Maya Tiwari
Ayurveda Secrets of Healing

Reading excerpt
Ayurveda Secrets of Healing
of Maya Tiwari
Publisher: Lotus Press

http://www.narayana-verlag.com/b7172

In the Narayana webshop you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
http://www.narayana-verlag.com

Narayana Verlag
CONTENTS

Foreword i
Acknowledgments v
Author's Introduction vii
Introduction to Ayurveda xi

SECTION I: AYURVEDIC AND COSMIC ANATOMY

Our Cosmic Beginning 3

Chapter One: Ayurvedic Anatomy

Language of the Doshas 5
Dhatus: Bodily Tissues 16
The Subtle Body 28
Ayurvedic Body Types 31
Chapter Two: Cosmic Anatomy
Wisdom and Ego: Buddhi and Ahamkara 37
Three Phases of Memory 39

SECTION II: SEASONAL INFLUENCES ON AYURVEDIC THERAPIES
Chapter Three: The Six Seasons
Northern and Southern Movements of the Sun 63
Daily and Seasonal Cycles 66
Seasonal Cleansing Therapies for Each Dosha 71
Relationship Between the Doshas and the Seasons 78

SECTION III: AYURVEDIC REJUVENATIVE SADHANAS
Chapter Four: Ayurvedic Massage Therapy: Abhyanga 91
The Marma Points: Charting the Course for Abhyanga 92
Observances and Preparations for Abhyanga Therapy 96
The Practice of Abhyanga Therapies 98
Self Application of Foot Massage 112
Abhyanga Formulas 115
Preliminary Fomentation Treatment 120

Chapter Five: Ayurvedic Love Therapy: Snehana 125
Observances Before Snehana Therapy 128
Application of Snehana Therapies 132
Snehana Therapies for the Head 139
Routine Cleansing of the Senses 159
Nasya Therapy: Nasal Insufflation 173
Chapter Six: Ayurvedic Fomentation Therapy: Svedana 181
   Observances Before Svedana Therapy 186
   Application of Svedana Therapies 191
   Ayurvedic Steam Therapies 220
   Ayurvedic Earth Sauna Therapies 233

SECTION IV:   AYURVEDIC CLEANSING THERAPIES: PANCHA KARMA

Chapter Seven: Introducing Pancha Karma
   Shodhana: The Main Actions Of Pancha Karma 267
   Emesis Therapy: Vamana 273
   Purgation Therapy: Virechana 290
   Enema Therapy: Anuvasana and Niruha Vasti 309
   Douching Therapy: Uttara Vasti 335

SECTION V: AYURVEDIC HEALING DIET AND ACTIVITIES

Chapter Eight: The Healing Diet
   Food and Memory: The First Food 343
   The Animal Is Not Our Food 346
   Pancha Karma Healing Diet 349
   Sattvic Diet for Pitta and Vata Types 364
   Energizing Diet for Kapha Types 377

Chapter Nine.- The Healing Activities
   During and After Pancha Karma 387
   Daily Rituals 390
   Ablutions for the Practitioner 401
   Ablutions for the Subject 403
Chapter Nine: The Healing Activities (continued)

- Ablutions for the Mind and Heart: The Power of Prayer 405
- Pranayama: Breathing Practices 415
- Observances During Home Application Treatment 417
- The Forgotten Dharma - Sexuality 420

Afterword: Daily Deity Rules 425

SECTION VI: APPENDICES 8. GLOSSARIES

Appendix A: Ayurvedic Pharmacology
  Energetics of Ayurvedic Substances 433

Appendix B: Glossary of Ingredients 453

Appendix C: Kitchen Equipment 469

Appendix D: Pancha Karma Accessories, Equipment and Utensils

Appendix E: Techniques and Procedures for Preparing Formulas and Recipes

Appendix F: Milk Products Recipes 493

Appendix G: Ayurvedic Resources And Suppliers 497

Glossary of Sanskrit Terms 505

Bibliography 517

Index of Text and Illustrations 519