

Full name: XYZ

Age: 44

Lifestyle recommendations.

Seasonal and daily activities

People with Vata constitution should keep regular hours, lead slow calm way of life, especially in regards to meals and sleeping time. Some time should be allocated for after-lunch nap, body care and techniques of mind cleansing, harmonization. The body should receive enough rest and opportunities for relaxation (meditation, prayer, thinking). Ideally, life should be filled with stability and calmness.

Try to live in the present moment. Calm your mind with pranayama, deep breathing. Meditate, listen to relaxing music. Try not to overexert, intensive exercise should be avoided. You spend a lot of energy on “flights of thoughts” and imagination, that’s why you need to learn to take care of yourself and keep the energy. Inborn ability to “fly”, multiplied by the need of beauty and unconscious estheticism, forces you to live under the principle of moderatism, beauty and elegance.

Day regimen. All work activity, intensive exercise and important events should be planned for the first half of the day, after lunch activity should be decreased, a nap (no more than 30 minutes) is very good between 2pm and 4pm. It is ideal to go to bed at 10pm, before sleep perform regular breathing techniques and relaxation techniques. Going to bed early, you will have an opportunity to get enough sleep and have enough energy by the morning when sun wakes you up.

Diet. A full three-times meals are very good for your health. Try to avoid raw, dry, cold food, give preference to hot thick soups and dishes. Food has to be hot, oily, nourishing. First meal or early breakfast should be around 7am, around 12pm eat full meal, and about 6pm have light dinner.

Physical activity. Physical exercises should not be intensive, soft, moderate load exercises are good, fast pace leads to tiredness. Strength exercises should be performed slow, using weights. Energy should be maintained in stable state and should be used steadily. Yoga with a complex with breathing exercises, qigong, ushu, aikido, short swimming distances, bicycling, light running outside, golf, tennis, badminton, Thai chi are very good. A complex of yoga asanas with slow

breathing twice a day are also very healthy for you. Yoga asanas must include asanas for spine flexibility and mobility.

Body care. Courses of relaxing massage, abhyanga with constitutionally suitable essential oils are very recommended. Vegetable oils such as sesame seed oil, wheat germ oil, apricot oil should be used. Besides the fact that these oils nourish, moisten and rejuvenate dry skin, they bring harmonizing information at the cellular level and lead to balance. Oils allow keeping the warmth in muscles. Take a warm bath after the massage.

Ideal day regimen

Get up as soon as you wake up. Do some morning routines.

6:00-7:00am. Twice a week gently rub the body with dry massage brush. Use scrubs for peeling of keratinized cells. Take warm bath with aroma oils for bath. Massage your body with sesame seed oil or crème made out of natural ingredients. Breathe slowly and do some simple asanas.

7:00-8:00am. Breakfast, don't read newspaper or watch TV.

10:00am-12:00pm. This is the time of maximum productivity and activity, the main load of the day should be done at this time. Time of active professional activities, business meetings, socializing, going to conferences, performing tasks and solving organizational issues.

12:00-13:00pm. Lunch in a calm friendly atmosphere; eat slowly, enjoy every piece of the food, chew thoroughly and try not to participate in hot discussions at the table.

14:00-16:00pm. Time for rest and relaxation. Listen to the silence or meditative music, take a nap, do some simple yoga asanas for flexibility, meditate, concentrate on the important things, listen to harmony of sounds (breath of wind, tidal bore, leaves rustle).

16:00-16:30pm. Drink herbal tea and relax.

17:00-18:00pm. Make plans. Continue your work day.

18:00-19:00pm. Dinner (preferably light) with friends or family in calm atmosphere.

19:00-22:00pm. Go for a walk or do any other activity which helps you relax. Breathe deeply and slowly. Relax. Meditate. Before bed oil your body and take a warm bath.

22:00pm. Go to bed.

HARITAKI

Family:Combretaceae

Full name:**Terminalia chebula**

Methods of administration

Powder: 3-6 g a 24 hour for 2-3 intakes

Warnings:

Pregnancy, dehydration, emaciation and exhaustion.

ANGELICA (Tang Kuei)**Family:Umbelliferae**

Full name:**Angelica sinensis**

Methods of administration

Infusion: 1 tablespoon of ground rhizomes per 100 ml of cold boiled water, infuse 2 hours, filter. Then pour the rhizomes with 200 ml of boiling water, infuse for 1 hour in warm place, filter, mix both infusions. Take 100 ml 6 times a day in case of general weakness, laryngitis. bronchitis.

Warnings:

Hypertension, Pregnancy.

ASHWAGANDHA**Family:Solanaceae**

Full name:**Withania somnifera**

Methods of administration

Decoction: 1 tablespoon per 500 ml of milk. Boil on slow fire 30 min. Take 3 times a day 150 ml. Powder: 1 teaspoon (3g) 2-3 times a day. Wash down with warm milk.

Warnings:

Manifested stagnations. Pregnancy.

SHILAJIT**Family:**

Full name:

Methods of administration

Up to 1 g 3 times a day.

Warnings:

Fever

FO – TI**Family:Polygonaceae**

Full name:**Polygonum multiflorum**

Methods of administration

Decoction: 1) 4 tablespoons of ground fo-ti rhizome per 500 ml of boiling water, infuse for 30 min in the warm place, boil on slow fire 5 min, filter. Take 100 ml 2 times a day before meals for stomach and intestinal inflammations, dysentery, profuse menstruation and bloody flux. 2) 3 tablespoons of ground fo-ti rhizome per 100 ml of boiling water, boil on slow fire 15 min, filter. Use bleeding gums several times a day after meals for their strengthening, in case of inflammations and also for non-healing purulent wounds.

Warnings:

Weak digestion, strong stagnation or edema. Hypotension.

PIPPALI (Long pepper)**Family:Piperaceae**

Full name:**Piper longum**

Methods of administration

Powder: from 0,5 to 1g a 24 hour (1/6-1/3 of teaspoon) for 2 intakes

Warnings:

Inflammations. Pregnancy. Ulcer. Acute pancreatitis, nephritis.

GUGGUL

Family:Burseraceae

Full name:**Commiphora Mu kul**

Methods of administration

Powder: from 1/3 to 2/3 of teaspoon (1-2 g) for 3 intakes a day

Warnings:

Acute kidney infections, acute skin diseases. Pregnancy.

CHITRAK

Family:Plumbaginaceae

Full name:**Plumbago zeylonica**

Methods of administration

Powder: from 1/3 to 2/3 of teaspoon (1-2 g) 3 times a day or during meals.

Warnings:

Pregnancy, urethra infections, bleedings.

GURMAR

Family:Asclepiadaceae

Full name:**Gimnena sylvestre**

Methods of administration

Powder: 250 mg to 1g for 2-3 intakes a day

Warnings:

Idiosyncrasy. Pregnancy.

MANJISHTA

Family:Rubiaceae

Full name:**Rubia cordifolia**

Methods of administration

Decoction: 1 tablespoon per 500 ml of boiling water. boil on slow fire 30 min, filter. Take 150 ml 3 times a day . Powder: from 1/3 to 2/3 of teaspoon (1-2 g) for 3 intakes a day

Warnings:

Strong shivering. Pregnancy. Willebrand diseases.

ATIBALA

Family:Malvaceae

Full name:**Abutilon indicum**

Methods of administration

Powder: 1 teaspoon (3g) 3 times a day

Warnings:

Idiosyncrasy.

REHMANNIA

Family:Scrophulariaceae

Full name:**Rehmannia glutinosa**

Methods of administration

Powder: from 250 mg to 1 g 2-3 times a day . Decoction: from 5 to 10 g boil in 0,5 l of water on slow fire 30 min, take 150 ml 3 times a day before meals .

Warnings:

Weak digestion, strong stagnation or edema. Pancreatitis.

GUDUCHI

Family:Menispermaceae

Full name:**Tinospora cordifolia**

Methods of administration

Guduchi has been used for thousands of years in India but is only just beginning to be available in the West. It is commonly used for the following purposes: preventing colds and flu, reducing the side effects of chemotherapy drugs, immune system enhancement, chronic skin disorders such as psoriasis or eczema, anti-arthritis and anti-inflammatory, hepatitis & jaundice (helps protect the liver from exposure to toxins), gout and rheumatic disorders, amrit contains the bitter, pungent, and astringent tastes. Although it is traditionally used to remove accumulated Pitta dosha, guduchi is balancing for all the doshas. Use under registered Ayurvedic practitioner.

Warnings:

Pregnancy. Acute hepatitis. Hypoglycemia.

VIDANGA

Family:Myrsinaceae

Full name:**Embelia ribes**

Methods of administration

Powder: up to 1 g 3 times a day

Warnings:

Idiosyncrasy. Impotence.

PUNARNAVA

Family:Nyctaginaceae

Full name:**Boerhavia diffusa**

Methods of administration

Powder: 3-6 g a 24 hour for 2-3 intakes

Warnings:

Idiosyncrasy. Pregnancy. Hypertension.

BRAMI

Family:Scrophulariaceae

Full name:**Bacopa monniera, Herpestis monniera**

Methods of administration

Powder: 3-6 g a 24 hour for 2-3 intakes

Warnings:

Overdose can cause headaches or loss of consciousness

BHRINGARAJ

Family:Compositae

Full name:**Eclipta alba, etc.**

Methods of administration

Infusion: 1 teaspoon (3g) per 150 ml of boiling water, infuse 30 min. Take 3 times a day 150 ml. Decoction: 1 tablespoon per 500 ml of boiling water. Boil on slow fire 30 min. Take 3 times a day 150 ml. Powder: 1/3

teaspoon (1g) 3 times a day. Powder: 1/3 teaspoon (1g) 3 times a day.

Warnings:

Colds. Hyperestrogenism.

Herbal Therapy				
Ideal		Suitable		Not recommended
HARITAKI	142.19	SHILAJIT	187.96	NEEM
ANGELICA (Tang Kuei)	138.86	FO – TI	151.90	TRIVRUT
ASHWAGANDHA	137.96	PIPPALI (Long pepper)	144.62	MUSTA (Nutgrass)
		GUGGUL	142.96	KANCHANAR
		CHITRAK	131.29	ASHOKA
		GURMAR	123.86	VASA
		MANJISHTA	123.86	KATUKA
		ATIBALA	120.24	Arjuna
		REHMANNIA	120.24	LODHRA
		GUDUCHI	117.19	KUTAJ
		VIDANGA	112.96	
		PUNARNAVA	112.19	
		BRAMI	110.52	
		BHRINGARAJ	105.52	
		PHYLLANTUS	105.52	
		SCHANKA PUSHPI	105.52	
		SHATAVARI	100.24	
		AJWAN	92.96	
		ASAFOETIDA	92.96	
		JATAMAMSI	92.19	
		GARCINIA	87.19	
		WILD YAM	87.19	
		BALA	81.90	
		WHITE MUSALI	81.90	
		BAKUCHI	81.29	
		GOKSHURA	80.52	
		SALLAKI	80.52	
		BIBHITAKI	78.86	
		VAMSHA ROCHANA	76.90	
		KAPIKACCHU	73.86	
		SARPAGANDHA	73.86	
		BAEL (root, fruit)	62.19	
		AMLA OR AMALAKI	60.52	
		LOTUS	30.52	

Lemon

Family:Rutaceae

Full name:**Citrus limonum**

Methods of administration

Oil warmer: 5-8 drops per 15 sq.m. Hot inhalations: 1-3 drops per 0,5 l of hot water. Baths: 7-8 drops, dissolve in emulsifier. Massage: 7-8 drops per 30 g of transport oil. Enrichment of cosmetic products: 5 drops per 15 g of the base.

Warnings:

Photosensitization is possible, do not apply to the skin less than 60 minutes prior to sun exposure. Check for individual intolerance.

Lime

Family:Rutaceae

Full name:**Citrus acida**

Methods of administration

Oil warmer: 4-6 drops per 15sq.m. Baths: 7-8 drops. Massage: 7-8 drops per 30 g of transport oil. Warm compresses: 5-6 drops. Enrichment of cosmetic products: 1-2 drops per 10g of the base. Aromatic medallion: 3-4 drops.

Warnings:

Photosensitization is possible, do not apply to the skin less than 60 minutes prior to sun exposure. Check for individual intolerance.

Valerian

Family:Valerianaceae

Full name:**Valeriana officinalis**

Methods of administration

Oil warmer: 4-5 drops per 15-20 sq. meters to remove fear and anxiety. Baths: 5-6 drops, dissolve in emulsifier. Massage: 5-7 drops per 15 g of transport oil. Rubbing: 5-7 drops per 10 g of transport oil. Enrichment of cosmetic products: 3-4 drops per 15 g of base oil.

Warnings:

Prolonged use can cause drowsiness and oppression of general condition. Do not use for more than 2 months! Use only in small doses!

Marmelade orange

Family:Rutaceae

Full name:**Citrus bigaradia**

Methods of administration

Oil warmer: 5-6 drops per 15 sq.m. Inhalations: 3-5 drops, duration of the procedure is 7 minutes. Baths: 7-8 drops, dissolve in emulsifier. Massage: 5-6 drops per 15 g of transport oil. Warm compresses: 5-7 drops. Enrichment of cosmetic products: 1-2 drops per 5 g of the base. Aromatic medallion: 2-3 drops.

Warnings:

Photosensitization is possible, do not apply to the skin less than 60 minutes prior to sun exposure. Check for individual intolerance. Pregnancy.

Poon tree

Family:Lauraceae

Full name:**Aniba roseodora**

Methods of administration

Oil warmer: 4-5 drops per 15 sq.m. Baths: 5-7 drops, dissolve in emulsifier. Enrichment of cosmetic products: 1-2 drops per 15 g of the base. Massage: 4-5 drops per 10g of transport oil. Compresses, lotions:

10 drops per 200g of water.

Warnings:

Check for individual intolerance. Individual intolerance, children younger than 6 years old. Pregnancy. Only for external use.

Italian cypress

Family:Cupressaceae

Full name:**Cupressus sempervirens**

Methods of administration

Oil warmer: 5-7 drops per 15 sq.m. Hot inhalations: 3-4 drops per 0,5ml of hot water. Baths: 7-8 drops; baths for feet (up to 10 drops). Massage: 7-8 drops per 30 g of transport oil. Enrichment of cosmetic products: 1-2 drops per 10g of the base. Microclysters: 2-3 drops per 30g of wheat germ oil, macadamia, jojoba. Aromatic medallion: 2-3 drops.

Warnings:

Do not use during pregnancy and after heart attack. In case of high blood coagulability, do not use longer than 21 days. Check for individual intolerance. Do not apply directly to skin, dilute before using. Oncology.

Juniper

Family:Cupressaceae

Full name:**Juniperus communis**

Methods of administration

Oil warmer: 5 drops per 15 sq.m. Baths: 7-8 drops, dissolve in emulsifier. Massage: 7-8 drops per 30g of transport oil. Compresses: 5-7 drops. Hot inhalations: 1-3 drops per 0,5l of hot water, duration of the procedure is 4-7 minutes. Enrichment of cosmetic products: 1-2 drops per 10 g of the base. Aromatic medallion: 1-3 drops.

Warnings:

Do not use in case of acute kidneys inflammation (pielo-, glomerulonephritis). Apply with caution in case of hypertension of high stages. Do not use in pregnant women and children younger than 12 years old. It is undesirable to use continuously for more than two - three weeks. Check for individual intolerance.

Marjoram

Family:Labiatae

Full name:**Origanum marjorana**

Methods of administration

Oil warmer: 4-5 drops per 15 sq.m. Hot inhalations: 1-2 drops, duration of the procedure is 4-5 minutes. Cold inhalations: duration is 5-7 minutes. Baths: 6-7 drops, dissolve in emulsifier. Massage: 7-8 drops per 30g of transport oil. Rubbing: 3-4 drops per 10g of the base. Compresses: 3-5 drops per 0,5ml of hot water.

Warnings:

Check for individual intolerance. Pregnancy, children younger than 5 years old. Big doses may cause toxic effect on nervous system.

Cajeput

Family:Myrtaceae

Full name:**Melaleuca Leuadendron**

Methods of administration

Oil warmer: 5-7 drops per 15 sq.m. Inhalations: 2-3 drops per 0,5 ml of hot water. Massage: 7-8 drops per 30 g of transport oil. Baths: 7-8 drops, dissolve in emulsifier. Warm compresses: 7 drops. Ear tamponade in ear pain: put 3-4 drops of cajeput essential oil on a sponge moistened with transport oil and place in ear hole. In toothache: put 1-2 drops of oil on a wet sponge and apply to the painful tooth.

Warnings:

Strong oil, use with caution. Use in a diluted form. Do not use internally. Pregnancy.

Oregano

Family:Labiatae

Full name:**Origanum vulgare**

Methods of administration

Hot inhalations: 1-2 drops per 1 l of water, duration of procedure is 3-5 minutes. Baths: 4-5 drops. Massage: 5-6 drops per 30g of transport oil. Warm compresses: 3-4 drops. Enrichment of cosmetic products: 2-3 drops per 15g of the base.

Warnings:

Strong oil. Do not use internally. Pregnancy. High acidity of gastric juice. Hypertension, ischemic heart disease, epilepsy. When using this oil for weight loss, control appetite as it doesn't decrease it. Check for individual intolerance as it may cause irritation of mucous membranes. Do not use for a prolonged period of time.

Calamus

Family:Araceae

Full name:**Acorus calamus**

Methods of administration

Exteriorly in compresses or in massage oil (6-8 drops on 10 g of oil). Enrichment of cosmetic: 3 drops on 15 g of base.

Warnings:

Toxic. Not recommended for internal use. May cause bleedings, including nasal and hemorrhoidal. Depression. High Pitta. Pregnancy.

Neroli

Family:Rutaceae

Full name:**Citrus bigaradia**

Methods of administration

Baths: 3-5 drops. Massage: 3-4 drops per 50 g of transport oil. Enrichment of cosmetic products: 1-2 drops per 30g of the base. Compresses, applications: 3-4 drops per 50g of the base. Aromatic medallion: 1 drop.

Warnings:

Check for individual intolerance.

Deodar

Family:Pinaceae

Full name:**Cedrus deodara**

Methods of administration

Oil warmer: 4-6 drops per 15-20 sq.m. Baths: 4-5 drops, mix with emulsifier (sea salt, milk) and add to the bath. Massage: 6 drops per 30 g of the base. Inhalations: 1-2 drops. Rinsing of mouth and nasal cavity: 1-2 drops per 1 glass of boiled hot water. In rash and eczema: 8 drops of the oil per 30g of wheat germ oil. Apply to affected areas 3 times a day.

Warnings:

Do not use in children, pregnant women, in case of allergic reactions.

Rosemary

Family:Labiatae

Full name:**Rosmarinus officinalis**

Methods of administration

Oil warmer: 3-5 drops per 15 sq.m. Baths: 5-6 drops, dissolve in emulsifier. Massage: 4-5 drops per 10 g of transport oil. Rubbing: 7 drops per 10 g of transport oil. Warm compresses: 3 drops, duration of the

procedure is no more than 30 minutes. Aromatic medallion: 1-2 drops.

Warnings:

Do not use in case of epilepsy. People suffering from hypertension should be careful with using this oil as it may increase blood pressure. Do not use during pregnancy and in children. Be careful if there is tendency to frequent cramps. Do not apply to sensitive and dry areas of the skin. Photosensitization is possible, do not apply to the skin less than 60 minutes prior to sun exposure. Check for individual intolerance.

Sage

Family: Labiatae

Full name: **Salvia officinalis**

Methods of administration

Oil warmer: 3-5 drops per 15 sq.m. Baths: 1-2 drops. Saunas: 4-5 drops per 15 sq.m. Massage: 5-6 drops per 30g of transport oil. Hot inhalations: 1-2 drops per 0,5l of hot water. Gargles: dissolve 3-4 drops with 1/2 teaspoon of soda or honey in 200 g of warm water. Enrichment of cosmetic products: 3-4 drops per 15 g of the base. Aromatic medallion: 1-2 drops.

Warnings:

Do not use during pregnancy and lactation. Epilepsy. Use with caution in case of hypertension of high levels. Do not use internally during high emotional excitement and sleep disturbance! Check for individual intolerance.

Nutmeg

Family: Myristicaceae

Full name: **Myristica fragrans**

Methods of administration

Oil warmer: 3-5 drops per 15 sq.m., do not use for more than 4 hours. Massage: 7-8 drops per 30g of the base. Rubbing: 2-3 drops per 15 g of avocado oil. Baths: 2-3 drops, dissolve in emulsifier. Enrichment of cosmetic products: 2 drops per 15 g of the base.

Warnings:

Do not use in case of high nervous irritability, pregnancy, in children younger than 12 years old, as well as in case of epilepsy and manic depressive psychosis. Do not apply to sensitive skin in high concentration. Do not use continuously for more than 4 hours a day (to avoid euphoria). Use with caution following the necessary dosages. Check for individual intolerance. It is poisonous in big doses.

Pine

Family: Pinaceae, coniferae

Full name: **Pinus sylvestris**

Methods of administration

Oil warmer: 4-5 drops per 15 sq.m. Hot inhalations: 2-3 drops. Rubbing: 3-4 drops per 5g of transport oil. Saunas: 5-7 drops per 1 l of water - diffuse in the air. Aromatic medallion: 2-3 drops.

Warnings:

Never use on an empty stomach. Do not use continuously for more than 7 days. Do not use more than 2 drops a day. Do not use internally in case of gastritis and peptic ulcer. Check for individual intolerance. May irritate skin. Pregnancy.

Tangerine

Family: Rutaceae

Full name: **Citrus reticulata deliciosa**

Methods of administration

Oil warmer: 5-7 drops per 15 sq.m. Massage: 4-5 drops per 30 g of the base. Baths: 3-6 drops, dissolve in emulsifier. Enrichment of cosmetic products: 1-2 drops per 15 ml of the cosmetic product (shampoo, cream, balm, body lotion). Can be used by pregnant women and children.

Warnings:

May show toxic properties under the influence of sun rays.

Ilang-Ilang**Family: Annonaceae**

Full name: **Cananga odorate**

Methods of administration

Oil warmer: 4-5 drops per 15 sq.m to remove nervousness, worry, stress. Baths: 7-8 drops, dissolve in emulsifier. Massage: 7-8 drops per 30 g of transport oil. Enrichment of cosmetic products: 1-2 drops per 10 g of base. Aromatic medallion: 2-3 drops.

Warnings:

May cause nausea if used in large doses. Do not use for prolonged time. Do not use in pregnant women, children younger than 10-12 years old, people with allergies and low blood pressure.

Aroma Therapy				
Ideal		Suitable		Not recommended
Lemon	139.62	Juniper	145.52	Chamomile
Lime	113.86	Marjoram	137.96	Lavender
Valerian	101.29	Cajeput	126.29	Cloves
Marmelade orange	88.86	Oregano	119.62	Peppermint
Poon tree	82.19	Calamus	117.96	Sandalwood
Italian cypress	80.52	Neroli	115.24	Vetiverian
Angelica	62.19	Deodar	113.86	Yarrow
Fennel	62.19	Rosemary	112.96	St.John's wort
		Sage	112.96	Grapefruit
		Nutmeg	107.19	Birch
		Pine	106.29	Red cedar
		Tangerine	105.52	Cranesbill
		Ilang-Ilang	101.90	Vervain
		Basil	99.62	Nayoli
		Ginger	99.62	
		Jatamamsi	92.19	
		Turmeric	92.19	
		Parsley	88.86	
		Bay leaves	87.96	
		Black pepper	87.96	
		Eucalyptus	87.19	
		Myrrh	87.19	
		Caraway	81.29	
		Thyme	81.29	
		Vanilla	76.90	
		Cinnamon	75.52	

	Anise	74.62	
	Camphor	73.86	
	Cardamom	73.86	
	Cumin	73.86	
	Citronella	68.86	
	Bergamot	62.96	
	Orange peel	62.19	
	Storax	62.19	
	Violet	62.19	
	Brami	60.52	
	Hyssop	56.29	
	Dill	55.52	
	Fir	55.52	
	Geranium grass	55.52	
	Jasmine flowers	55.52	
	Lemon Balm	55.52	
	Mandarin	55.52	
	Lemongrass	48.86	
	Patchouli	43.86	
	Coriander	40.52	
	Myrtus	37.19	
	Rose flowers	35.52	
	Frankincense	30.52	
	Lotus	30.52	
	Tea tree	30.52	
	Wintergreen	30.52	

Pomegranate

Methods of administration

Adults and children weighing more than 30 kg: One to two capsules before meals, twice a day.

Children weighing between 20 and 30 kg: 1 capsule.

Not recommended for children weighing less than 20 kg

Warnings:

Not known

Guggulu

Methods of administration

Adults and children weighing more than 30 kg: 2 capsules three times a day before meals. Children weighing between 10 and 30 kg: 3 capsules a day. Not recommended for children weighing less than 10 kg

Warnings:

Do not use during pregnancy or when nursing. Acute hepatitis. Acute nephritis. Acute skin diseases

Ashwagandha

Methods of administration

Adults and children weighing more than 30 kg: 2 tablets twice daily

Children 10-20 kg: 1 tablet once a day

Children 20-30 kg: 3 tablets a day

Not recommended for children weighing less than 10 kilograms.

Warnings:

Hyperthyroidism, high level of Pitta, ama. Pregnancy.

Lifepower**Methods of administration**

Adults and children weighing more than 30 kg: 1 tablet twice a day

Children 10-30 kg: 1 tablet a day

Not recommended for children weighing less than 10 kilograms.

Warnings:

Not known

Mucuna**Methods of administration**

Adults and children weighing more than 30 kg: Two capsules twice a day

Children weighing between 20 and 30 kg: Three capsules a day

Children weighing between 10 and 20 kg: One capsule a day. Not recommended for children weighing less than 10 kg.

Warnings:

during pregnancy or nursing, consult doctor before use.

Nodex**Methods of administration**

Adults and children weighing more than 30 kg: 1 tablet twice a day.

Children 10-30 kg: 1 tablet a day.

Not recommended for children weighing less than 10 kg.

Warnings:

Not known

Haritaki**Methods of administration**

Adults and children weighing more than 30 kg: 2 tablets twice daily

Children 10-20 kg: 1 tablet once a day

Children 20-30 kg: 3 tablets a day

Not recommended for children weighing less than 10 kg.

Warnings:

Possible side effects: irritation, fever, thirst.

Do not use during pregnancy or in cases of severe exhaustion.

Rasnadi guggul**Methods of administration**

Adults and children weighing more than 30 kg: 2 tablets twice daily

Children 10-20 kg: 1 tablet once a day

Children 20-30 kg: 2 tablets a day

Not recommended for children weighing less than 10 kg.

Warnings:

Not known

Shilajit

Methods of administration

Adults: One capsules twice a day

Not recommended for children.

Warnings:

Not for use by people with uric acid diathesis or fevers. Avoid use during pregnancy.

Bilva

Methods of administration

Adults and children weighing more than 30 kg: 2 tablets twice a day

Children weighing 10-20 kg 1 tablet a day

Children weighing 20-30 kg 2 tablets a day

Not recommended for children weighing under 10 kg

Warnings:

Pregnancy. Acute fever. Estrogen-dependent diseases.

Praval Pisthi

Methods of administration

One pinch twice a day.

Not recommended for children.

Warnings:

Not known

Guduchi

Methods of administration

Adults and children weighing more than 30 kg: 2 tablets twice daily

Children 10-20 kg: 1 tablet once a day

Children 20-30 kg: 3 tablets a day

Not recommended for children weighing less than 10 kg.

Warnings:

Pregnancy. Acute hepatitis. Hypoglycemia.

Shallak

Methods of administration

Adults and children weighing more than 35 kg: 1 capsule 3 times a day

Children weighing between 25 and 35 kg: 2 capsules a day

Children weighing between 10 and 25 kg: 1 capsule a day. Not recommended for children weighing less than 10 kg

Warnings:

Pregnancy.

OPC Draksha

Methods of administration

Adults: One capsule with warm water, twice a day.

Not recommended for children.

Warnings:

If pregnant, only use on advice and under supervision of your doctor or specialist. This product should not

be used during surgical procedures due to its blood-thinning properties.

Arjuna OPC

Methods of administration

1 capsule 2 times a day, drink with warm water

Warnings:

Do not use during pregnancy or while nursing (lactation). Constipation.

Chandraprabha

Methods of administration

Adults and children weighing more than 30 KG: Two tablets twice a day

Children weighing between 10 and 30 KG: Two tablets a day.

Not recommended for children weighing less than 10 KG

Warnings:

Not known

Virilex

Methods of administration

one capsule three times a day

Not recommended for children.

Warnings:

High Pitta

Amalaki

Methods of administration

Adults and children weighing more than 30 kg: 1-2 capsules twice a day

Children 10-20 kg: 1 capsule a day

Children 20-30 kg: 3 capsules a day

Not recommended for children weighing less than 10 kilograms.

Warnings:

Diarrhea, dysentery

Supplements "VedaHerbs"				
Ideal		Suitable		Not recommended
Pomegranate	150.52	Shilajit	161.43	Coolmoon
Guggulu	137.96	Bilva	144.62	Karela
Ashwagandha	112.96	Praval Pisthi	133.57	Arjuna
Lifepower	112.52	Guduchi	130.52	Ayu 96
Mucuna	107.19	Shallak	130.66	Jamun
Nodex	101.19	OPC Draksha	125.52	Vasaka
Haritaki	98.86	Arjuna OPC	120.66	Nimba
Rasnadi guggul	95.19	Chandraprabha	113.52	
Tulsi	94.62	Virilex	113.86	
Energie	91.52	Amalaki	110.52	
Sereherb	88.86	Gokshura	105.52	

Nervitone	87.52	Shatavari	100.24
Caput sane	86.19	Salacia oblonga	98.99
Sitopaladi poewder	82.19	Sangistop	98.99
AntiFlatula	80.52	Redupitta	96.52
Gassex	80.52	Uterpro	96.52
MemoHerb	76.19	Yashtimadhu	95.24
Ginger	74.62	Osteoplus	94.52
Digestforte	70.19	Spondylforte	90.86
Bowelclear	44.52	Geripower	89.19
		MenoFem	88.52
		Curcumine extract	87.19
		Exdema	83.86
		Performax	83.86
		Vatno	83.86
		Herbadigest	83.19
		Rheucare	82.52
		Sinex	81.19
		Meshashringi	80.52
		Leanex	78.19
		Brahmi	73.86
		Gluconorm	72.19
		Virgirl	72.19
		Breathfree	71.52
		Amex	70.86
		Mindplus	70.19
		Reunil	68.86
		Trikatu	68.86
		Ovipro	68.19
		Fatburn	67.52
		Mango	67.19
		Virechen	67.52
		Insunorm	65.99
		Depressil	64.19
		Uristop	64.19
		Calmcare	62.86
		Sucor	62.86
		Energex	62.19
		Acicalm	60.86
		Triphala Plus	60.19
		Shukraplus	58.86

		Jointplus	56.86	
		Green tea extract	55.52	
		Kaishore guggul	55.52	
		Purgisherb	53.52	
		Poweryouth	52.86	
		Febrifuge	47.86	
		Tridoshar	48.19	
		Toxifree	45.19	
		Renex	44.52	
		Aurifree	40.52	
		Mucorex	40.52	
		Softskin	40.52	
		Sangicalm	39.19	
		Detoxplus	38.52	
		Pilex	38.52	
		Skinclear	37.86	
		Triphala	37.52	
		Vatalom	37.19	
		Dermacare	35.66	
		Throatclear	34.52	
		Uriplus	34.52	
		Uritone	34.52	
		Histanil	31.19	

Your personal (constitutional) diet

Ideal	Suitable	Not recommended
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Fruits

Lemon	139.62	Sweet grapes	115.24	Unripe bananas
Sour grapes	139.62	Watermelon	115.24	Persimmon
Peach	127.96	Raisins	115.24	Cranberries
Plum	122.67	Avocado	101.90	Pears
Riped bananas	122.67	Kiwi fruit	84.34	Apples
Orange	114.62	Sweet berries	76.90	Grape-fruit
Tamarind	114.62	Sour berries	76.29	
Pomegranate (sour)	107.96	Melons	63.57	
Pineapple	88.86	Apricots	62.96	
Pomegranate (sweet)	75.52	Prunes	56.90	
Cherry	63.86	Papaya	56.90	

		Figs	51.90	
		Lime	43.86	
		Mango	35.52	
		Dates	25.24	

Vegetables

Raw onion	89.62	Asparagus	83.57	Dandelion (leaves)
Carrot	88.86	Pumpkin	83.57	Peas
Tomatos	57.19	Zucchini	82.19	Artichoke
		Mustard (leaves)	81.29	Kohlrabi
		Cucumbers	76.90	Celery
		Radish	75.52	Spinach
		Potatoes	73.86	Rhubarb
		Parsnip	70.24	Lettuce
		Rutabaga	70.24	Eggplants
		Batatas (sweet potatoes)	63.57	Coriander (leaves)
		Chile	62.96	Cabbage
		Courgette	62.19	Cauliflower
		Mushrooms	62.19	Jerusalem artichoke
		Leek	55.52	Broccoli
		Okra	48.86	Turnip
		Beetroot	42.19	Brussels Sprouts
		Olives (black)	38.57	
		Bulgarian pepper	37.19	
		Cooked onion	30.52	

Crops

Quinoa, saltbush	101.29	Corn	80.52	Rye
		Pasta	76.90	Oat bran
		Millet	55.52	
		Basmati rice	51.90	
		Barley	48.86	
		White rice	38.57	
		Wheat	38.57	
		Wheat flour	37.19	
		Buckwheat	30.52	
		Cooked oats	25.24	

		Brown rice	3.86	
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Legumes

Soy sauce	108.86	Soy milk	82.19	Red lentils
Soy "meat"	95.52	Tofu	62.19	Soybeans
Soy cheese	88.86	Mung bean (mung dal)	62.19	Brown lentils
		Nut (Turkish peas)	62.19	Peas
				Beans

Dairy Products

Sour cream	57.19	Butter	95.52	
		Goat milk	57.19	
		Buttermilk	45.24	
		Yogurt	38.57	
		Hard-pressed cheese	30.52	
		Soft-ripened cheese	30.52	
		Cow milk	25.24	
		Boiled butter	22.19	

Nuts

		Almonds	121.01	
		Walnuts	96.01	
		Cashews	51.90	
		Hickory	48.86	
		Peanuts	38.57	
		Coconut	38.57	
		Filbert	35.52	
		Pistachios	23.86	
		Pine nuts	10.52	

Seeds

Sesame	116.01	Pumpkin seeds	68.86	
		Sunflower	43.86	

Oils

		Avokado oil	88.57	Soy oil
		Corn oil	73.86	Canola oil
		Mustard oil	62.96	
		Almond oil	53.86	
		Safflower oil	43.86	
		Coconut oil	38.57	
		Sesame oil	35.52	
		Olive oil	25.24	
		Sunflower oil	23.86	
		Castor oil	17.19	
		Peanut oil	10.52	

Spices

Rosehip	122.67	Fenugreek	101.29	Cloves
Garlic	69.62	Parsley	88.86	Vanilla
Ginger	37.19	Black Pepper	87.96	Peppermint
Fennel	37.19	Green pepper	87.96	Chicory
		Basil	74.62	Sorrel
		Mace	69.62	
		Adzhvan	67.96	
		Rosemary	62.96	
		Laurel leaf	62.96	
		Red Pepper	62.96	
		Estragon	62.96	
		Anise	62.96	
		Nutmeg	57.19	
		Marjoram	56.29	
		Careaway	56.29	
		Mustard	56.29	
		Saffron	55.52	
		Sugar	51.90	
		Cinnamon	50.52	
		Cubeb Pepper	48.86	
		Asafetida	42.96	
		Poppy seed	38.57	
		Thyme	36.29	

		Rose leaves	35.52	
		Dill	30.52	
		Cardamom	23.86	
		Kumin (Stipa)	23.86	
		Turmeric	17.19	
		Coriander	15.52	

Animal source foods (for non vegetarians)

Shrimp	102.19	Yolk	104.34	Chicken (white)
		Pork	104.34	White meat (turkey)
		Duck's flesh	97.67	Venison
		Dark meat (turkey)	85.24	
		Eggs	85.24	
		Chicken(dark)	85.24	
		Mutton	75.52	
		Fish (salmon) sea fish	63.86	
		Sea fish	63.86	
		Glair	63.86	
		Freshwater fish	63.86	
		Beef	63.86	
		Rabbit meat	57.19	

Utkatasana (power chair pose)

Moving into the pose

1. Stand in Tadasana. As you inhale stretch your arms out to your sides and over your head so that your ears are touching the insides of your upper arms.
2. Exhale and bend your knees, squatting down until your thighs are parallel with the floor (as if sitting on a chair).
3. Keep your chest as vertical as possible and your lower spine in neutral. Sit back and down as much as possible keeping your heels on the floor.

Holding the pose

With each inhalation focus on stability and adjustment. With each exhalation strengthen and extend. Hold the pose for 10-30 seconds.

Completing the pose

On an exhalation, lower your arms and straighten your legs returning to Mountain Pose.

Important actions

- Keep the chest open

- The back is as vertical as possible
- Shoulders are down from the ears
- Upper arms move back behind the ears

Personal recommendation

Long holding; breathing is long and smooth; focus of consciousness on holding still in the pose.

General precautions

This pose can help to strengthen weak knees, but firstly do it gently, without strain.

Preparation for Sirsasana (preparation for headstand)

Moving into the pose

1. With your hands and knees on a mat place your forearms on the floor. Interlock your fingers and make an equilateral triangle from your elbows to your interlocked fingers. Move the muscles in your lower arm toward the inside of the triangle so you rest securely on the bones. The elbows are under the shoulder joints—not wider. It is important to keep the wrists vertical and pinned to the floor. The weight is evenly distributed between the wrists and the forearms (no white knuckles—use the wrists). The shoulders must always lift up and away from the floor.

2. Push the forearms against the floor and straighten the legs, lifting the hips upward. Stay up on the toes and continue pushing away from the floor lengthening your torso until your arms, shoulders, and torso are a straight line.

3. Hold the length in your torso as you tiptoe your straight legs in toward your hands. Be sure your torso stays straight. Tiptoe in until your back is vertical. Breathe. Keep the head off the floor by constantly lifting the shoulders.

Do not push your head into the floor, constantly raising the shoulders!

Holding the pose

1. Hold the shoulders and torso up as you lengthen the neck just enough to touch the top of the head to the floor for one second.

2. Exhale as you lift the head and shoulders up away from the floor. Extend the spine up from shoulders to tailbone.

3. Repeat #1 and #2 steps to build strength and experience in the shoulders and arms. Never put any weight on the head.

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Completing the pose

Hold the shoulders up as you tiptoe the feet slowly back out to where you started. Bend the knees and sit back on the heels in Child's Pose to rest

Modifications

The upper arms can be belted to hold the position, but this should not become a habit.

Important actions

- Lengthen the torso

- Lift the sitting bones to ceiling
- Chest remains open
- Legs as straight as possible
- Head stays up off floor
- Keep lifting the shoulders up

Personal recommendation

That's a great pose for reducing excess of Vata. Moderate holds; soft or Ujjayi breathing; focus of consciousness on strong holds and stability; keep the torso, shoulders up;

General precautions

Not good for high blood pressure, epilepsy, heart problems or glaucoma. Not suitable for people after craniocerebral trauma.

Chaturanga Dandasana (plank pose - sun salutation position №6)

Moving into the pose

Begin by lying face down on the floor. Inhale and bring the hands under the shoulders near the armpits. Spread the fingers and press the palms on the floor. Keep the elbows close to the body. Exhale, turn the toes under and straighten the arms pushing the body evenly up. Move the abdomen into the body to lift the torso.

Holding the pose

Inhale. Exhale straightening the body from head to feet. Press through the arms, bring the shoulders back and open the chest. Hold for 20-40 seconds to begin. Rest in Child's Pose.

Important actions

- Feet, legs, torso, head in straight line
- Arms straight and strong
- Chest open
- Low spine in Neutral position

Personal recommendation

Long holds, soft smooth breathing or Ujjayi; focus of consciousness on a fixed and tight holding; straining and pulling of arms, legs, torso.

Dandasana (staff pose)

Moving into the pose

Sit with the legs stretched out straight in front of you. Pull the flesh of the buttocks back behind and away from each sitting bone. Press out through the heels as you pull the balls of the feet toward you (it's ok if the

heels lift off the floor). Keep the torso extending upward, straight and tall.

Holding the pose

1. Inhale, lengthen the legs and press the knees to the floor. Review the foundation points.
2. With each exhalation, hold the tailbone down as you draw the spine up (all the way through the top of the head). Work with Important actions. Hold the pose for 15-30 seconds to begin.

Modifications

Sit with the entire back on the wall to learn the spine's position. Practice Wall Push to learn movement and technique. The movements of the legs and back are the same as the Wall Push. If your back is rounded, sit on blankets or a small cushion to straighten your spine.

Important actions

- Sit directly on sitting bones
- Lift the spine (inner torso) upward
- Extend through lower legs and heels
- Lengthen back of the neck
- Shoulders roll back and down

Personal recommendation

Long holds with repetitions; smooth soft breath or Ujjayi; focus of consciousness on alignment and breath; stretch your legs and spine.

General precautions

If the hamstring muscles are tight, sit on a blanket to lift the buttocks and support the knees. In that case do not press the knees down.

Urdhva Prasarita Padasasana (upward extended feet pose)

Moving into the pose

Lie on the back, straighten and stretch the legs, and reach the arms over the head. Lengthen the body. Press the lower back toward the floor (Neutral Spine) and use the abdominal muscles throughout the entire pose.

Holding the pose

1. With each inhalation, strengthen and lengthen the legs, extending out through the heels. Exhale, raising the straight legs to 90 degrees. Breathe and hold for 20-30 seconds. Exhale lowering the legs back down to the floor. Do not let the lower back lift as you bring the legs down.
2. As you exhale, hold the lower back to the floor and raise straight legs to 30 degrees. Hold 5-15 seconds.
3. As you inhale, raise the legs to 60 degrees. Hold 5-15 seconds.
4. As you exhale, raise the legs to 90 degrees and hold 5-15 seconds.
5. On an exhale, lower the legs back to the floor. Relax.

Modifications

If you cannot keep the low back down while raising or lowering the legs, begin by lifting only one leg at a time. Try just raising and lowering the legs without stopping or holding.

Important actions

- Extend the legs out through the heels
- Hold the chin in
- Hold the abdominal muscles in

Personal recommendation

Medium or long holds, soft smooth breathing or Ujjayi; focus of consciousness on stillness and breathing; strain the abdominal muscles, stretch the legs.

General precautions

Do not let the back lift up. If there is existing back pain do not practice until you have consulted a physician.

Adho Mukha Svanasana (downward facing dog)

Moving into the pose

1. From Cat Stretch, the knees are under the hip joints, feet hip-distance apart, toes turned under. Hands are under the outside of the shoulders. Move the hands one hand-length forward (fingers spread wide apart). Keeping the arms straight, inhale and drop the chest toward the floor as in Cat Pose.
2. As you exhale, come onto the pads of the feet and straighten the legs. Keep the heels up as you lengthen (from the index finger) the arms, shoulders, torso and sitting bones up to the ceiling making a straight line from hands to tailbone.
3. Holding the straight line of the upper body and the sitting bones up, let the heels slowly descend. Lower the heels only if you can keep the sitting bones lifted.

Holding the pose

1. As you inhale feel the breath moving into the body and reestablish the Foundation points. The head, neck, and belly are relaxed.
2. With each exhalation, lift the sitting bones and let the heels move down. Hold the pose 30-40 seconds to begin and gradually increase the holding time as the arms and shoulders strengthen.

Completing the pose

Exhale as you bend the knees to the floor, sit back onto your heels, and rest in Child's Pose .

Modifications

To increase the stretch in the legs, work with the back of the heels braced against the wall and the bottoms of the heels firmly on the floor. To learn the movement of the lower back relative to the position of the legs, practice Wall Push. This will teach the movement of the sitting bones as they lift and how to draw the spine into the body. Knees are always lifted.

Dog Pose Variation: Use Wall Push to learn the movement of the sitting bones and how to hold the hips level as you raise the extended leg. Practice the extension of the body from palms to tailbone.

Important actions

- Lift the inner groins up
- Open the chest toward the feet
- Lift the back thighs up as the back calves move down
- Head, neck, and belly are relaxed

Personal recommendation

Long holds with repetitions; breath is slow, smooth or Ujjayi; focus of consciousness on the stretch and stability.

General recommendations: to reduce fatigue, stay in Child's pose a little longer. This pose relieves stiffness in the spine and hamstrings.

General precautions

Those with a 'carrying angle' and/or hyperextended arms will benefit from shortening the distance between the hands and feet by 4-9" depending on your size. This relieves strain on the elbows. This pose is good for the heart and usually safe for high blood pressure.

Adho Mukha Svanasana Variation(downward facing dog leg extended)

Moving into the pose

1. From Downward Facing Dog inhale and shift the weight onto the right foot.
2. Exhale, keeping the hips level, push through the back of the left leg (and heel) and raise it until there is a straight line from index finger to left heel.

Holding the pose

1. Hold the pose 10-20 seconds to begin. Gradually increase the time as you strengthen the shoulders and arms.
2. Exhale coming back into Dog Pose. Repeat on the other side.

Completing the pose

Exhale as you bend the knees to the floor, sit back onto your heels, and rest in Child's Pose .

Important actions

- Keep the pelvis level
- Lengthen and strengthen the extended leg
- Neck is relaxed

Navasana (boat pose)

Moving into the pose

1. From Dandasana bend the knees. Hold the back of the knees with your hands. Lean back with a straight

spine until the arms become straight. Hold a straight line from the top of the head to the tailbone. Balancing on the sitting bones, raise the lower legs until they are parallel with the floor.

2. Straighten the legs and let go of the knees. Hold the arms and hands parallel with the floor. Use the abdominal muscles to lessen the strain in the low back.

Holding the pose

Inhale and balance. Exhale and draw the spine up into the body. Extend through the legs. Use the Important actions list. Hold this position for 10- 30 seconds to begin.

Completing the pose

Bend the knees. Reestablish Dandasana.

Modifications

Balance with hands holding the legs.

Important actions

- Legs and spine straight
- Use the abdominal muscles
- Keep the neck long
- Keep spine straight and extended
- Press through the heels
- Balance on the buttocks

General precautions

Should not be practiced with any hip flexor injuries or serious disk problems.

Sarvangasana I (half shoulderstand I)

Moving into the pose

Practice Neck Stretch to prepare the neck. Use 2-4 folded blankets to create space for the neck. To begin, fold and stack the blankets so that they will fit evenly under the hips, torso, shoulders and upper arms. Make the sharp edge of the blankets on the side used for the shoulders. Lying on the blankets, move the shoulders down from the ears (and two inches down from the edge of the blankets) and together underneath the back. Lengthen the neck.

1. Put blankets at the wall. Lie on them with your legs straight up along the wall, pelvis touches the wall. Head on the floor. Bend the knees to touch the wall with your feet. Push away from the wall to lift your pelvis straight up, until it gets on a line with the shoulders.

2. Join the hands behind your back, straightening the arms. Keep as close as possible of the upper arm, pulling under the shoulders. Keep your elbows at the floor and place hands on your back for support. The pelvis is located on the hands. Pull the neck.

3. Lift one foot from the wall and straighten it at an angle. Take off the other leg from the wall and hold the balance. Breathe.

Holding the pose

Press the hands into the back, lifting the spine up into the body and opening the chest. Hold the posture breathing comfortably for 1-2 minutes to begin. Gradually increase the time.

Completing the pose

Bend the knees toward the ears. Straighten the arms placing the hands on the floor behind you. Use the arms for support as you slowly unroll the spine vertebrae by vertebrae back to the ground. You may lift the chin but do not lift the head or shoulders off the floor as you come down. Slide off the blankets onto the floor and rest.

Important actions

- Spine is straight from shoulders to buttocks
- Chest comes toward the chin
- Neck is soft
- Eyes, neck, face stay relaxed
- Stay on the tops of shoulders
- Lift the inner thighs
- Extend the legs through pads of feet

Personal recommendation

Moderate and long hold; breathing is long and soft; focus of consciousness on stability and the preservation of tranquillity; stretch the spine, strengthen the feet, use a wall for stability.

General recommendations: Excellent for Kapha practice, although excess weight could be difficult. Counters high Pitta unless held too long. Excellent for Vata.

General precautions

If you have glaucoma or unmedicated high blood pressure do not practice this posture. Practice 2 hours after eating. If you experience any pressure in the eyes, ears, head, neck, or breathing, come down and consult an experienced teacher.

Sarvangasana II (half shoulderstand II)

Moving into the pose

Practice Neck Stretch to prepare the neck. Use 2-4 folded blankets to create space for the neck. To begin, fold and stack the blankets so that they will fit evenly under the hips, torso, shoulders and upper arms. Make the sharp edge of the blankets on the side used for the shoulders. Lying on the blankets, move the shoulders down from the ears (and two inches down from the edge of the blankets) and together underneath the back. Lengthen the neck.

1. Place the blankets one arm's length from the wall. Bend the knees, feet close to the buttocks. Press arms and hands into the floor. Roll the body up bringing the feet over the head and onto the wall or chair behind you.

2. Interlock the hands behind you, straightening the arms. Bring the arms as close together as possible, pulling the shoulders underneath you. Press the elbows into the floor and place the hands on the upper back for support. Straighten your spine.

3. Take one leg off the wall and then the other. Keep the legs straight, balance and breathe.

Holding the pose

Press the hands into the back, lifting the spine up into the body and opening the chest. Hold the posture

breathing comfortably for 1-2 minutes to begin. Gradually increase the time.

Completing the pose

Bend the knees toward the ears. Straighten the arms placing the hands on the floor behind you. Use the arms for support as you slowly unroll the spine vertebrae by vertebrae back to the ground. You may lift the chin but do not lift the head or shoulders off the floor as you come down. Slide off the blankets onto the floor and rest.

Important actions

- Spine is straight from shoulders to buttocks
- Chest comes toward the chin
- Neck is soft
- Eyes, neck, face stay relaxed
- Stay on the tops of shoulders
- Lift the inner thighs
- Extend the legs through pads of feet

Personal recommendation

Moderate and long holds; long soft breathing; focus of consciousness on stability and the preservation of tranquillity; stretch the spine, strengthen the feet, use a wall for stability.

General precautions

If you have glaucoma or unmedicated high blood pressure do not practice this posture. Practice 2 hours after eating. If you experience any pressure in the eyes, ears, head, neck, or breathing, come down and consult an experienced teacher.

Sarvangasana III (full shoulderstand)

Moving into the pose

Before you begin, practice Neck Stretch. Use 2-4 folded blankets as in Shoulderstand I and II.

1. Lie on the folded blankets with the neck and head on the floor. The shoulders are 2 inches in from the edge of the blankets—shoulder blades tucked under. Elbows are beside the body and the neck is relaxed.
2. Bend the knees, press the palms against the floor and roll the body up, bringing the feet over the head and onto the floor behind you.
3. Interlock the hands behind you, straightening the arms. Bring the arms as close together as possible, pulling the shoulders underneath you. Press the elbows into the floor and place the hands on the upper back. Straighten the legs up to the ceiling, pushing through the heels, thighs rolling inward.
4. Press the elbows into the floor as you lift the torso and legs upward. Relax the neck and head. Breathe.

Holding the pose

1. Stay on the tops of the shoulders. Press the hands into the back, lift the spine and move the chest toward the chin.
2. Separate the legs 6" apart, extend the inner legs upward. Hold this extension as you bring the legs together.
3. Initially hold the posture, breathing comfortably for 1- 3 minutes to begin. Gradually stay in the pose longer as is appropriate for your dosha.

Completing the pose

Bend the knees toward the ears. Straighten the arms placing the hands on the floor behind you. Slowly unroll the spine vertebrae by vertebrae back to the ground. Lift the chin (as you roll down) but not the head or shoulders. Slide off the blankets onto the floor and relax.

Modifications

If you have been having trouble with the arms widening, use a belt or tie above the crease of the elbows to hold the arms shoulder width apart. Use a metal chair or bench to learn the pose with support and to allow concentration on chest opening. This is best learned from your asana teacher.

Important actions

- No pressure on the head
- Press your hands into your back to lift the spine
- Chest comes toward the chin
- Draw the tailbone in and up
- Lift the inner thighs
- Extend through the balls of the feet

Personal recommendation

Moderate and long holds; breathing is long and soft; focus of consciousness on stability and the preservation of tranquillity; stretch the spine and legs.

General precautions

If you have glaucoma or unmedicated high blood pressure do not practice this posture. With low blood pressure, medicated high blood pressure, or heart problems, consult your physician and yoga teacher. Practice this pose 2 hours or more after eating. If you experience any pressure in the eyes, ears, head, neck, or breathing, come down and consult an experienced teacher.

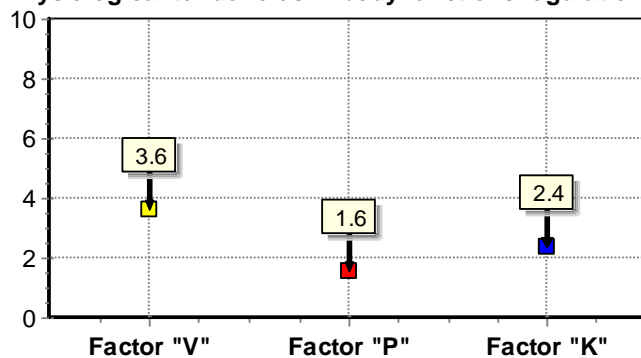
Yoga					
Ideal		Suitable		Not recommended	
Utkatasana (power chair pose)	83.86	Virabhadrasana II (warrior pose)	70.52	Virasana (hero pose)	
Preparation for Sirsasana (preparation for headstand)	63.86	Parsvakonasana (extended side angle pose)	63.86	Dwi Pada Viparita Dandasana (inverted arch pose)	
Chaturanga Dandasana (plank pose - sun salutation position №6)	57.19	Purvottanasana (intense front extension pose)	57.19	Vasisthasana (side plank pose)	
Dandasana (staff pose)	50.52	Virabhadrasana I (warrior pose I)	57.19	Bhujangasana (full cobra pose)	
Urdhva Prasarita Padasana (upward)	43.86	Alligator Twist Variation I	50.52	Dhanurasana (bow pose)	

extended feet pose)				
Adho Mukha Svanasana (downward facing dog)	37.19	Alligator Twist Variation II	50.52	Eka Pada Rajakapotasana (pigeon pose stretch)
Adho Mukha Svanasana Variation(downward facing dog leg extended)	37.19	Alligator Twist Variation III	50.52	Eka Pada Rajakapotasana I (pigeon pose I)
Navasana (boat pose)	37.19	Alligator Twist Variation IV	50.52	Eka Pada Urdhva Dhanurasana (upward bow one leg extended pose)
Sarvangasana I (half shoulderstand I)	30.52	Ardha Matsyendrasana I (half fish I)	50.52	Urdhva Dhanurasana (upward bow pose)
Sarvangasana II (half shoulderstand II)	30.52	Jathara Parivartanasana (revolving stomach pose)	50.52	
Sarvangasana III (full shoulderstand)	30.52	Marichyasana I (sage twist I)	50.52	
		Marichyasana II (sage twist II)	50.52	
		Marichyasana III (sage twist III)	50.52	
		Niralamba Bhujangasana I, II, III (unsupported cobra variations I, II, III)	50.52	
		Parivrtta Janu Sirsasana (revolved head to knee pose)	50.52	
		Pincha Mayurasana (arm stand)	50.52	
		Virabhadrasana III (warrior pose III)	50.52	
		Parsva Upavistha Konasana (over one open leg forward bend)	45.24	
		Upavistha Konasana (open legs forward bend)	45.24	
		Adho Mukha Vrksasana (handstand)	43.86	
		Bharadvajasana I (legs side sitting twist pose)	43.86	
		Salabhasana I, II, III (locust variations I, II, III)	43.86	
		Supta Padangusthasana (one leg stretched up lying down)	43.86	
		Two Chair Twists (sitting and standing chair twists)	43.86	
		Janu Sirsasana (head to knee pose)	38.57	

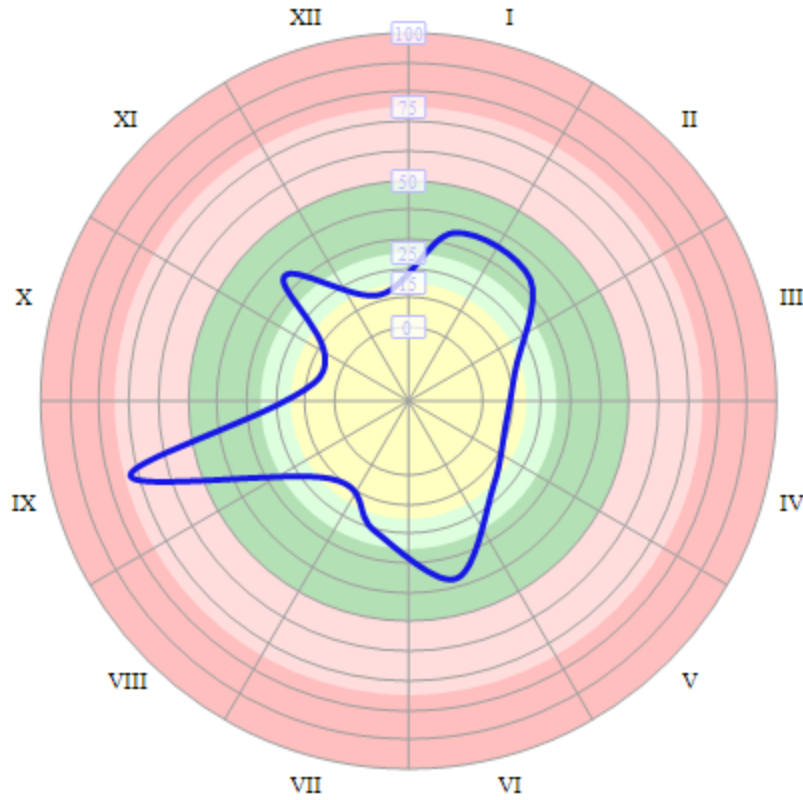
		Triang Mukhaikapada Paschimottanasana (leg forward bend)	38.57	
		Makarasana (locust variation)	37.19	
		Trikonasana (triangle pose)	37.19	
		Ubhya Padangusthasana (balancing foot big toe pose)	37.19	
		Ardha Baddha Padma Paschimottanasana (half lotus forward bend pose)	31.90	
		Kurmasana (tortoise pose)	31.90	
		Paschimottanasana (full forward bend)	31.90	
		Urdhva Mukha Paschimottanasana (upward facing forward bend)	31.90	
		Parivrttaika pada sirsasana (rotated open legs in headstand)	29.62	
		Parsva Sirsasana (rotated legs in headstand)	29.62	
		Sirsasana (headstand)	29.62	
		Anantasana (serpent stretch)	23.86	
		Eka Pada Sarvangasana (one leg extended shoulderstand)	23.86	
		Halasana (plow pose)	23.86	
		Parivrtta Trikonasana (revolving triangle)	23.86	
		Parsvottanasana (intense sideways stretch pose)	23.86	
		Setu Bandha Sarvangasana (bridge pose from shoulderstand)	23.86	
		Supta Konasana Sarvangasana (Open Angle Shoulderstand)	23.86	
		Vrksasana (tree pose)	23.86	
		Ardha Chandrasana (half moon pose)	17.19	
		Back Vinyasa (movement series for the back)	17.19	
		Baddha Konasana (bound	17.19	

		angle sitting pose)		
		Basic Virasana (basic hero pose)	17.19	
		Depada Pidam (bridge pose)	17.19	
		Padangusthasana (foot big toe pose)	17.19	
		Siddhasana (perfect sitting pose)	17.19	
		Supta Virasana (reclining hero pose)	17.19	
		Urdhva Prasarita Ekapadasana (upward leg forward bend)	17.19	
		Padahasthasana (hands under feet pose)	10.52	
		Padottanasana (spread legs forward bend)	10.52	
		Tadasana (mountain pose)	10.52	
		Uttanasana (intense extension pose)	10.52	
		Viparita Karani (special inversion)	-2.81	
		Savasana (corpse pose (relaxation pose))	-9.48	
		Yoga Mudrasana (yoga seal)	-9.48	

Physiological tendencies in body functions regulation



Meridians



Significant debilitation of energy (emptiness syndrome)

4 Spleen and Pancreas Meridian (IV, RP): 9.1% (rel), 28.3 (abs)

10 Triple Heater Meridian (X, TR): 6.4% (rel), 19.9 (abs)

Slight depletion of energy

1 Lung Meridian (I, P): 34.2% (rel), 69.1 (abs)

2 Large Intestine Meridian (II, GI): 33.1% (rel), 66.8 (abs)

3 Stomach Meridian (III, E): 12.0% (rel), 37.5 (abs)

5 Heart Meridian (V, C): 15.5% (rel), 30.6 (abs)

6 Small Intestine Meridian (VI, IG): 37.6% (rel), 74.0 (abs)

7 Urinary Bladder Meridian (VII, V): 20.5% (rel), 40.0 (abs)

8 Kidney Meridian (VIII, R): 12.2% (rel), 24.7 (abs)

11 Gall Bladder meridian (XI, VB): 34.6% (rel), 68.4 (abs)

12 Liver Meridian (XII, F): 12.3% (rel), 24.4 (abs)

Norm

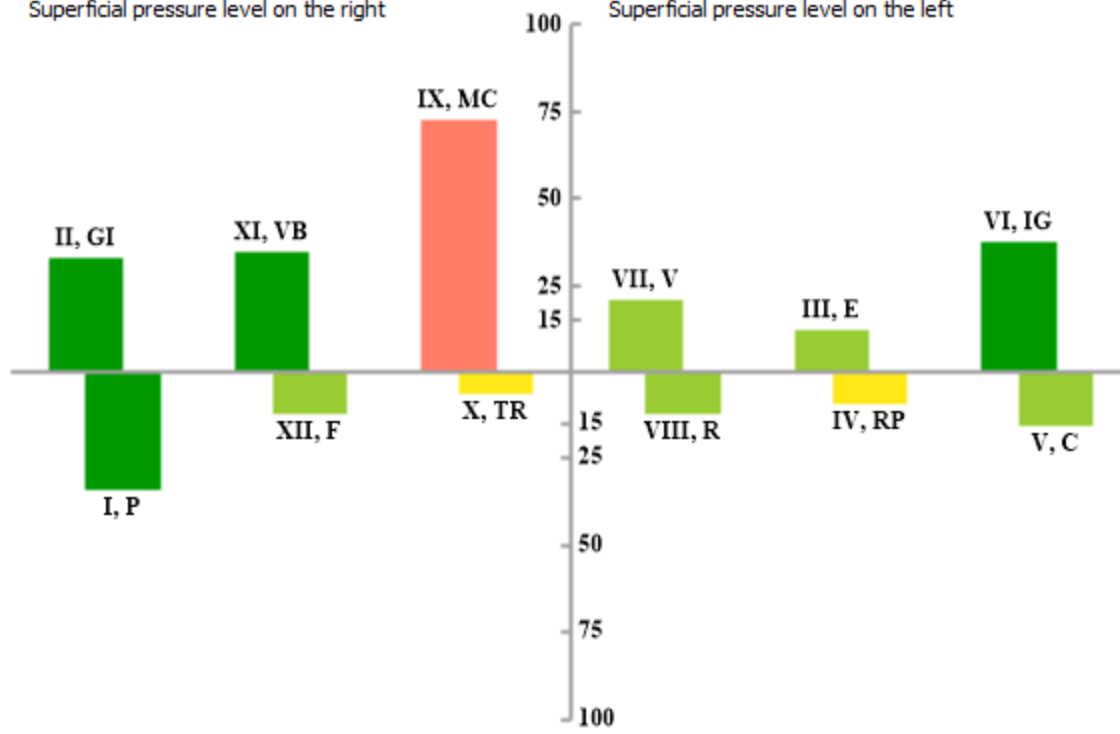
9 Pericardium Meridian (IX, MC): 72.5% (rel), 225.0 (abs)

Slight tension of energy

Considerable strain (syndrome of fullness)

Superficial pressure level on the right

Superficial pressure level on the left



Deepest pressure level on the right

Deepest pressure level on the left

Slight depletion of energy

Stomach Meridian (III, E)

Heart Meridian (V, C)

Urinary Bladder Meridian (VII, V)

Kidney Meridian (VIII, R)

Liver Meridian (XII, F)

**Significant debilitation of energy
(emptiness syndrome)**

Spleen and
Pancreas Meridian (IV, RP)

Triple Heater Meridian (X, TR)

Norm

Lung Meridian (I, P)

Large Intestine Meridian (II, GI)

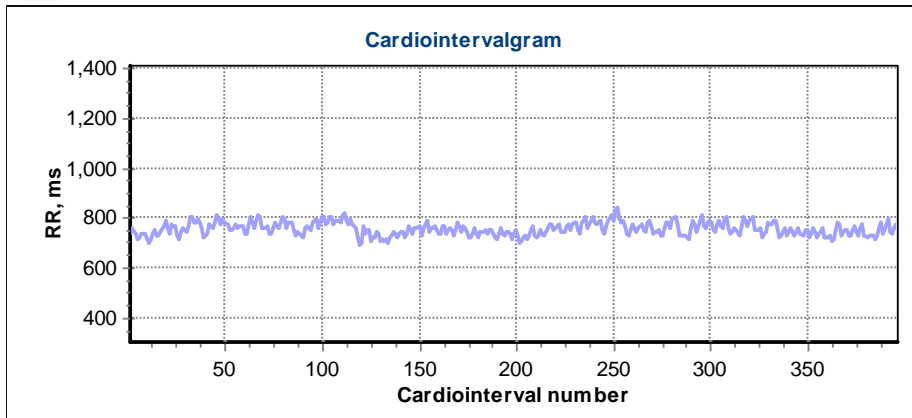
Small Intestine Meridian (VI, IG)

Gall Bladder meridian (XI, VB)

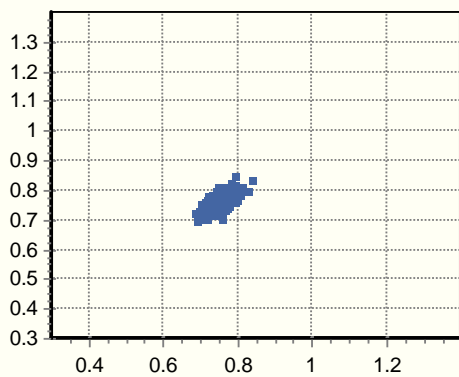
Slight tension of energy

Pericardium Meridian (IX, MC)

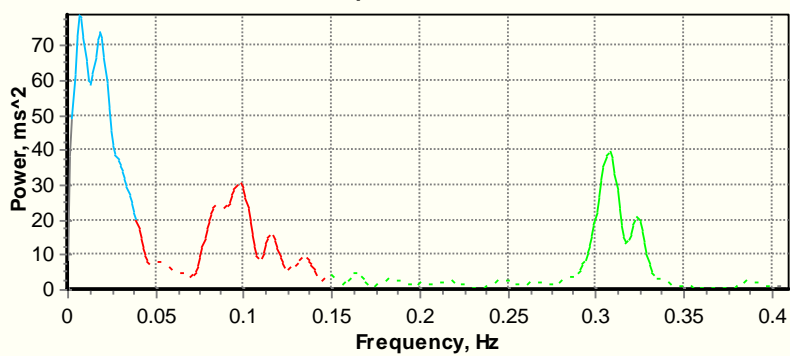
**Considerable strain
(syndrome of fullness)**



Scattergram



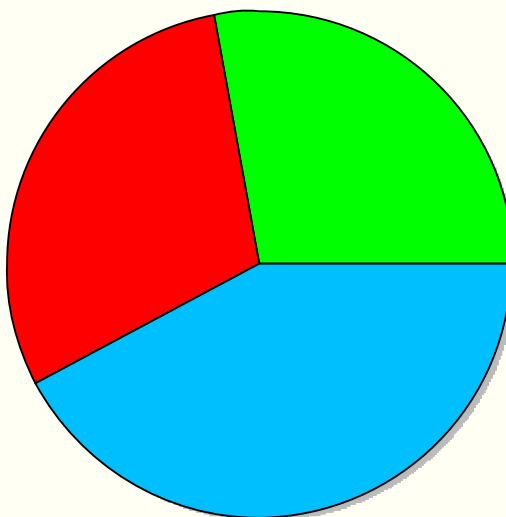
Spectrum

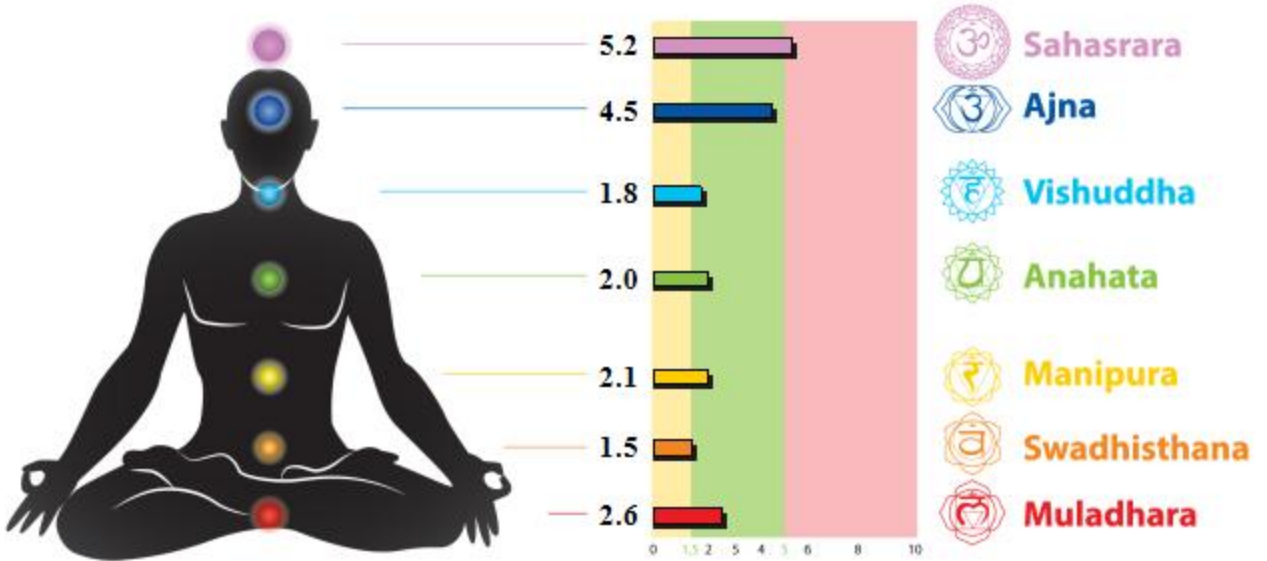
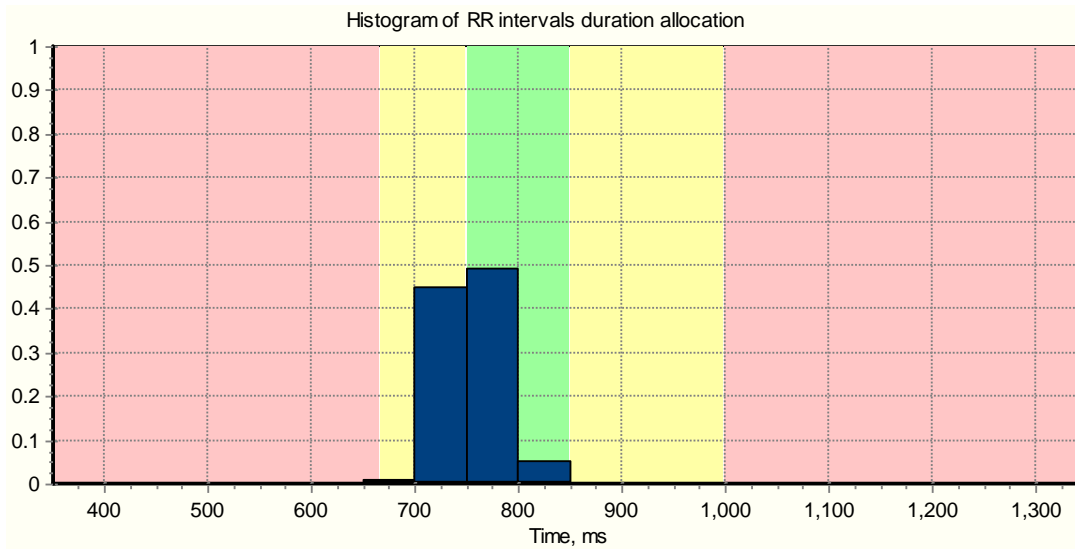


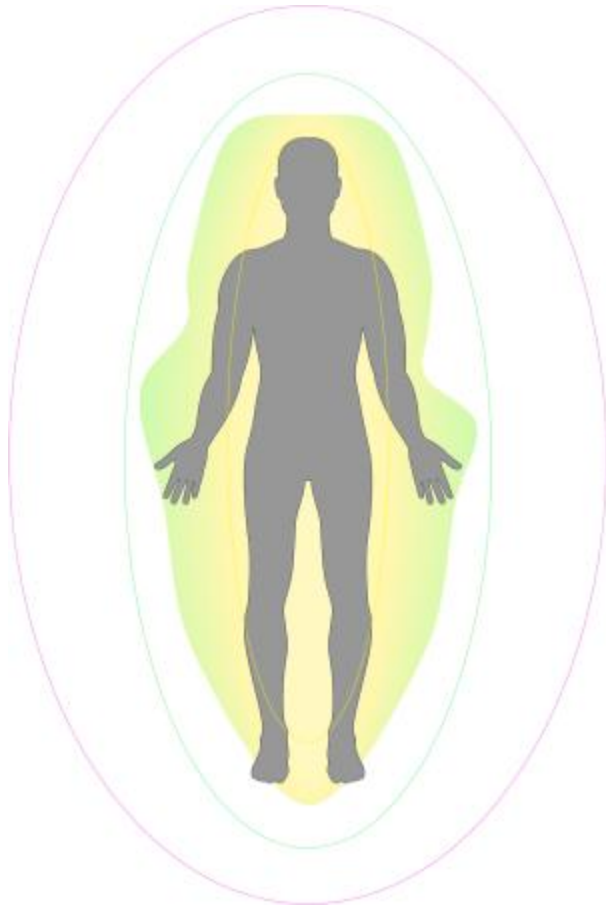
LF/HF



LF/HF/VLF







Power of the energy field: 53.5%

Broncho-pulmonary system: 14.5%

Colon: 14.0%

Stomach: 3.4%

Spleen and pancreas: 2.5%

Heart: 4.6%

Small intestine: 11.1%

Bladder: 8.7%

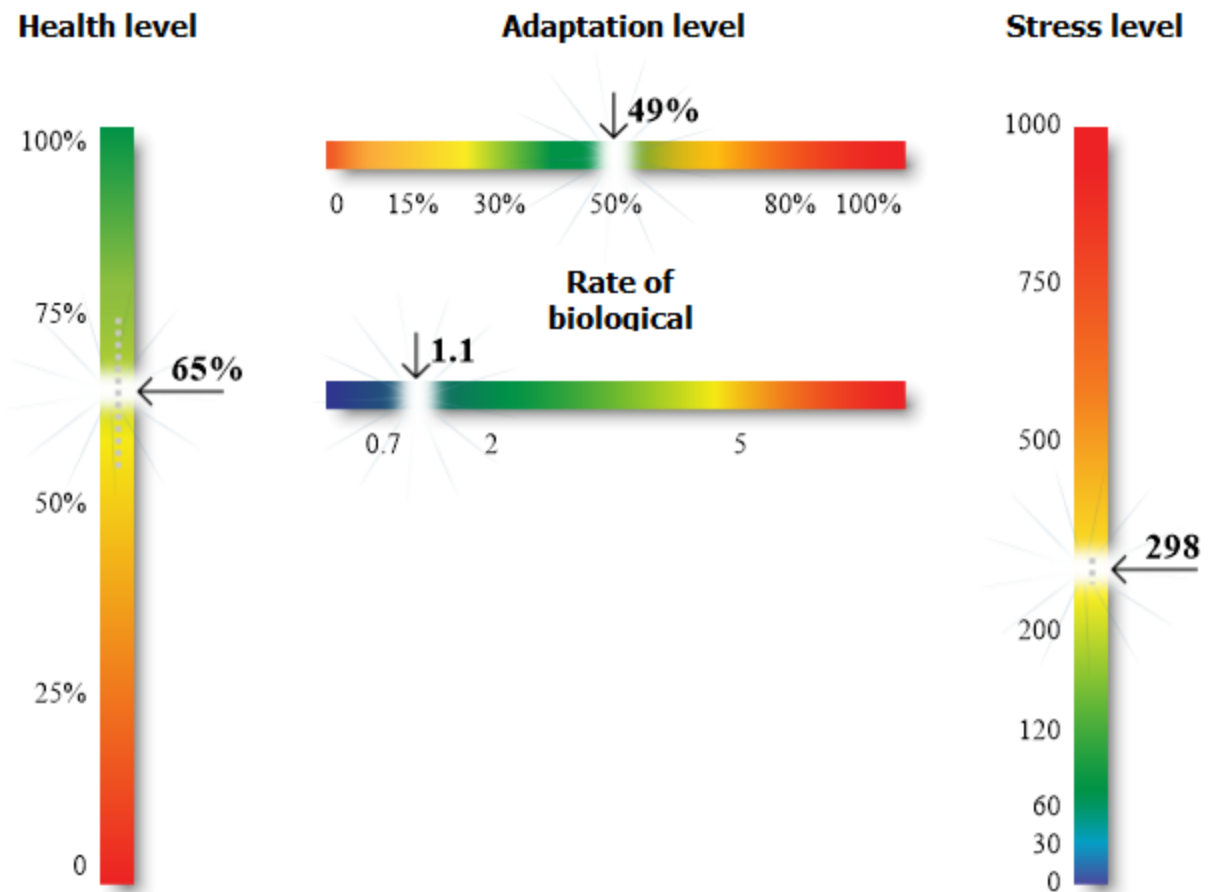
Kidneys: 5.2%

Vessels: 20.3%

Pituitary gland, thyroid gland, adrenals: 1.8%

Gallbladder: 10.2%

Liver: 3.7%



65 % - Index of morpho-functional condition

Average level of functional condition. Normal working ability.

298 c.u. - Stress index

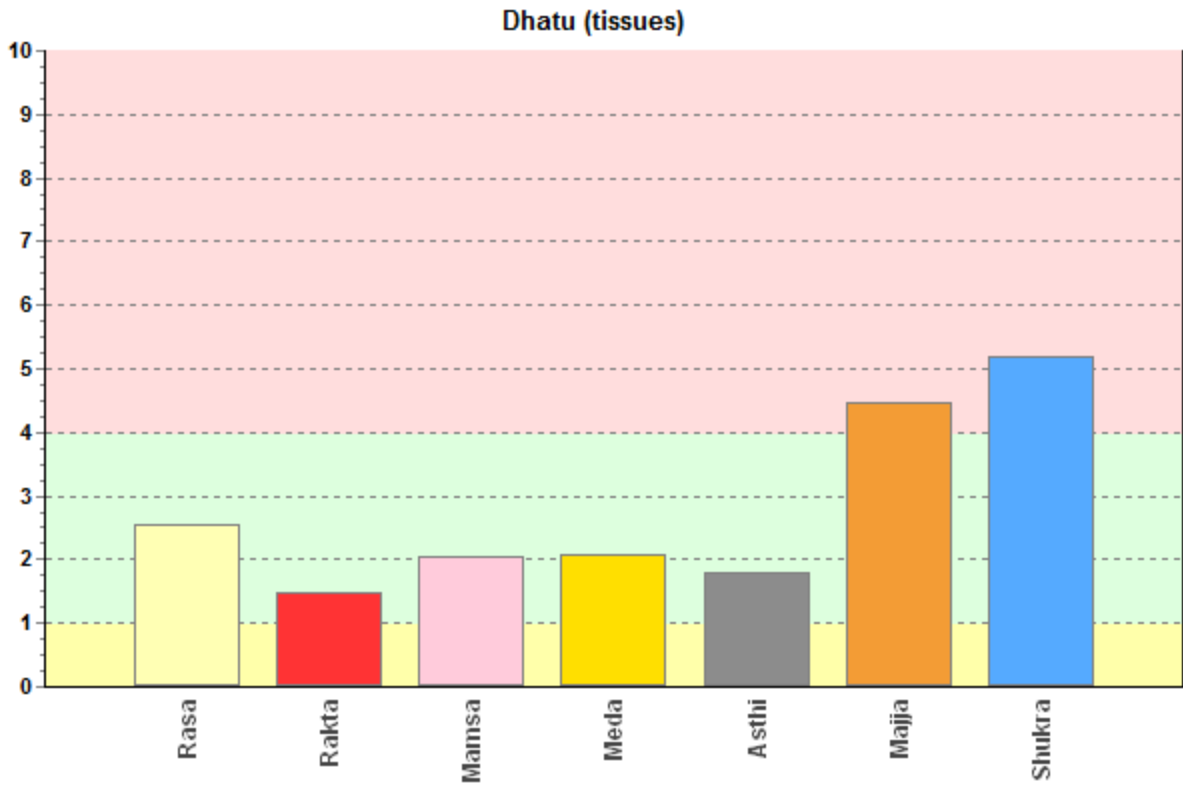
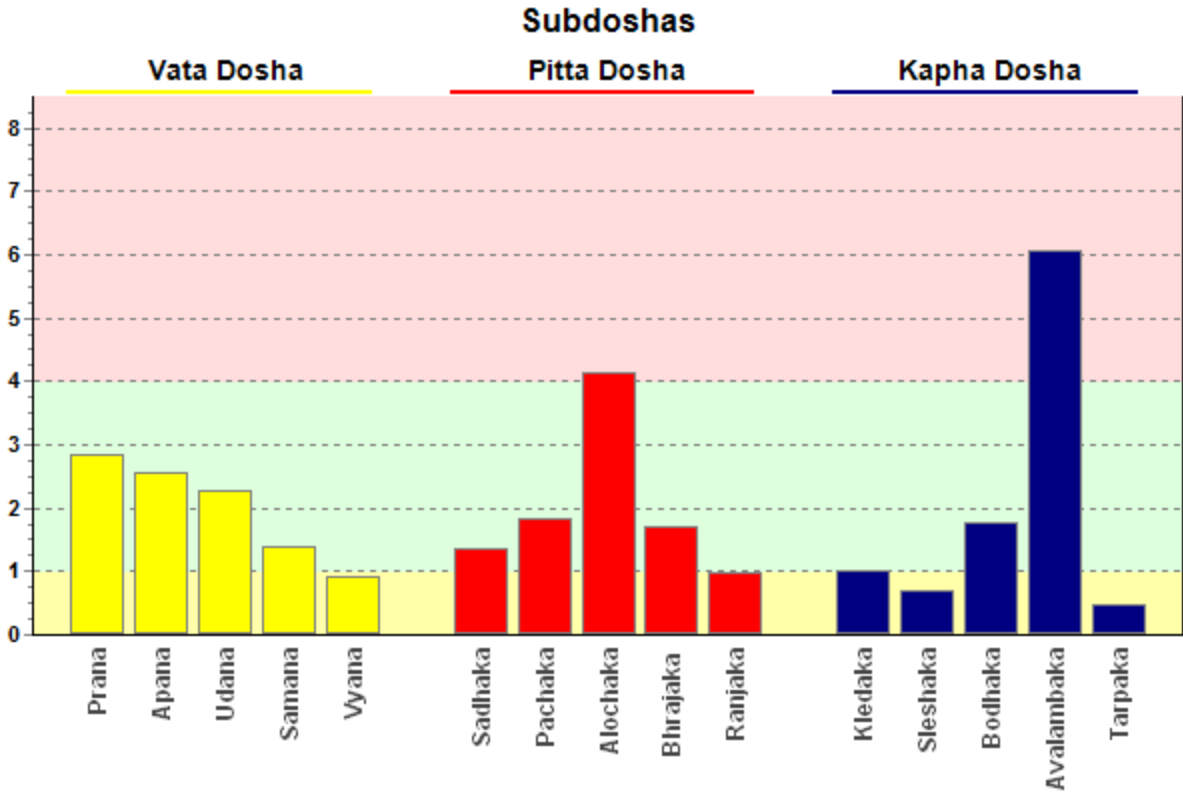
Condition of compensated distress. There is a tendency to an excess tension of the stress realizing systems with formation of deficit of adaptation resources (Vata and / or Pitta imbalance). It may reflect the borderline condition between health and sensation of distress. During a long-term preservation of this energy deficiency, development of the acute condition of a chronic disease is possible. Body spends an excessive amount of vital energy to maintain its optimal functioning.

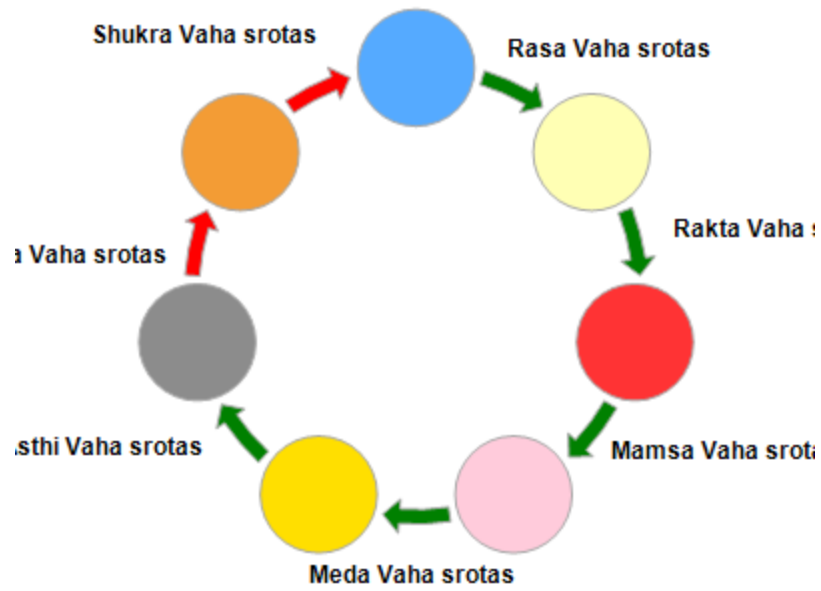
49 % - Cost of adaptation

The conditional norm. Mechanisms of spending and saving of energy are optimized.

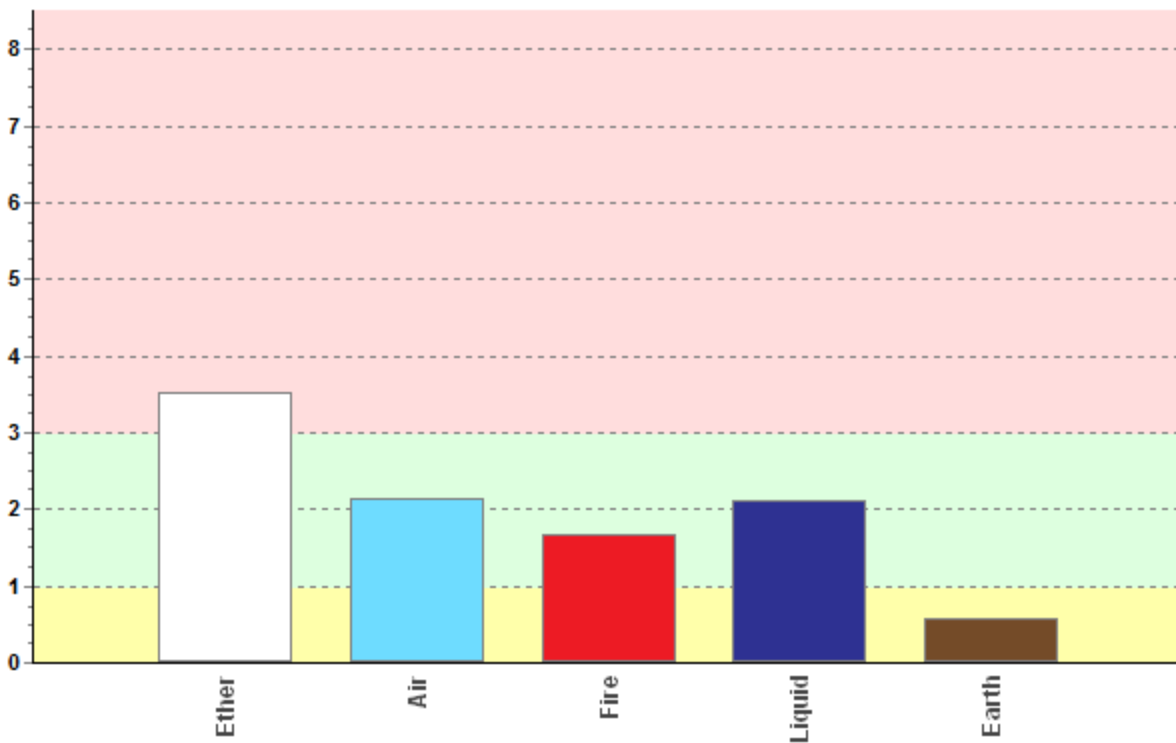
1.1 c.u. - Rate of biological aging

Rate of the biological aging corresponds to the age norm.

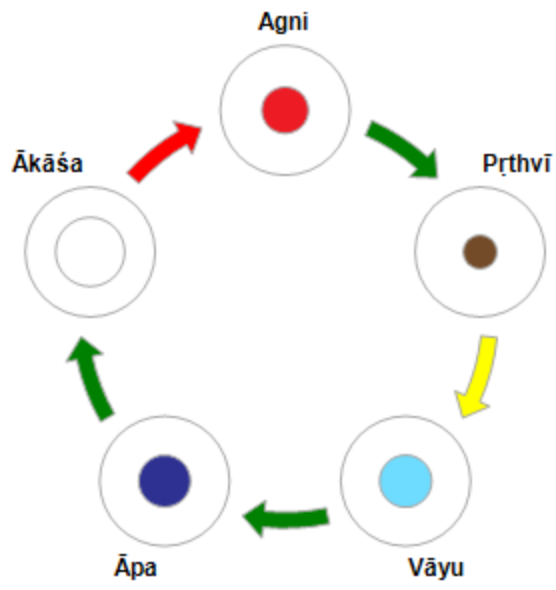




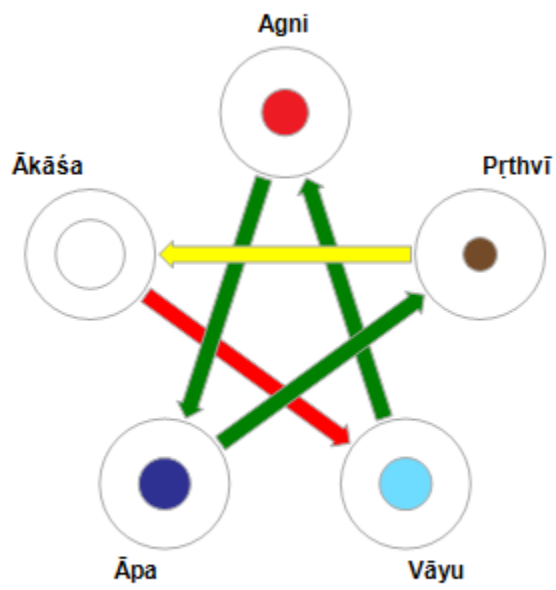
Pancha Mahabhuta



Wheel of support



Wheel of destruction



restraint

