential aroma soothes the mind and senses.

These winter products are such a treat that your
winter is only three months



- **Lalita's Facial Cleanser**
0.5 oz \$7.50 SKU: LFC.5
2 oz \$30.00 SKU: LFC2
4 oz \$55.00 SKU: LFC4



skin will be sorry...

a year.

- **Lalita's Facial CreamClay**
2 oz \$15.50 SKU: LFCC2
4 oz \$24.50 SKU: LFCC4



- **SkinDetox CreamClay**
2 oz \$9.50 SKU: BC-CCSD2
4 oz \$16.50 SKU: BC-CCSD4

- **Deep Moisturizing Lotion**
0.5 oz \$7.50 SKU: SCDML0.5
2 oz \$24.99 SKU: SCDML2
4 oz \$38.00 SKU: SCDML4



- **Lalita's Age Defying Cream**
30 ml (gold jar) \$70.00 SKU: LAD30
0.5 oz (tube) \$38.00 SKU: LAD0.5

- **Lalita's Face-Lift Cream**
30 ml \$43.99 SKU: LFL30

Lalita's Face-lift Cream

Identical formula as the Age-Defying cream only in a lipid base designed to target the lipid area of the skin.

Deep Moisturizing Lotion

When the micro-channels of the skin shrink due to cold weather, poor circulation, stress, or imbalanced agni, the skin does not receive the nutrients and moisture that it needs to maintain a healthy appearance. This goat milk-based lotion feeds deep layers of the skin, replenishes moisture, and relieves dryness that causes itching. Apply on hands, feet, face, or any dryness-prone area.

SHOWERS AND BATHING

Warm bath or shower opens the channels without burning them. Do not take hot water showers and baths or any hot treatments like saunas, hot tubs, etc.

Winter Soap

Rich with physical and vibrational channel-opening herbs, including ayurvedic ginger, beet root, wild amla, indian sarsaparilla, bone herb, sensitive plant, nutmeg, basil, rosemary, cinnamon, saffron, pushkarmool, green cardamom, all-spice, patchouli, parijat, clove leaf, and fennel. This soap will give the instant thermogenic experience of open channels and flow of prana.

MORE SVA TIPS FOR WINTER CARE

EXERCISE

Moderate to high level of exercise keeps the channels open for reception of soma. Increased heat generated by exercise helps to convert soma.

SLEEP

शीतेषु संवृतं सेव्यं यानं शयनमासनम्।

प्रावाराजिनकौषेयप्रवेणीकुथकास्तृतम्॥च॥सू॥६-१५॥

śīteṣu saṁvṛtaṁ sevyāṁ yānaṁ śayanamāsanam।

Prāvārājinakaūṣeyaṣṛaṇīkuthakāstr̥tam (Iha.sū.6-15)

Deep, restful sleep is vital during winter for the reception and processing of soma.

Go to bed by 8:30 p.m., and wake up by 4:30 a.m. Waking up at this time promotes better mental clarity and spiritual progress, increases learning and memory, deepens meditation, and facilitates better chanting of mantras and prayers.

PHYSICAL INTIMACY

गुरूष्णवासादिग्धाङ्गो गुरुणाऽगुरुणा सदा।
शयनेप्रमदां पीनां विशालोपचितस्तनीम्॥च॥सू॥६-१६॥
gurūṣṇavāsādīgḍhāṅgoguruṇā'guruṇāsādā
śayanepamadāmpīnāmviśālopacitastanīm(lhalsul6-16)

आलिङ्खेय्यागुरुदिग्धाङ्गीसुप्यात् समदमन्मथः।
प्रकामं च निषेवेतमैथुनं शिशिरागमे॥च॥सू॥६-१७॥
āliṅgyāgurudīgḍhāṅgīsūpyātsamadamanmathaḥ
prakāmaṃca niṣevetamaithunaṃśīśirāgame(lhalsūl6-17)

By nature women receive more soma and men receive more agni. Hugging, holding hands, love, and touch promote coziness and warmth, which helps to open the channels. Carak Samhita does not prohibit physical intimacy in winter as compared to the limited or minimal intimacy during summer.

वज्रयैदत्रपानानिवातलानिलघूनिच।
प्रवातं प्रमिताहारमुदमन्थं हिमागमे॥च॥सू॥६-१८॥
varjayedatrapānānivātalānilaghūnicā
pravātāmpramitāhāramudamanthamhimāgame(ha.sū.6-18)

WHAT TO FAVOR, WHAT TO AVOID?

- Avoid anything too hot in either temperature or taste
- Avoid anything that has a drying effect
- Avoid doing anything that aggravates vata
- Avoid food too easy to digest – light foods
- Avoid heavy detox, hot treatments, and panchakarma
- Avoid exposure to cold winds

- Avoid standing in the wind
- Avoid biking or riding a motorcycle in cold weather
- Don't fast
- Dress appropriately in the snowy regions and protect the head and neck area
- Bedtime before 10:00 pm is important
- Have nuts, seeds, and raisins
- Abhyanga increases the ability to absorb vitamin D
- Use natural shampoos, soaps, and skin care products. Products with additives harm the skin and reduce its ability to filter toxins. If the toxins are not filtered, they go to the liver, which eventually fails to keep up with the toxic load.

Using natural skin care products is correlated to optimal levels of Vitamin D. Research indicates that one of the reasons for the epidemic of vitamin D deficiency is that the skin is compromised in its ability to absorb UVB due to chemical additives, parabens and SLS in soaps, shampoos, conditioners, and skin care products. When skin pores and channels are exposed to the chemical products, the skin loses the intelligence necessary to absorb the UVB. Moreover the unfiltered toxins enter the liver and corrupt the liver. Liver becomes hot and acidic, and its ability to transform vitamin D from sunlight/UVB becomes impaired.

LATE WINTER PROTOCOL

Usually, the deep, cold winter is followed by mild, cold, windy weather. The routine should be altered toward vata- and pitta- pacifying regimen.

Do oil massages regularly. Include more ghee and oil in your diet to make the diet warm, unctuous, and vata-pacifying. When it is raining, don't do anything that can aggravate vata. Avoid exposure to winds. Exercise indoors.

DIFFERENCE BETWEEN COLD AND FLU

Colds develop during cold windy weather. Cold from the environment gets accumulated in the channels. This excess cold gets blocked in the channels in different areas of our physiology other than the stomach. This creates

improper flow of Agni or heat which leads to rise in body temperature that creates fever. The purpose of the fever is to open the channels. The treatment protocol for such a type of cold is to create more warmth in the body so that the neurotransmitters, ojas are circulating and enhancing the immunity. Sip hot herbal tea with warming spices such as clove, basil, and cinnamon. Cover yourself with a blanket to generate more heat. This in turn helps open the channels and generates sweat, the channels will open, toxins come out, and the fever is relieved.

When we don't take care of the cold and don't follow a healthy diet and routine, the immune response lowers. Then the body becomes vulnerable to a viral attack and we succumb to the flu. The viral infection can spread from one person to another. A person with even slightly compromised immunity can contract the flu. A cold is free of viral infection and therefore not infectious, but modern medicine cannot distinguish a cold from the flu, so there is a common treatment for both.

LAND AND SEED THEORY (BEEJ – BHUMI SIDHANTA)

The land and seed theory of Ayurveda explains very clearly that the body is like the land. If the body is fertile with compromised immunity then the seeds like viruses, bacteria, and allergens can grow. The head usually becomes the first victim of compromised immunity.

The head receives all the pranic energy through the adhipati marma and the vibrational channels of nostrils, eyes, and ears (nadis). The area from the chest up receives soma-predominant energy, which means that soma governs the head, chest, and lungs. The brain is the greatest user of soma because soma balances the heat generated by constant transformation of thoughts and nerve impulses. This is why lubrication is vital for the brain. Tarpaka subdosha of kapha governs the lubrication of the brain. Because the brain holds a lot of soma, excess cold in the environment will affect the head the most. A person who follows a good diet, routine, and spiritual practice and who has a lot of soma, ojas and neurotransmitters that keep the immune system strong is not subject to cold, flu, and viral infections.

GINGER VS. SUNTHI

In this season, ginger can be too hot. “Sunthi” is ginger processed ayurvedically with cooling properties. It opens the channels without aggravating the digestive fire. Avoid ginger tea and use sunthi or ayurvedic ginger instead.

TARGETED WINTER PROTOCOL AT A GLANCE

Organ/System	Dosha/Subdoshas	What needs to be done	Remedy or Protocol (herbs and spices)
Emotional Heart	Sadhak pitta	For emotional support	Ashoka nectar and cream
	For high pitta constitution	To open the channels without heating	Clove leaf memory nectar
Liver channel lubrication	Ranjaka pitta	To open the channels without clogging the channels	DGL cream and nectar
Digestive system	Vata, pitta and kapha	For cooling digestive fire	Fennel cream and nectar drops
Fat tissue	Kapha	Excess fat / weight gain	Fenugreek nectar, Fat formula
Nervous/skeletal system	Bone tissue	Joint pain	Healthy joint nectar, Healthy joint cream clay; MahaVedhanaShanti cream
Immune system	All doshas	Low immunity	Immuno-support nectar and Immuno support tablet, tulsi and turmeric nectar; wild amla nectar and tablet; Tulsi tea
Metabolic support for digestion and absorption of intelligent sweets	All doshas; when body demands more Soma due to excess Agni	Sweet craving	Indian kino and gymnema in water and Tripti Tea
Mental and emotional bliss	Vata and Kapha	Non alcoholic bliss – for any celebration in winter	Celebration nectar
Lungs/respiratory system	All doshas	Cold and cough, throat problems	Pushkarmool, marshmallow, vasa and bharangi nectars – 1 drop of each in 1 liter of natural spring water

Organ/System	Dosha/Subdoshas	What needs to be done	Remedy or Protocol (herbs and spices)
Respiratory system/ lungs and throat		Congestion	Cough and cold formula (cream); sinus Vidanga oil; sinus infusion kit
Circulation	Vata and kapha For pitta, in case of high agni, apply DGL and then SuperSport or Sancharan as recommended	In case of existing circulation problems in the feet, apply before going out and then wear socks.	SuperSport cream or spray or Flex'n Flow cream or spray for hands For feet, Sancharan cream
Skin care	All doshas	Abhyanga	50% Vata oil + 50% Women's Rasayana oil; Men - 50% vata oil + 50% Men's Rasayana Oil
Sun care	All doshas	Improves intelligence of the skin through good protection from the sun and enhances vitamin D absorption	Surya Shanti Cream for Vata, Pitta and Kapha, Surya Maha Shanti for aggravated pitta and high Agni situation
Shower/bath	Vata, kapha	Cleansing and channel opening	Winter Soap
Shower/bath	Pitta	Calming sadhaka pitta; reducing agni intensity	Ashoka Soap
Aroma – for brain/ mind, emotional heart and congestion	Vata, Pitta and Kapha	Calming to the mind, nervous system, pacifies vata, removes mental fog and congestion.	Devi insense for creating divine environment

Organ/System	Dosha/Subdoshas	What needs to be done	Remedy or Protocol (herbs and spices)
Aromatic support for emotional heart, mind/brain	Vata, Pitta, Kapha	Supports and calms emotional heart, mind, and the nervous system; opens the vibrational channels; enhances better reception and flow of Prana	Open Heart Aroma Oil, Awake Aroma Oil
Lubrication and enhancing digestion	Pitta	pitta-pacifying, supporting the digestive flame and lubricating the channels	Mum's Ghee
Digestive system	Vata and Kapha; If the agni is not aggravated pitta constitution can use it very little. Otherwise use Mum's Super Spice	For healthy people: Opens the channels without heating. If you have any medical problem, follow the protocol recommended by your SVA practitioner or medical doctor	Shrotoshuddhi Masala and Tea; Spicy Mum's Masala if someone loves spicy food; Kids Masala #1 and #5. All the masalas go very well with baking cakes and cookies for the Holidays

Note: Protocols in this booklet are recommended for people in generally good health. If you are under the care of a health care professional or SVA practitioner, continue to follow your prescribed health regimen.

SVA DIET FOR STRONGER WINTER IMMUNITY

Seeds: Quinoa

Lentils: Yellow or green mung dhal, red lentils, french lentils

Spices: Black pepper, cardamom, cumin, mint turmeric, nutmeg, rose, coriander, fennel

Nuts: Walnuts, almonds, pine-nuts, cashews

Vegetables: Summer squash, zucchini, lounki, white daikon radish, asparagus, okra, beets, parsnips, cauliflower, broccoli, garnet yams, suran, drumsticks

Fruits: All sweet fruits like pears, grapes, etc increase soma

Lime Juice: It has a little agni and more soma

Dry Fruits: Raisins, figs, dates, prunes

Dairy: Yogurt, ghee, paneer

Water: Water with balanced pH

Salt: Soma salt

—Michelle G.,
Sales Associate



Vaidya Mishra's soaps
and body washes will give you
**Moments of Luxurious
Indulgence**



- **Neem and Brahmi Liquid Soap and Body Wash**
4 oz \$12.99, SKU: BCBWNB4
8 oz \$19.79, SKU: BCBWNB8
- **Ashwagandha Herbalized Soap**
130 g \$14.50 SKU: BCHSAsh130
- **Winter Soap**
130 g \$14.50 SKU: BCHSW130



WINTER RECIPES

All the recipes that follow can be cooked either traditionally in a stainless steel pot on top of a gas or electric stove or in a stainless steel rice cooker on the white rice setting.

Louki and Daikon radish

(Louki maximizes the intelligence of the Liver and Brain, increases Soma)

Ingredients:

16 oz louki
4 oz white daikon radish
1 tsp Mum's Masala
3-4 pinches of Soma Salt
½ tsp ghee
16 oz water

Method:

Step 1: Lightly sauté the Masala in ghee.

Step 2: Add water and vegetables.

Step 3: Cover and cook for 15 minutes.

Louki and Green Papaya

Ingredients:

80% louki
20% green papaya
2 parts Cumin to 1 part Mum's Masala
Curry leaves
Optional: sweet tamarind (thai tamarind)

Method:

Step 1: Peel and dice the lauki and green papaya. If using tamarind, shell and devein the tamarind.

Step 2: In a pot, add water and a little oil.

Step 3: Add cumin, Mum's Masala, and curry leaves.

Step 4: Cook.

Step 5: If using tamarind variation, add tamarind while cooking.

Protein Squash

Ingredients:

- 2 oz of lentils (choose from mung dhal, red, yellow, or French lentils)
- 6 oz of summer squash (yellow squash, zucchini, or louki)
- 1 tsp of Vaidya Mishra's Mum's Masala or Basic Spice Mix
- 1/2 tsp of Vaidya Mishra's Soma Salt
- 1 tsp of ghee
- 16 oz of boiling water
- 1 lime

Ingredients for Basic Spice Mix:

- 1 part organic ground cumin
- 1 part organic turmeric
- 6 parts organic ground coriander
- 6 parts organic ground fennel

Method:

Step 1: On low heat, lightly sauté the spices and salt in ghee.

Step 2: Add lentils and squash. Stir.

Step 3: Add boiled water. Cook covered for 20 minutes.

Step 4: Blend.

Step 5: Stir in the juice of one lime before serving.

Step 6: Serve warm.

Protein Squash Variation

Ingredients:

- 4 oz home-made paneer
- 4 oz summer squash (yellow squash, zucchini, or lauiki)
- 1 tsp of Vaidya Mishra's Mum's Masala or Basic Spice Mix (see recipe above for Basic Spice Mix)
- 1/2 tsp of Vaidya Mishra's Soma Salt
- 1 tsp of ghee
- 6 oz of boiling water
- 1 lime

Method:

Step 1: On low heat, lightly sauté spices and salt in ghee.

Step 2: Add paneer and squash. Stir.

Step 3: Add boiling water. Cook covered for 10 minutes.

Step 4: Blend.

Step 5: Squeeze in a little lime juice before serving.

Step 6: Serve warm.

Paneer

Ingredients:

½ gallon of raw or whole organic milk

½ cup of fresh squeezed lime juice or ½ cup of yoghurt

Method:

Step 1: In a heavy-bottomed pot, bring milk to a boil.

Step 2: Slowly whisk in the lime juice or yoghurt. Milk will begin to separate into white solids and green liquid (whey).

Step 3: Strain through a cheesecloth or a fine strainer.

Step 4: Discard the whey.

Step 5: For firmer cheese, place weight on top or hang the cheesecloth from a hook for an hour or so.

Step 6: Refrigerate any portion not intended for immediate use.

Rice Pudding (Kheer)

Ingredients:

½ cup of organic basmati rice

1 cup of water

4 cups of whole organic milk

3 crushed cardamom pods *

1 cinnamon stick *

5-6 chopped dates

2 tbsp. of cashews or pistachios

organic cane sugar – to taste

*these spices balance out the heavy quality of this dish

Method:

Step 1: Soak rice in water for 2 hours. Drain and discard the water.

Step 2: Boil milk with cardamom and cinnamon.

Step 3: Add drained rice, dates, nuts, and sugar.

Step 4: Boil for 30 minutes or until the pudding starts to thicken but can still be stirred easily. It will continue to thicken while cooling.

Step 5: Cool to room temperature and serve.

Green Protein Recipe



Ingredients:

Soma Salt - ¼ tsp

Turmeric - ¼ tsp

Mums Masala - 1tsp

Olive oil or ghee - 1tbsp

Water - 8 fl.oz

Fresh green vegetable - 16 oz (weight by weight)

Paneer - 4 oz

This recipe available on
DVD at Chandika.com

Method:

Step 1: Make Fresh paneer. Put it in a pan or cooker.

Step 2: Add Turmeric, Soma salt, water, olive oil or Ghee. Cook for 15 minutes.

Step 3: Add Greens and Mum's Masala and cover with glass top. Watch for sharpness in the green color. When you see rich sharp green color, stop cooking. Unplug the cooker or turn-off the stove. Then blend the contents. Your Green Protein is ready to serve. Serve with lime.

LET'S DO SOME MATH!

Vegetarian's source of iron: Protein from home made paneer (100 grams) and greens (24.9gms) respectively. Paneer has .68 mg of iron with 6.2 mg. in parsley.

	Protein (g)	Iron(mg)
Parsley	06	6.2
Spinach	1.88	2.71
Total: (Add Paneer and Spinach)	26.03 grams with 9.31 mg of Protein and iron respectively. More protein and 4 times the amount of iron than Beef!!!	

- Note: RDA of Iron is 10 mg for male and 15 mg for a female

CHEESE VS. BEEF: IRON AND PROTEIN

Paneer has 24.9 grams of protein with 0.68 mg of iron.

Beef has 23.4 grams of protein with 2.44 mg of iron.

Adding greens to paneer adds more iron to a Protein and Iron diet.

Spices enhance the Bio-availability.

SCIENTIFIC SUPPORT:

Chlorophylls in the greens are usually fat soluble which helps to stimulate hemoglobin and red blood cell production - "it is interesting to note that the chlorophyll molecule is very similar to the heme protein of the hemoglobin molecule of red blood cells". Ref: Murray, M. Encyclopedia of healing foods, 141.1000

IRON AND PROTEIN IN VEGETABLES – PER 100 GRAMS (3.5 OZ)

Vegetable	Iron	Protein
Parsley	6.2	2.97
Spinach	2.71	0.6
Swiss chard	2.26	1.88
Artichoke	1.29	3.48

RICH IN PROTEINS AND IRON

Grain	Iron(mg)	Protein(g)
Amaranth	7.59	14.45
Oats	4.72	16.89
Quinoa	9.25	13.1
Rye (Dark)	6.45	14.03
Sorghum	4.04	11.3
Beans – French Lentils	1.40	7.02
Legumes – String Beans	1.04	1.82

Asparagus and White Daikon Radish



Ingredients:

- 80% Asparagus
- 20% White daikon radish
- 1 tsp. Mum's Masala
- ¼ tbsp. Olive oil

Method:

Step 1: Slice asparagus into 1-inch pieces. Dice white daikon.

Step 2: Add a little water and olive oil to a pan or cooker. Add vegetables, Mum's Masala, Soma Salt.

Step 3: Cover and cook until done.

Optional: Add thinly sliced ginger and Thai green chillies.



This recipe available on DVD at Chandika.com

Vegetarian Protein with Red Lentil



This recipe available on
DVD at Chandika.com

Ingredients:

- 16 oz. Red lentil
- 1 tbsp. Olive Oil
- 1 tsp. Soma Salt
- 1 tsp. Cumin
- 1 tsp. Mum's Masala
- 6 Curry Leaves
- 4 oz. Water
- 2 leaves Mint
- 1 tsp. Dill
- Optional: 1 oz. sweet tamarind pulp

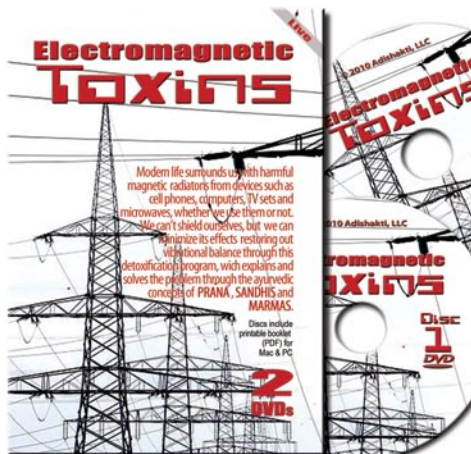
Method:

- Step 1:** Add lentil in a pan or cooker, mix with water, Soma Salt, cumin, curry leaves and olive oil.
- Step 2:** Cook together on medium heat till the dhal is cooked.
- Step 3:** Add Mum's Masala. Stir and cover for 10 minutes. Garnish with mint and dill before serving. Can add lime before serving too.
- Optional:** Add sweet tamarind pulp and cook with the dhal. Thinly sliced green chillies and ginger, sautéed in 1 tsp of ghee can be added at the end of cooking.

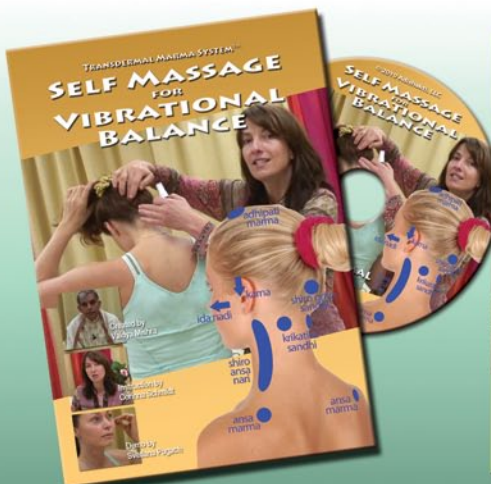
This Holiday season the gift



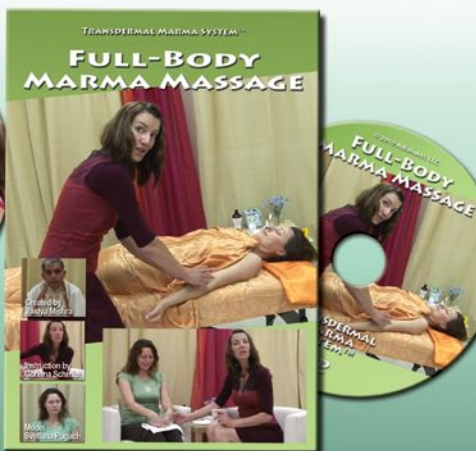
"Vitamin D" 1 DVD, 2 1/2 hrs. \$29.99 Ayurvedic ancient wisdom meets modern science in the teachings of Vaidya Mishra. From diet to life-style and health tips, all you need to know about vitamin D.



"Electromagnetic Toxins" 2-DVD set, 2 3/4 hrs. \$45 Modern life surrounds us with harmful magnetic radiation from devices such as cell phones, computers and TV sets, whether we use them or not. Learn how to protect yourself.



Self Massage for Vibrational Balance" 1 DVD, 45 min. \$18 Your skin is the door to vibrational balance. Restore it with this SELF MASSAGE routine to help with emotional imbalances, depression and poor immunity.



"Full Body Marma Massage" 1 DVD, 1 hr. \$29.99 Implementation of the TRANS-DERMAL MARMA SYSTEM™ therapeutic protocol with the formulations that made Vaidya Mishra the recipient of an Honorary Award from AAPNA, in 2010.

is KNOWLEDGE...



“Women’s Health” 9-DVD set, 22 hrs. \$249.99 From puberty to menopause, going through pregnancy and all stages of a woman’s life, Vaidya Mishra reveals the deepest essence of the female being from its creation, in a sublime marriage of millennial Vedic knowledge, cultural wisdom and modern science. Starting with the flow of energy (Prana) that keeps all living creatures alive, and the light of the soul (Satwa) carried from life to life, Vaidya Mishra wows his audience of fans explaining the scientific facts of the physical body we live in today.

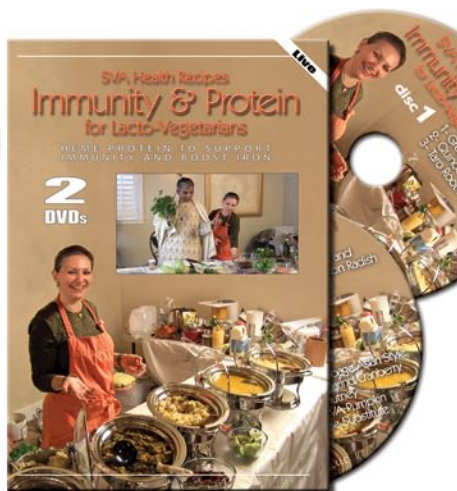


“Dravyaguna” 8 volumes, 26 DVDs, 45 hrs. \$1,350 (individual volumes can be ordered). Herbology in natural medicine and even modern ayurveda became more micro- and macro-molecule-based or active-chemical based. The concept of vibrational healing power is getting lost. This DVD series explains directly from the Sanskrit Sutras all the physical and vibrational properties of botanical species as well as their action on different levels of the physiology. Includes usage tips and guidelines.

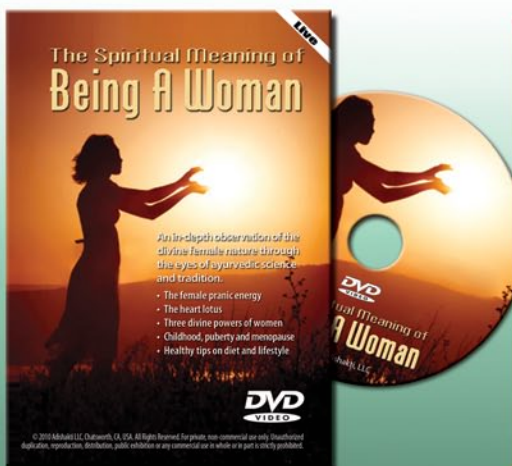
This Holiday season the gift



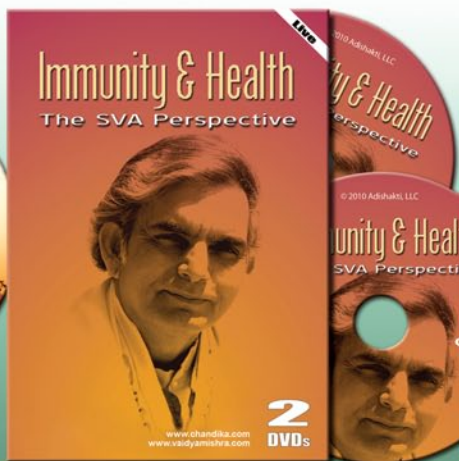
“SVA Home Detox” 2-DVD set, 4 ½ hrs. \$65 Safety in detoxification has been a big concern. This DVD will show you how to enjoy an easy, safe, and effective detox.



“Immunity & Protein” 2-DVD set, 3 hrs. \$45 For lacto-vegetarians, eating protein and iron is a challenge. Vaidya solved the problem with his green protein recipe which contains more protein and iron (heme iron) than beef.

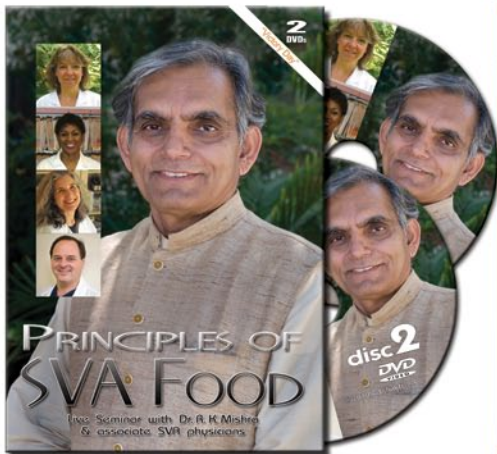


“The Spiritual Meaning of Being A Woman” 1 DVD, 1 ½ hrs. \$35 What makes every woman a Goddess? How to use the inner power of women in day-to-day performance for mental, emotional, professional and physical growth.

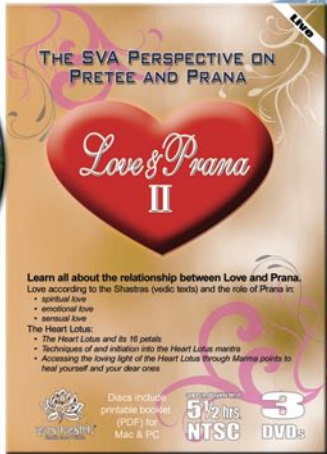


“Immunity & Health” 2- DVD set, 2 ¾ hrs. \$35 Learn what can affect your immunity in these days of chemical and electromagnetic pollution and how to support your immune system through food, herbs and life-style.

is KNOWLEDGE...



“Principles Of SVA Food” 2-DVD set, 3 ¼ hrs. \$35 It includes scientific research about the harmful effects of onion, garlic, potato, tomato, bell pepper and eggplant.



“Love & Prana II” 3-DVD set, 5 ½ hrs. \$75 Almost all the mystery of human relationships was understood in the ancient days of Maharishi Vatsyayan’s “Kama Sutra” and Charak Samhita. How prana supports love and life and how love enhances pranic flow and relationships.

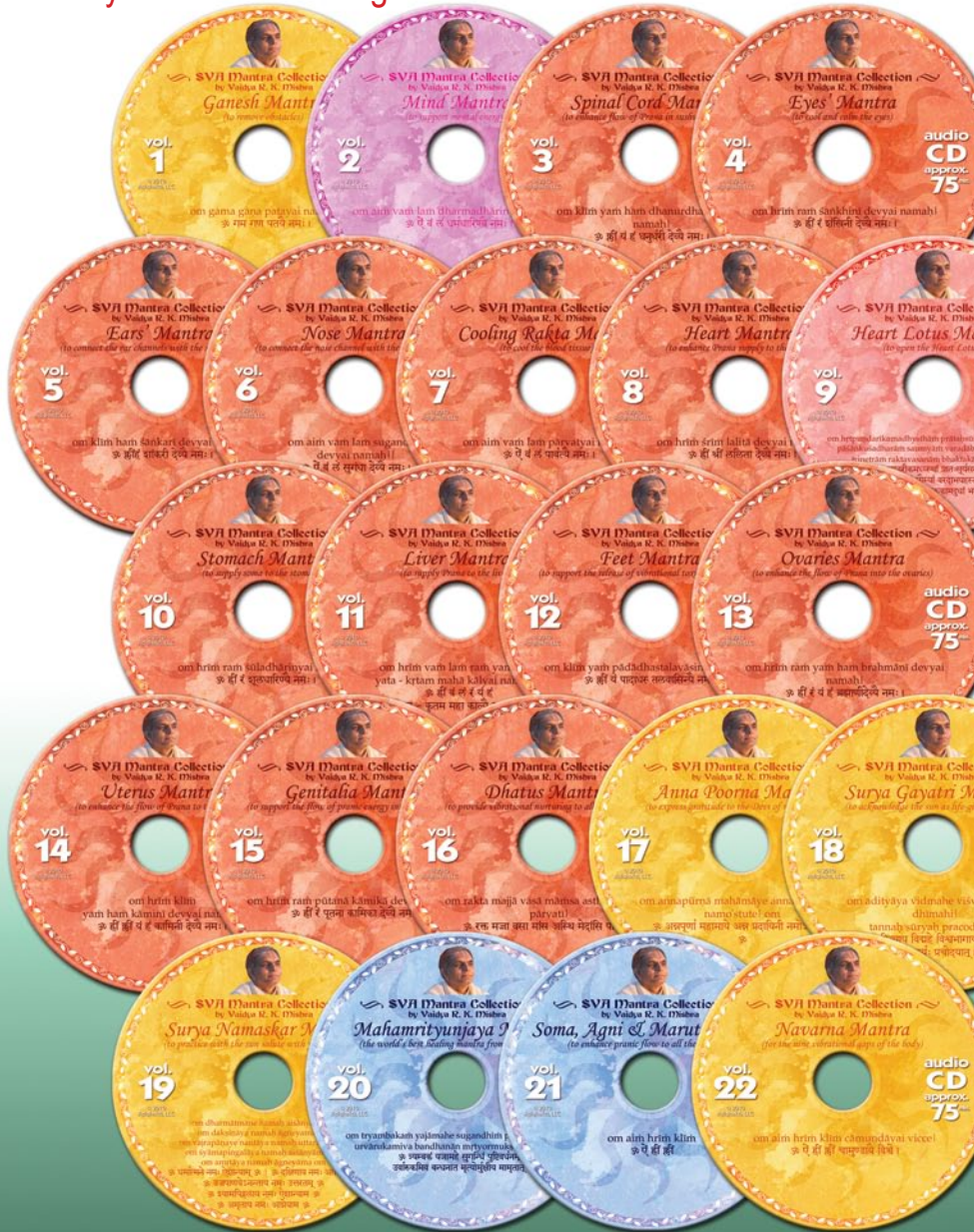


“Love & Prana Concert” 1 DVD, 2 ¼ hrs + 2 CDs, 1 ¼ hrs. \$25. As a culmination of the “Love & Prana II” seminar, these reputed flute and tabla masters delighted the audience with Ragas that open the heart lotus to connect mind and soul and enhance the vibration of love in the environment.



Give a divine Holiday gift,

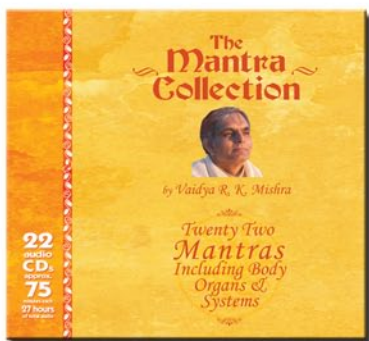
Play them in the background 24/7 for total vibrational health or



"Single audio CDs" 75 min. \$5.99 each" Twenty two "say-along" audio CDs in loop fashion. Practice along to calm and focus the mind. Available individually. Each CD contains 1 of the 22 mantras covered on "The Mantra Seminar" DVD.

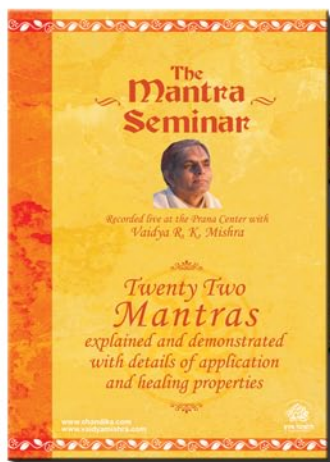
ORGAN MANTRAS

chant them yourself after your yogic practice.



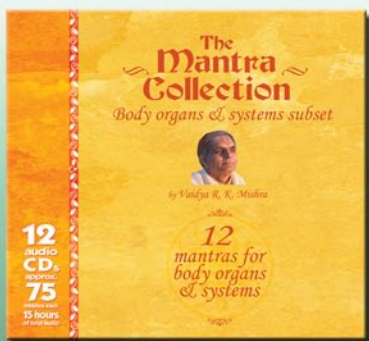
“The Mantra Collection” (complete) 22-audio-CD set, 27 hrs. \$99.99

Ganesh Mantra, Mind Mantra, Spinal Core Mantra, Eyes Mantra, Ears Mantra, Nose Mantra, Cooling Rakta Mantra, Heart Mantra, Heart Lotus Mantra, Stomach Mantra, Liver Mantra, Feet Mantra, Ovaries Mantra, Uterus Mantra, Genitalia Mantra, Dhatus Mantra, Anna Poorna Mantra, Surya Gayatri Mantra, Surya Namaskar Mantra, Mahamrityunjaya Mantra, Soma, Agni & Marut, Navarna Mantra.



“The Mantra Seminar” 1 DVD, 75 min. \$29.99

Twenty two mantras explained and demonstrated with details of application and therapeutic properties. Features specific mantras for organs and systems from the 5000-year-old Shaka Vanshiya Ayurveda tradition.



“The Mantra Collection” Body Organs and Systems Subset 12-audio-CD set, 15 hrs. \$59.99

Mind Mantra, Spinal Core Mantra, Eyes Mantra, Ears Mantra, Nose Mantra, Heart Mantra, Stomach Mantra, Liver Mantra, Feet Mantra, Ovaries Mantra, Uterus Mantra, Genitalia Mantra.

Taro Root Pure (mashed potato substitute)



Ingredients:

- 1 lb Taro root
- ½ tsp. Soma Salt
- 1 tbsp. Mum's Masala
- 1 tbsp. Olive Oil
- 6 oz. water
- ½ Lime (per person)

Method:

Step 1: Peel and dice taro root.

Step 2: Mix all ingredients and cook in the cooker for 20 minutes. Then mash with a whisk or blend briefly.

Optional: add thin-sliced green chilies.

Step 3: Squeeze in lime juice before eating.

Apple Muffins



Ingredients:

- 2/3 cup unbleached natural sugar (turbinado or rapadura)
- ¼ cup Ghee
- Buttermilk (Takra – after making butter from yogurt). If you are not using takra then use a blend of 50% yogurt and 50% water.
- 1 cup Flour
- ½ tsp. Baking soda
- ¼ tsp. Soma salt
- 1 ½ tsp. Madhur Masala or Kids Masala No. 5
- 1 cup Grated apple

Method:

- Step 1:** Place rack in the center of oven. Pre-heat oven to 375 degrees F. Line muffin pan with paper liners.
- Step 2:** Whisk together sugar, ghee, buttermilk in a mixing bowl.
- Step 3:** Mix flour, madhur or kids Masala, baking soda, and salt. Add gradually to liquid mixture till well blended.
- Step 4:** Fold in grated apples.
- Step 5:** Fill the muffin pans 3/4 full with batter. Bake until well-browned for 25-30 minutes.
- Optional:** Add chopped walnuts and almonds.

Cabbage Asian Style



This recipe available on DVD at Chandika.com

Ingredients:

- 1 lb. Chopped Cabbage
- 6 thin slices of Ginger
- ½ tsp. Freshly crushed black pepper corn
- 1 tbsp. Olive Oil
- 2 oz. Water
- ½ tsp Soma salt

Method:

- Step 1:** Combine water, oil, ginger, pepper corn, soma salt.
- Step 2:** Add cabbage and cover the pot tightly so that the aroma does not leak out.
- Step 3:** Cook on low medium heat for 10 minutes. The outcome will be nice and crunchy cabbage in Asian flavor.

Quinoa and Rice



Ingredients:

- 50% Quinoa and 50% Rice
- 4 oz. Pine nuts
- 1 tbsp. Ghee
- 1 tsp. Soma Salt
- 1 tsp. Mum's Masala

This recipe available on
DVD at Chandika.com

Method:

- Step 1:** Wash quinoa and rice. Mix them. Add 2 parts water to 1 part grain. Cook.
- Step 2:** Toast pine nuts, Mum's Masala and Soma Salt on low fire with ghee. Stir. When pine nuts starts to turn brown, remove from heat. Cover and let sit. Sprinkle on top of the cooked quinoa-rice and serve.

Tamarind Cranberry Chutney



Ingredients:

- 2 oz. Peeled and pitted sweet thai tamarind
- 2 oz. Pitted Cranberry
- 8 oz. Water
- 1 tsp. Ghee
- ½ tsp. Cumin seeds
- 1 tsp. Soma salt
- ½ tsp. Olive oil
- 2 Black cardamom (crushed)
- 1 tsp. Mum's Masala
- 2 tbsps. Raw Sugar
- ¼ Lime (per person)
- ½ tbs. Cilantro leaf
- Optional: 2 Thai green chillies

This recipe available on
DVD at Chandika.com

Method:

- Step 1:** Cover and cook everything together for 20 minutes on low medium fire. Keep whisking from time to time. Make sure that the heat is not too high that it evaporates all the water.
- Step 2:** Before serving, add fresh lime juice and cilantro leaf to enhance the flavor.

SVA Pumpkin Pie Substitute



Ingredients:

- 6 oz. Carrots (cooked)
- 8 oz. Sweet yam (cooked)
- ½ tsp. Soma Salt
- 1 cup Raw sugar
- 1 tbsp. Arrow root
- 2 tsp. Kids Masala No. 2
- ¼ tsp. Nutmeg powder
- 1 tsp. Ginger powder
- ½ tsp. Baking powder
- 4 oz. Shredded Almonds

For cream cheese topping:

- 4 oz. Heavy whipping cream
- 4 oz. Fresh paneer

Method:

- Step 1:** Combine all ingredients, except for pie crust, in a food processor or blender and process until smooth.
- Step 2:** Pour into pie crust. Bake for one hour.
- Step 3:** Whisk heavy whipping cream and paneer. Spread it on top of the baked pie. Garnish with sliced almonds.

This recipe available on
DVD at Chandika.com

Bitter Sweet

Bitter sweet helps weight-loss, improves metabolism overall, and sugar metabolism in particular. Sesame seeds are an excellent source of calcium and help strengthen bone tissue. Fenugreek cleans the fat tissue and enhances fat metabolism. This treat is very good for winter weather because agni in the sesame and fenugreek opens the channels, while cardamom, sugar, and ghee provide soma and balance the agni from overheating the channels.

Caution: Sesame seeds can aggravate acidic toxins and pitta imbalance. Bitter sweet is not for people who are under-weight or have difficulty gaining weight. Caution is advised for those people who have severe autoimmune disorders or acidic toxins. Consult a SVA practitioner before using this recipe.

For Kapha and Vata predominant constitution:

Ingredients:

- 3 tbsp. White Sesame seeds
- 1 tbsp. Fenugreek
- 3 Green Cardamom pods
- 4 tbsp. Organic sugar
- 1 tbsp. Organic Ghee
- Optional: 6 Black Peppercorns

Method:

Step 1: Dry roast sesame seeds separately. Dry roast fenugreek, green cardamom and pepper corns. Combine all the roasted ingredients except ghee and blend to a fine powder using a coffee grinder or blender.

Step 2: Heat ghee and add it to the powdered ingredients. Mix well. Store in an air tight container. Make fresh batches daily.

For Pitta predominant constitution:

Ingredients:

- 2 tbsp. White sesame seeds
- ½ tbsps. Fenugreek
- 3 tbsp. Organic sugar
- 3 Organic rose buds
- 1 tbsp. Fennel
- 1 tbsp. Organic Ghee

Method:

- Step 1:** Dry roast sesame seeds separately. Dry roast fenugreek, green cardamom, and fennel. Combine all the roasted ingredients and rose buds and blend to a fine powder using a coffee grinder or blender.
- Step 2:** Heat ghee and add it to the powdered ingredients. Mix well. Store in an air tight container.
- Step 3:** Eat along with lunch or dinner, or as a snack.

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APPENDIX: DOSHAS AND SUBDOSHAS

Tritatva	Action in nature	Tridosha	Action in the physiology
Soma: lunar energy	Nurturing energy	Kapha	Lubrication
Agni: solar energy	Transforming energy	Pitta	Digestion (physical & mental)
Marut: etheric energy	Movement energy	Vata	Movement/transportation/ circulation of anything in the physiology – movement of pitta and kapha

Each physical dosha has five subdoshas. The subdoshas regulate the governing of the various aspects of the physiological organs and tissues. Every subdosha is responsible for the proper regulatory aspect of the physiology placed under the auspices of one main dosha.

Vata Subdoshas: in charge of the circulatory functions of the physiology, the mobility of the mind, the respiratory tract and the nervous system.

- Prana: located primarily in the head, its governance extends to the whole physiology. It regulates the intake, and circulation of prana and elimination of used prana, primarily through the adhipati marma and the nostrils. It is the dosha in charge of mental energy and abilities, creativity, consciousness.
- Udana: is seated in the chest, it is in charge of regulating the downward movement of nutrients from the oesophagus to the stomach, as well as ensuring the circulation of prana vayu to the respiratory tract, and the entire chest area, supplying prana to the heart and lungs.
- Samana: located in the stomach area, it ensures the proper movement of nutrients through the digestive tract. It supports the activities of kledaka kapha and pachaka pitta within the stomach, supplying prana to that area.
- Vyana: is located in the heart and governs the proper distribution of blood to the entire physiology, supporting the distribution of nourishment to the vibrational and physical channels overall.
- Apana: is the downward movement that extends from below the navel area covering the colon. It is in charge of regulating the peristaltic motion of the intestinal tract responsible for the proper elimination of “ma-

las” (waste products such as urine and the stool) and hence of the overall purification of the physiology.

Pitta subdoshas: in charge of all metabolic transformations within and outside the digestive tract, as well as the processing of emotional and intellectual thoughts carried out in the heart and the mind.

- Ranjaka: located in the liver and the spleen, and responsible for the biochemical transformations that support the five “flames” of the liver – the “bhutagni”
- Bhrajaka is located in the skin and is responsible for the enzymatic activities being delivered from the surface of the skin.
- Alochaka is seated in the visual system, i.e. its site is the eye. It is characterized by the luminous aspect of “fire” rather than its heat and is responsible for the transformational process enabling vision.
- Sadhaka: seated in the emotional heart, governs the emotions by processing thoughts and supporting the “flame” for “sadhakagni.”
- Pachaka: is located in the digestive system. It is the “fuel” for the digestive “flame” – the “jatharagni.” Pachaka is the subdosha that regulates the stomach and its environment – regulation of the digestive heat, breakdown of food, separating nutrients from waste.

Kapha subdoshas: responsible for the balance of bodily fluids, the strength of the physical frame, the stability of the emotions and the mind.

- Shleshaka: is located throughout the physiology within the mucus membrane and the body’s circulatory (blood and otherwise) channels. It serves as the lubricating factor for the skin as well as the circulatory channels.
- Avalambaka: seated in the chest and lumbar area, it maintains the equanimity of the mind and the heart, it is the “confidence factor.”
- Tarpaka: located in the brain and lubricates the physical and vibrational channels, involved in the activities of sadhaka pitta and prana vata.
- Kledaka: seated in the stomach, lubricates and balances the digestive environment, countering the drying effect of samana vata and the burning effect of pachaka pitta.
- Bodhaka regulates the olfactory and gustative senses, it governs the salivary system.

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Perpetual Calendar

			1	2	3	4
	Labour Day			Brain Month		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

