

# Winter!

## Welcome to Boulder Ayurveda's Winter 2011 Issue

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- **Doshic Theory and Modern Medicine**  
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## On a Seasonal Note . . .

# Winter

Winter is a special season, a time for renewal of the natural forces. We experience it as a cold and dry season, a time when we tend to stay indoors, exercise less, and potentially eat high calorie foods. Thus, Winter tends to be aggravating to Vata and Kapha Doshas. In other words, the humors of air and phlegm are seen to increase during the coldest months. Standard forced air heating only increases the drying qualities of the season. While hydration is especially important, water alone is insufficient. The Ayurvedic antidote to dry is oil, the antidote to cold is warm. Thus the best foods for winter are oily warming dishes, dishes with spices that nourish and warm the body. Hot tip: Protect oils from free radicals by keeping water in the cooking vessel.

In winter it is wise to be cautious about heavy foods with processed sugars, as they tend to build Kapha dosha. Pitta-Kapha individuals have to be aware of the possibility of growing fungus and yeast while wearing warm, possibly



tight fitting clothes – for these individuals it is important to keep the body alkaline internally and change clothes regularly. Kapha individuals will need to find ways to maintain regular exercise programs, possibly getting a stand that turns the bicycle into an easy exercise option, or making regular visits to the community pool. Vata individuals may deserve the most compassion in this dry, cold season; it is a good time to take extra measures to support that special Vata person in your life, helping them feel warm and protected.

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## Do you Abhyanga?

Ayurvedic oil massage is called Abhyanga. If your honey gets cold easily and has a more slender frame then she or he may have a primarily Vata Dosha constitutional type. These people typically suffer from a tendency toward constipation and/or insomnia and have more sensitive digestive systems. Putting lots of ghee and ginger in the food are good, but nothing will bring ECSTASY like a warm oil massage. Consider for Valentines Day, having your honey come home to a beautiful fire or another warm space prepared for oil massage. You will need sheets and towels dedicated to oil massage; oil tends to stay in any cloth, so suitable planning and preparation is important. One good option is to apply oil to the whole body except the soles of the feet (slip hazard!), leave it on for at 20 minutes, then remove any excess before enjoying a hot bath. Instructions for Abhyanga are available at Boulder Ayurveda, as is an assortment of Dosha specific massage oils, as well as other Ayurvedic oils and products. Varadaan can identify the exact Ayurvedic constitution in a 20 minute 'mini-consult', which is a good idea if you are planning to explore changes in diet and lifestyle or get particular recommendations for oils, yoga



practices, food, etc. Caution: once a Vata person discovers the joy of warm Vata oil, it could become a daily practice, and that person might become happier and more balanced. Also, Abhyanga is known to be uniquely helpful for those with female hormonal issues...

## A Timeless Approach to Health

**Learn The Traditional Medicine of India : Ayurveda!**

**Spring 2011: Depth Fundamentals Module One**

This Course is an introduction to Ayurveda, the traditional medicine of India - with enough special "depth" material to interest students of any level. Varadaan will share understandings discovered during studies with Vasant Lad and work as a Practitioner.

10 Thursday evenings Solstice Center, 302 Pearl 6:30-8:30pm, Mar 31 - Jun 9, 2011 \$250 registration by Mar 18. \$210 before Mar 4. Recommended text is Dr. Lad's Fundamentals of Ayurveda, available at discount price, approx \$40. Call Boulder Ayurveda 303.827.5823

Teacher: Varadaan, BS, RYT, ASP 1&2  
Graduate of Ayurvedic Institute



[More Info](#)

## Germes and Humors, No Joke!

Many of you may be aware of the Ayurvedic understanding of Tri-Dosha; that the five elements that constitute physical existence can be seen to constitute the physical body as the Three Doshas, e.g. Vata, Pitta and Kapha. What many may not know is that these three doshas correlate somewhat to the Greeks' four humors and very closely to the Wind, Bile and Phlegm of the Tibetans who in the 7<sup>th</sup> century held perhaps the

first medical conference, attended by the Greeks, the Persians, the Chinese, and of course the Indians, whose medical system had a profound influence. These humor theories all subscribe to the concept that 'like increases like', for example, if you eat a lot of hot chiles in your food, that pitta fiery rash is now likely to get worse, not go away.

Meanwhile, in the 1800s in France, Louis Pasteur, building on the work of others, such as Girolamo Fracastoro (1478–1553), developed a now dominant medical model (in the West) often referred to as 'the germ theory', which proposes that specific disease is caused by specific external forces, microbes that invade the body and cause mischief. What many likely do not know is that "Antoine de Béchamp, his opponent and a prominent microbiologist of the French Academy of Science, believed that infections are caused by organisms that develop from within the body and that such organisms undergo radical changes under different conditions (polymorphism, pleomorphism). Pasteur and Béchamp showed nothing but disdain for each other's view. Thus began the great Pasteur-Béchamp debate. Pasteur's without versus Béchamp's within view of the origin-of-diseases controversy persists."<sup>[1]</sup>

So fascinatingly, while the germ theory is true, there are other causes of disease, e.g. Diabetes, Arthritis, etc, and these humoral causes remain the most challenging for modern medicine. My attention has been brought recently to a remarkable article in the Townsendletter, see link below. Here is a thoughtful presentation, in classical medical terminology, strongly making the case for the importance of a fresh humoral perspective on the manifestation and treatment of diseases. The substances of life, specifically food and the oxygen and prana carrying breath are critical to health and wellbeing. It is very important to eat high quality foods suitable for a given individual at a particular time to nourish the food-body, annamayakosha, and one should also practice breathing below the diaphragm and get regular exercise to nourish pranamayakosha. In fact, the therapeutic benefits of pranayama and even O<sub>2</sub> and O<sub>3</sub> treatments for all manner of concerns, they are just beginning to trickle into 'modern' medical understanding.

The upshot is that both Pasteur and Béchamp are right; both allopathic medicine and the doshic theory of Ayurveda have their places. Surgery and powerful poisonous medicines are great,

but generally useful in a last resort situation. There are significant risks. Both have been part of the Ayurvedic pharmacopeia from the beginning, and from the Ayurvedic perspective, modern drug treatments and trauma medicine fit within that larger perspective on what is health of mind, body and spirit. It is really best, if possible to gently find your way to, and maintain balance of, your doshas.

[1] from "Oxygen Homeostasis Oxygen Governs the Inflammatory Response and Adjudicates Man-Microbe Conflicts", by *Majid Ali, MD* The Townsend Letter, June 2009, currently available at <http://www.townsendletter.com/June2009/oxyhomeo0609.htm>

## Ayurveda

Ayurveda is the oldest recorded medical system, offering effective treatment without side effects. Originally developed for life extension and spiritual realization, Ayurveda can purify and heal mind, body and spirit. It treats imbalances which may produce symptoms called arthritis, insomnia, depression, addictions, male and female concerns, or even cancer, multiple sclerosis or diabetes.



### Varadaan, Principal Practitioner

Varadaan BS, RYT, ASP2-Ayurveda, is a graduate of the Ayurvedic Institute's two year program, based in Albuquerque, NM. His full-time training over several years in Albuquerque and India with Dr. Vasant Lad and other faculty of the Ayurvedic Institute makes him a highly qualified Practitioner. He is a Professional Practitioner Level Member of the National Ayurvedic Medical Association (NAMA) and President of the Colorado Ayurvedic Medical Association (COLORAMA). He also holds an engineering degree from Stanford University,

Specialties Include: All Levels Pulse Analysis; Personalized Herbal Formulas; Cost-Managed Panchakarma Programs; Psychological, Spiritual and Physical dimensions of the Mind; the Spiritual Journey into Yoga Philosophy and Liberation; Jyotish Remedies; Pre and Post Surgical Diet and Lifestyle; and Accelerated Trauma Recovery.

## Receive a Professional Abhyanga

Abhyanga treatments are available at Boulder Ayurveda by a licensed massage therapist, trained in Pancha Karma techniques by Ayurvedic Insitute Staff.

Call for Details 303.827.5823

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