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MARCH 2013

Ayurvedic News Early Spring • Late Winter

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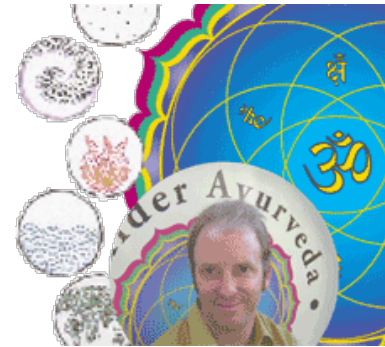
Now is the Junction of Vata and Kapha
[Clear Vata for the rest of the year.](#)
[Avoid Kapha accumulation problems as we head toward Spring.](#)

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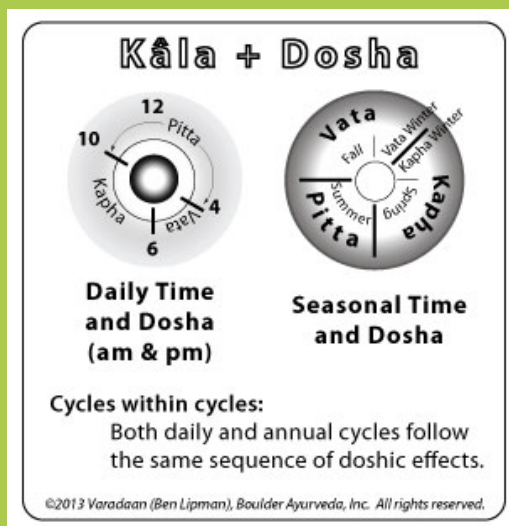
FLU TIPS

Tips for avoiding or quickly recovering from a bout of Flu

- Balance your doshas! Learn Ayurveda or see a practitioner.
- Regular exercise is quite

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KAALA AND DOSHA

*a fresh perspective
for Ayurveda in the West*

Kaala means time, and the three doshas, or bodily humors, are how Ayurveda describes our physical constitution and our state of imbalance. Diet and lifestyle are perhaps our one greatest lever on any doshic imbalance, but in addition to 'crimes against wisdom', one of the most important factors affecting our state of doshic balance is father time. In Vedic science, Kaala is often associated with Yama the God of Death, or with Saturn[1], so it is considered to be a stern male force, something to be reckoned with. It is also one of the five kanchukas[2] a basic constraint on the freedom of the limited human realm; while we can imagine freedom from time, time is one of the basic fundamental limitations inherent in physical manifestation, right alongside the basic constraints of dimensionality itself. Interestingly, while in Ayurveda 'Kalaa' is understood to be the 'membrane' around any given tissue type, the place where precursor material is transformed by agni, the metabolic fire, into matured tissue. In the Sanskrit language, Kalaa is also considered to be another of those five aspects of kanchukas[3] and is taken to be the membrane in space and time considered together. In other

important for maintaining a healthy immune system.

- Drink your allotment of water every day 48-96oz per your prakruti, starting first thing in the morning, after you scrape your tongue and brush your teeth.
- Make a household practice: All members, upon arriving home from being out and about, immediately everyone, wash your hands with a good soap!
- Change bathroom towels at least once a week, more often if someone has flu.
- To perform well your immune system needs a few special ingredients:
 1. Sleep
 2. Vitamins C, B6, B12 and Zinc
 3. Water
- Take Flu•B•Gone® a new supplement from Vibrant Lotus Products.
- As well, understand that fresh ginger tea is awesome! Cut ½", peel it, slice it and boil for 3 minutes. Ginger is considered to be the #1 herb in Ayurveda, it does so much.
- Ginger and Tulsi are the top herbs for clearing the lymph, which is critical to keeping the immune system functioning well. The channels of immunity are somewhat synonymous with the lymphatics in Ayurveda and Western Medicine, for that matter. Dairy, White Flours, and White Sugars can clog the channels of lymph, so don't eat them if you have flu. Āma has similar effects, thus proper food combining is also very important. The correct spices for your doshic type, in moderation, will be excellent – metabolism is key to a speedy recovery.
- Once the flu is starting to clear your body, then clear your house of the unwanted guest: with rubbing alcohol, sterilize every surface that is frequently touched:

words, the Rishis presaged the concept of the Minkowskian manifold, the mathematical framework upon which Special and General Relativity are built.

Fascinatingly, in Ayurveda, we study two important time cycles, and if we work with Jyotish there are more, including the moon cycle, which should of course be considered. But the two primary bodies of our consideration here will be the Sun and the Earth. The first cycle is the rotation of the Earth and thus the rising and setting of the Sun each day. The second cycle is the cycle of seasons, the cycle induced because the Earth is in orbit around the Sun, and has an axis of rotation tilted at an angle such that Summer and Winters are produced when the Northern or Southern hemispheres receive proportionately more or less solar radiation when the Earth is actually farther or closer to the Sun, respectively. In the traditional Ayurveda of India, there is a different seasonal cycle than we have in Europe and the Americas; in India there is a monsoon cycle, so there are six seasons in classical Ayurveda.

There are six seasons of two months each in the year: rainy, autumn, winter, spring, summer, and early rainy (I.6.10). These influence the humors. . . In each season the accumulated humour should be eliminated by the physician by taking suitable measures, and prescribing food of the appropriate tastes. . . In the (Spring) exercise is good, kapha should be eliminated, and the diet should not be sweet, sour, and soft. . . The (man) who follows these seasonal regimes will never suffer from seasonal disorders. (I.6.12;VI.64.6-56).

Sushruta Samhita, Rutucharyaa (I.6;VI.64).

Source: [Synopsis of Ayurveda](#), Singhal & Patterson, p12; ISBN: 0 19 562540 4

In this geographically 'fourth branch' of 'Western' Ayurveda we have our familiar four seasons, and we are all taught a mapping of the doshic effects in accordance to this quarterly cycle. The challenge is that winter is something like an orphan child that doesn't quite fit as nicely as the other seasons. Hot summer is obviously pitta season, windy and dry autumn is clearly experienced as a Vata season, and Spring with its cool moisture and remarkable

door handles, faucet handles, toilet levers, light switches, phones, fridge and cabinet pull handles, steering wheels.

- Consider doing this once when symptoms start to abate and then again when it really is time to “lock the door for good”. Remember your immune system can handle a certain load of microbe attack, but not when it is overwhelmed – this is a game of reducing the degree of exposure. So consider sterilizing all the silverware, cups etc in the house too, once symptoms start to abate. Boiling water in a big pot will do the job if you don't have a dishwasher. Also, for the same reasons, change bedding, especially pillow covers, etc. What else is obvious, but not on the list?

Did you wash that scarf?

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Kapha at the Sandhi

In Colorado, at some point in the March time frame, we enter the Kapha season. There is no exact date when the doshic effects change – on cold and windy days, of course, there is still opportunity for Vata aggravation. Nevertheless, this means that now is the time to address Kapha that has already accumulated, before more gets into circulation. Furthermore, the classics teach that first there will be accumulation, then later will come the manifestations of disease. So, Ayurvedically, to avoid issues later, now is the time to address the possibility of Kapha accumulation. This is also a great time to get rid of any Vata accumulations from Fall and early Winter, so say goodbye to Vata! Of course the best way to eliminate Doshic accumulation is to undertake Pancha Karma (Ayurvedic cleansing). There are various ways to do this, at different levels of expense, some may actually save you money- so ask your favorite practitioner about details. We start with an assessment; either we feel confident on our own to assess our constitution (Prakruti) and our state of imbalance (Vikruti), or we need a qualified practitioner to enlighten us. Perhaps there are also clear aunas

fecundity can definitely be linked with Kapha. But our winters are assigned to both Vata and Kapha. If we study the gunas of Vata and Kapha, and reflect on the spectrum of experience during the winter season, we might conclude that in fact, it is possible to consider two aspects to Winter, possibly an early Winter and a late Winter, with more predominant Vata and Kapha aspects, respectively.



Vata Gunas	Kapha Gunas
Cold (Shita)	Cool (Hima)
Dry	Wet
Clear, Spacious	Sticky, Cloudy
Rough	Smooth

Winter is sometimes assigned Vata dosha, sometimes Kapha, or sometimes both. Let's think about this for a moment, especially with respect to the Gunas of these two doshas, as we experience them in Winter. So perhaps there is an earlier Winter which is largely colder and drier, which is proximal to fall, the season of Vata, and which is actually more Vata-genic in quality. And the later Winter, being more wet, and not as cold, and also closer to the Kapha season of Spring, is more Kapha-genic in quality. Thus we are still accumulating Vata in early Winter, and should be working to clear Vata imbalance in this time, and as we round into later winter, for various reasons including the direct gunas of season, we are already beginning to accumulate Kapha, and should take appropriate measures, Ayurvedically.

On a practical note, for instance take a Pitta person with Kapha proclivities and a tendency toward hay fever. This person should begin to clean up the diet, and reduce especially sweets, dairy and white wheat flour, so as to limit the kapha-genic ama of springtime accumulation. The lingering Kapha-genic ama accumulating now, if not addressed, will transmogrify into a more poisonous form through fermentation processes, and this creates a supplementary immune system load, thus lowering the IGG allergy response and setting the stage for a tough hay fever season. Now is the time for Kapha management.

...temperatures and other gunas (qualities of substance) that can be identified. Then we need to engage in diet, lifestyle and other treatment to address the imbalance. This year there is a lot of flu going around, and seemingly related in many cases, is an overgrowth of yeast (*Candida albicans*). *Candida* overgrowth is essentially an accumulation of stagnant Kapha which has fermented and enabled an overgrowth of the yeast organism, which then brings cravings for sugar and Pitta issues with characteristics like inflammation, infection, lowered immune response and ultimately fatigue. If you think a *Candida* imbalance may be affecting your personal ecology, it would be good to address this before more Kapha imbalance is developed. Interestingly, aggressive Kapha management can starve *Candida albicans*, though controlling a serious case can be quite challenging. Varadaan has developed a relatively quick, effective and affordable protocol – a one hour session can get you started. The general rule of thumb for Kapha management is to avoid excess sweet, salty and to some degree sour food, and also to reduce consumption of dairy and white flours. It is also important to have a vigorous exercise regimen. Some herbs are helpful, like trikatu – but be aware that many Kapha reducing herbs and spices can aggravate Pitta dosha. Also, if Kapha is dropping quickly, there will be a temporary Vata imbalance- this is normal and will pass.

Enjoy another beautiful Spring!

Varadaan

A composite Ayurvedic perspective on Flu

offered by Varadaan

Flu, or influenza infection, is a particularly interesting opportunity to explore the intersection of two related, but rather different, approaches to medicine. Because we rest within the context of Western Culture, in a sense our starting place is the perspective of Western Science, and thus Western or allopathic, medicine. But this is an article about an Ayurvedic approach to Flu, so actually, the author is working from an Ayurvedic perspective, resting within the Western framework. How does this work, or how

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[1] p82. [Sanskrit Glossary of Yoqa Terms](#), Swami Yogakanti, Yoga Publications Trust. ISBN978-81-86336-31-1

[2] p85. [Sanskrit Glossary of Yoga Terms](#)

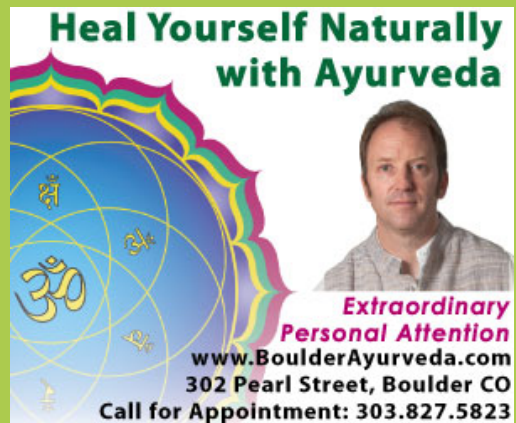
[3] p83. [Sanskrit Glossary of Yoga Terms](#)



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should we begin?

Well first of all, we can start by exploring the main theoretical frameworks of these two medical systems, which incidentally share pretty much the same scheme of specializations or departments: Internal Medicine, Surgery, ENT/Ophthalmology, Toxicology, Pediatrics, Gerontology, Aphrodesiacs and Psychology (from Ayurveda, going back thousands of years). This is no accident: Ayurveda is probably the origin of much of early Western Medicine, and the 'humor' system that was discredited some 150 years ago, failed largely because it was not properly translated from Ayurveda. Baby. Bathwater. But here we are, in the 21st century we can keep our eyes open and draw upon the best opportunities of both worlds. In fact, when we are taking on influenza, which is a real challenge for Western Medicine, this will be a fantastic advantage. Now, back to framework. As everyone is likely well familiar with, in the case of infection, Western medicine is going to focus first on the invader, and will apply a recent and important theoretical development (in the West): so called "Germ Theory". Now Ayurveda has had the concept of "krumi" or invading organism for a long time, and quite specifically understood that infecting organisms of the blood could be invisible to the naked eye (Charaka circa approx 200BC[1], Vagbhat circa 6th Century AD[2]), and had descriptions of various types of infection and treatment including for leprosy, TB, etc, and generally characterized them in doshic terms.

[1] Caraka, Vimaana 7:9-13, 19, 22-27

[2] Vagbhat, Ashtanga Hrdayam

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