

Lotus Health Services

Shaka Vansiya Ayurveda

Introduction

The Vedic Origin

- Shaka Vanisya Ayurveda is the ancient healing system from India that is more than 5000 years old.
- It has its source in the Vedic Records of India.
- The Vedas were “cognized” by the ancient Rishis or “Seers” during deep meditation.

The Laws Of Nature

- It is said that the Rishis were able to quiet their minds to a point of complete silence.
- In this thoughtless state, only Consciousness in its Pure state is present.
- From the state of Pure Consciousness, devoid of thought, the Rishis observed the Laws of Nature as they were manifested out of pure silence.

Pure Knowledge

- Therefore, Vedic Knowledge is referred to as Pure Knowledge. The knowledge of Nature as it unfolds itself out of Pure Consciousness.

Ayurveda

- Ayu means life.
- Veda means Pure Knowledge.

Therefore, Ayurveda means the Complete Pure Knowledge of Life and all its components.

Distorted Ayurveda

- Ayurveda is more than 5000 years old. Over the centuries, India has been invaded and ruled by many foreign cultures.
- Many attempts were made by these invaders to distort and even destroy the ancient Vedic Teachings including Ayurveda.
- Unfortunately, these distorted practices continue today and are often accepted as fact despite the lack of documentation in the original Vedic Texts.

Family Traditions

- Fortunately, One of India's great strengths is the maintenance of Family Traditions.
- In this manner, a few Family Lineages still exist today that have maintained the pure science of Ayurveda.
- One such family lineage called *Shaka Vanisya* has come to us through Dr. R K Mishra.
- Dr. Mishra's Ayurvedic Lineage can be traced back in the Ancient Records of India known as the Puranas.

Puranic Records

- The Puranas report that 5000 years ago, Lord Krishna's son was suffering from Leprosy.
- Lord Krishna located a family of Ayurvedic Masters known as the Shakdwipi Brahmins who were brought to India and subsequently cured his son.
- Through Dr. Mishra's family tradition, the Shakdwipi's have maintained their traditional practice of Shaka Vanisya Ayurveda to this day.

Shaka Vanisya Ayurveda

- Thus, through the teachings of this pure family lineage we have Shaka Vanisya (Authentic) Ayurveda as practiced by the ancient Rishis of India.

Current Dosha Ayurvedic Teaching

- Currently, Ayurveda is based on the five elements or *Pancha Mahabhutas* and their physical expressions known as 3 Doshas:
 - 1) Vata Dosha
 - 2) Pitta Dosha
 - 3) Kapha Dosha

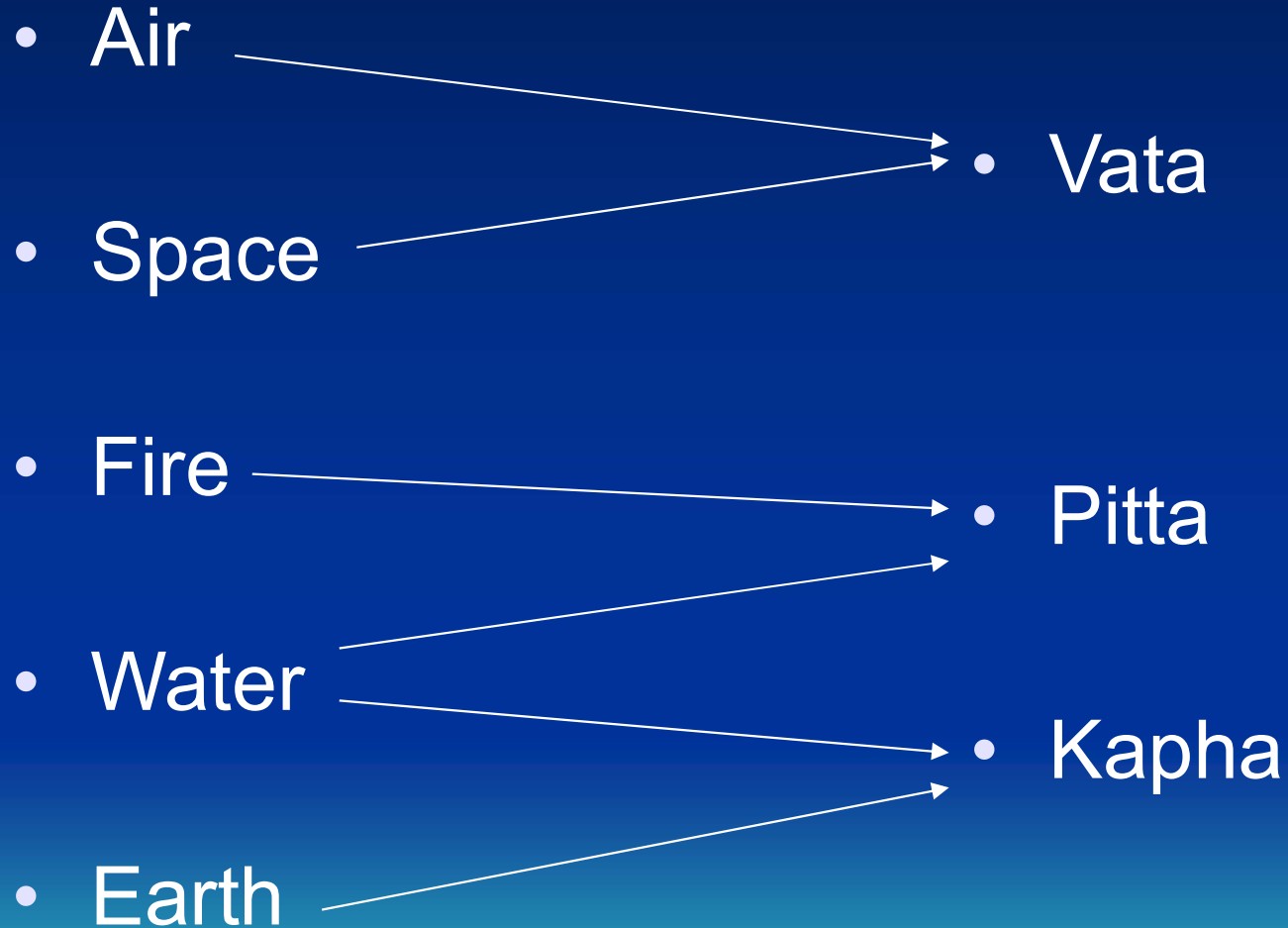
Mahabhutas

- Mahabhuta means the Great Elements.
- Pancha means 5
- Thus the 5 Great Elements are as follows:
 1. Vayu – air
 2. Akasha – space
 3. Tejas – fire
 4. Apas – water
 5. Prithivi - earth

The Doshas

The 5 elements combine to form
The 3 Doshas

5 Elements Form 3 Doshas



Qualities Of The Doshas

The qualities of the Great
Elements are reflected in each
Dosha.

Vata Dosha = Air & Space Element

- Qualities of Vata:
- Light
- Moving
- Rough
- Dry
- Quick
- Cold
- Moves other Doshas
- Effects In The Body:
- Energy
- Absorption
- Distribution
- Elimination
- Regulation
- Movement
- Breathing
- Nervous System

Pitta Dosha = Fire & Water Elements

- Qualities of Pitta:
 - Hot
 - Oily
 - Acidic
 - Medium Size
 - Slightly Moist
 - Sharp
- Effects In the Body:
 - Metabolic Function and Transformational Processes
 - Enzymatic Processes
 - “Fire” of digestion
 - Sight
 - Skin

Kapha Dosha = Earth & Water Elements

- Qualities of Kapha:
 - Heavy
 - Oily
 - Cool
 - Slow
 - Dull
 - Strong
 - Enduring
- Effects In The Body
 - Structural Components such as muscle, bone & fat
 - Good Immune function
 - Strength and Endurance
 - Supports Vata & Pitta by lubrication of the Shrotas (channels)

Ama

Toxins In The Body

Dosha Ayurveda Describes Ama

- Ama is a cool white sticky mucous-like substance.
- It is a metabolic by-product of inefficient digestion.
- Ama can accumulate in the body and obstruct the channels through which digestion, assimilation and elimination must flow.

Ojas

The Integrating Factor

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A stylized, low-poly silhouette of a mountain range in shades of brown and tan, positioned at the bottom of the slide against a blue-to-teal gradient background.

Ojas

- Ojas is the factor that coordinates and integrates all other functions of the body.
- Ojas is the end product of perfect digestion.
- Ojas is necessary for proper immune function.
- Depleted Ojas results in disease and in extreme cases death.

Shrotas = The Channels

- The Shrotas are the physical channels of the body such as:
- Alimentary Canal
- Blood Vessels
- Intestinal Tract
- Colon
- Microcirculatory Channels
- Nerves
- Lymphatic Channels

Tri Dosha Theory

- The Tri Dosha Theory simply states that as the Shrotas become obstructed with Ama, the ability of the Doshas to flow in the body is also obstructed.
- Therefore, in some areas of the body there may be an over accumulation of a particular Dosha.
- In other areas there may be a deficiency in a particular Dosha.

Imbalance Doshas = Disease

- The Tri Dosha Theory states that all diseases are the result of Ama clogging the channels and disrupting the flow of the Doshas.
- The resulting imbalance of the 3 Doshas is the underlying process by which the normal physiological process degenerate to the point that we call a Disease.

The 7 Dhatus

The 7 Tissues Of The Body

The Dhatus

- 1) Rasa - Blood Plasma
- 2) Rakta - Blood
- 3) Mamsa - Muscle
- 4) Meda – Fat
- 5) Asthi – Bone
- 6) Majja – Nervous System/ Bone Marrow
- 7) Shukra – Reproductive Tissue

These Seven Tissues Create A Sequential Physiological Cascade.



1. Jataragni burns food to produce Rasa
2. Rasa Agni burns Rasa to make Rakta
3. Rakta Agni burns Rakta to make Mamsa
4. Mamsa Agni burns Mamsa to make Meda
5. Meda Agni burns Meda to make Asthi
6. Asthi Agni burns Asthi to make Majja
7. Majja Agni burns Majja to make Shukra
8. Shukra Agni burn Shukra to make Ojas

The Goal Of Dosha Ayurveda

Eliminate Ama, Restore Balance
and Rejuvenate The Doshas

Eliminate Ama

- Ama is cool white sticky and mucous-like.
- Therefore, eliminating Ama requires heating the body in order dilate or open Shrotas.
- Also, by heating the body, the accumulated Ama reduces its viscosity thereby allowing it to flow through the now dilated Shrotas.

Methods Of Warming

- Ayurveda utilizes several methods of warming:
 - ✓ Warming Foods
 - ✓ Warming Spices
 - ✓ Warming Herbs
 - ✓ Warming Therapies, i.e. Panchakarma

Balancing Doshas

Doshas are balanced by providing the opposite value to the body.

Imbalanced Vata

- Since accumulated Vata is too cold, rough, quick and dry, it needs warm, smooth, moist food, spices, herbs and light calming activities to provide balance.

Imbalanced Pitta

- Since accumulated Pitta is hot and sharp, it needs cooling food, cooling spices and herbs, cooling activities to provide balance.

Imbalanced Kapha

- Since accumulated Kapha is too heavy, oily and cool, it needs lighter dryer foods, spices, herbs and vigorous activity to provide balance.

Panchakarma (PK)

- Panchakarma means 5 Actions
- Panchakarma are the procedures and therapies utilized in a therapeutic setting to eliminate Ama and restore intelligent functioning to the Shrotas.
- Some therapies include:
- Abyanga: massage
- Shirodhara: warm oil poured over forehead
- Swedna: steaming herbal heat treatment
- Nasya: oil treatment to the nasal passages
- Pizzichili: warm oil poured over the whole body
- Basti: enema treatment for elimination of toxins

Rasayanas

- Rasayanas are a classification of herbs designed to rejuvenate the body.
- Rasayanas improve the strength of the Doshas.
- Rasayanas increase Ojas in the body.

Dosha Ayurveda

Is It Correct?

Yes

Dosha Ayurveda is a valid part of
the teaching from the classic
Ayurvedic Texts

However...

Its Not The Complete Story

Shaka Vanisyaya Ayurveda

What Does It Add To Dosha
Ayurveda?

Prana

- Shaka Vanisya Ayurveda contains the knowledge of Prana.
- Prana is the essential Life Force.
- Prana is the raw material for:
 1. The 5 Great Elements (Pancha Mahabhutas)
 2. The 3 Doshas

Components Of Prana

- 1) Soma – the subtle lunar energy that nourishes, nurtures and stabilizes.
- 2) Agni – the hot transformation solar energy
- 3) Marut – the etheric space containing Soma and Agni and allowing for their flow and balance.

Prana Is Well Known

But Greatly Misunderstood

Prana Isn't The Breath

But Prana is absorbed through the
air that we breathe.

Prana Is Not The Fundamental Component of Vata Dosha

But Marut Is The Raw Material For
Physical Expression of Vata Dosha.

Prana Is The Vibration Of Life

- Prana is the subtle vibration of the life force.
- Its components, Soma, Agni and Marut are the vibrations that give rise to the physical expression of our body.
- As physical expressions, Soma, Agni and Marut become the 3 Doshas.

The Complete Story

The Vibrational Pranic Level

The Physical Dosha Level

Pure
Consciousness

Marut

Agni

Soma

- Air
- Space

• Fire

• Water

• Earth

• Vata

• Pitta

• Kapha

• Ojas

2 Sources Of Prana

External and Internal

External Prana

- External Prana in the environment
- Lunar, Solar and Etheric Vibrations
- Enters the Body through the crown of the head (Adipati Marma)
- Flows throughout the body.

Internal Prana

- Shaka Vanisya Ayurveda says that we generate Prana from the light of our soul.
- It describes the soul as a Gem that sits in the Lotus Blossom of the heart.
- The Gem is surrounded by pure light (Sattva)
- The aura of the light (Prabha) generated by the gem is also Prana.

The Goal Of Shaka Vanisya Ayurveda

- The ultimate goal of Shaka Vanisya Ayurveda is to open the heart lotus so the light of the soul can connect with the mind.
- When the mind connects with the heart and soul, then the individual mind is connected to the universe.
- This is obviously a deeply spiritual goal, but it has its basis in a healthy body with balanced doshas, balanced tissues and open physical and vibrational channels.

Evaluating Pranic Balance

The Relationship Of Prana And pH

What Is pH?

- **pH** is a measure of the acidity of a solution, in terms of activity of hydrogen ions (H⁺), standing for potential of Hydrogen. *Wikipedia*
- **pH** - A measure of acidity and alkalinity of a solution that is a number on a scale on which a value of 7 represents neutrality, lower numbers indicate increasing acidity, and higher numbers indicate increasing alkalinity. Each unit of change represents a tenfold change in acidity or alkalinity and is the negative logarithm of the effective hydrogen-ion concentration or hydrogen-ion activity in gram equivalents per liter of the solution. *Wisconsin State Department Of Natural Resources*

Therefore...

- Neutral pH is 7.0 to 7.5
- Acidic pH is below 7.0
- Alkaline pH is above 7.5
- A change of 1 point represents a Tenfold change of acidity or alkalinity.

The Effects Of Acidic pH

- In most cases we find that patients have an overall acidic pH.
- Different areas of the body are designed for different pH.
- For example the stomach pH = 4. Very acidic and very necessary to *transform* solid food into a digestible liquid form.
- However, the small intestine pH = 6.4. This is about 250% less acidic than the stomach. This relatively alkaline environment is necessary for absorption of nutrition to *nourish* the physiology.

However, if an area of the body designed for alkaline pH becomes too acidic, then tissue destruction, inflammation and degeneration can occur.

The 3 components of Prana are:

1. Soma – nurturing, nourishing lunar energy.
2. Agni – transforming, hot solar energy.
3. Marut – the etheric space responsible for balancing Soma and Agni.

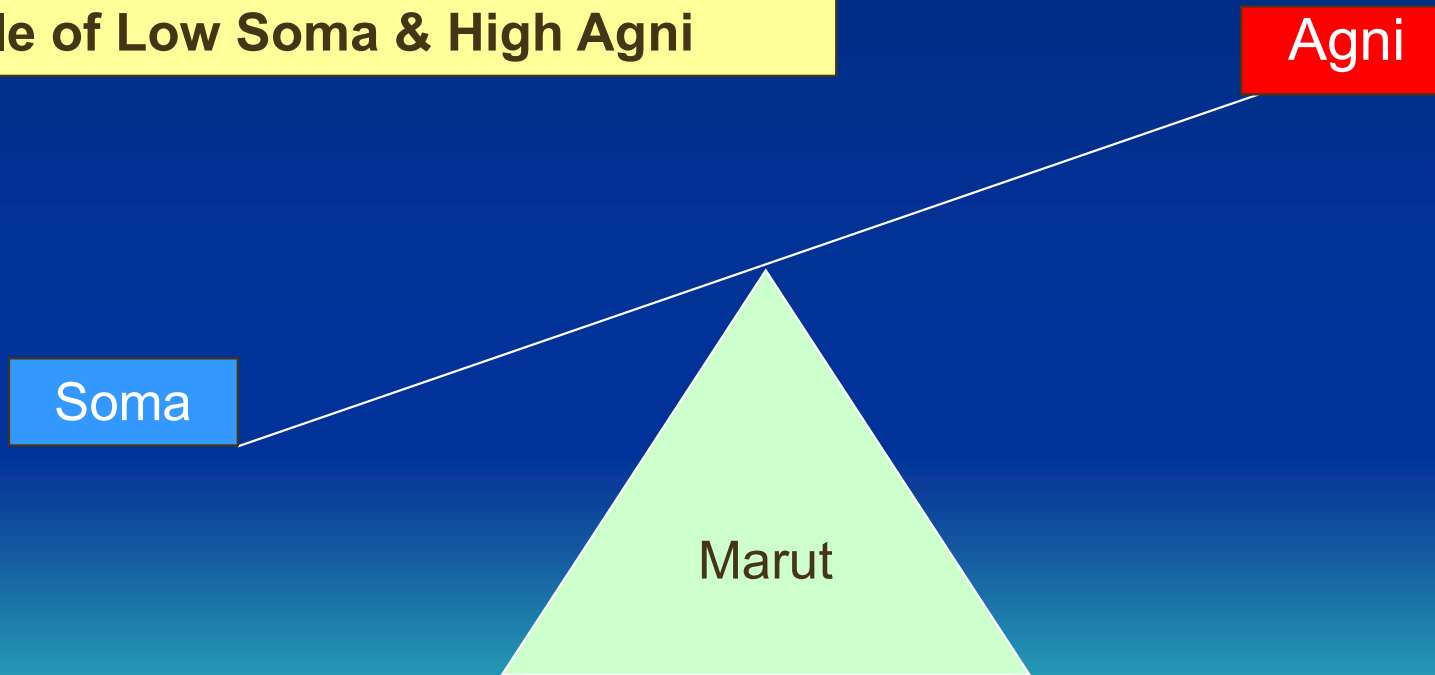
The Relationship Of Prana and pH

Pranic Term	Scientific Term
Soma	Alkalinity
Agni	Acidity
Marut	Neutral pH

Soma & Agni Are Inversely Proportional

Marut is the balancing factor between Soma and Agni

Example of Low Soma & High Agni



pH Indicates Relative Amounts of Soma and Agni

- Decreased Soma = Decreased pH
- Increase Agni = Decreased pH

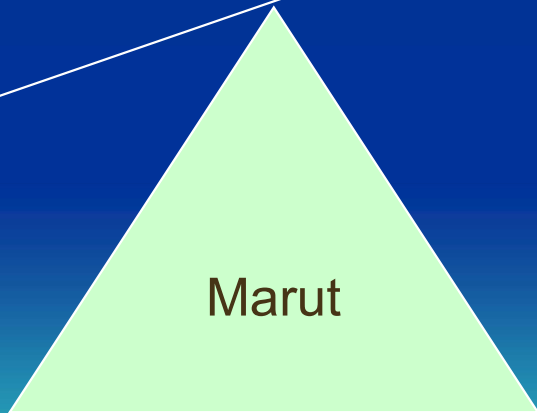
Low Soma & High Agni = pH below 7.0

Agni ↑ = pH ↓

Agni

Soma ↓ = pH ↓

Soma



Marut

Litmus Testing

- Checking our pH by a simple litmus test can indicate the relative amounts of Soma and Agni in our body.
- We recommend checking your pH every day first thing in the morning when the blood and saliva pH are most closely matched.

pH Understood By Ancient Ayurveda

- The Shaka Vanisya Ayurvedists understood this relationship between Soma/Agni and pH.
- They did their own litmus testing using leaves from plants that changed color in response to the acidity of the patient's saliva.

Some Effects Of Low Soma

Mild Acute Effects

- Inflammation
- Pain
- Swelling
- Irritability
- Anger
- Stress
- Anxiety
- Insomnia
- Poor digestion

Severe Chronic Effects

- Osteoporosis
- Cancer
- Arthritis
- Tissue Degeneration
- Immune Deficiency
- Auto Immune Disorders
- Fibromyalgia
- Multiple Sclerosis
- Atherosclerosis

Toxins

It's Not Just Ama

Shaka Vanisya Ayurveda Describe Different Kinds Of Toxins

1. Ama – cool, sticky and obstructing
2. Ama Visha – hot, acidic and reactive toxin
3. Garvisha – Exogenous toxins from pollutions, pesticides, heavy metals etc.
4. Indra Vajra Abinjaya Visha – Electromagnetic toxins from computers, TV, cell phones, power lines etc.

The last 3 toxins create acidity in the body and therefore burn up the delicate Soma

Toxin Specific Treatment

Each Toxin Requires A Different
Approach

Ama

- We have already discussed how warming the body and opening the channels is the treatment for Ama.
- This is well understood in the common Dosha Ayurvedic practice.
- However, the ancient Shaka Vanisya Ayurvedists also understood how to safely eliminate the other toxins as well.

Ama Visha

- Ama Visha results from Ama chemically reacting with the tissues to form an acidic substance.
- Ama Visha is hot and acidic.
- Ama Visha creates acidity in the blood pH.
- Elimination of Ama Visha requires preparation of the elimination channels. If the channels are acidic, dried and blocked, then introducing the acidic Ama Visha can damage the channels.

Note: Garvisha (exogenous toxins) and EMF toxins ultimately create Ama Visha.

Warning!

Improper Detoxification without:

- a) Evaluating the type of toxin (Ama or Others)
- b) Evaluating the pH
- c) Evaluating the condition of the detox channels

Can at the minimum create a “detox crisis” or at the maximum permanently damage the delicate physiological channels

When Is Panchakarma Inappropriate?

1. When any toxin other than Ama is present without proper preparation of the detox channels.
2. When constipation is present.
3. When the pH is below 6.5
4. When the patient is too weak to safely detoxify.

How Do We Prepare The Channels?

We increase the cooling
lubricating alkaline Soma energy.

How Do We Know When Soma Levels Are Good?

When pH is 6.5 to 7.5 and
remains there most of the time.

How Do We Increase Soma?

Increase Soma By:

- Somagenic Diet
- Somagenic Water
- Somagenic Behavior
- Increasing our capacity to receive and store Soma through Marma therapy.
- Good regular spiritual practice, i.e. prayer, meditation, Yoga, devotion to spouse, family and God.

You Don't Have To Remember All This Information

To Benefit From Shaka Vanisya
Ayurveda

Just Remember....

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Prana Is Life Energy

Soma is low when pH is low

Check pH daily to assess your Soma level

Generally speaking, we need Soma to

1. Balance the body
2. Buffer stress
3. Connect the heart and mind

All The Techniques To Accomplish This...

We will give you

Thank You

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