

Ayurveda
Holistic Approach
for Cancer Survivors
By
Dhaval Dhru MD

Ayurveda

Holistic approach for Cancer Survivors

- Brief Introduction to Ayurveda
- Diet and life style
- Improving Immunity and strength (Ojas)
- helpful recipes

Introduction

What is Ayurveda?

- Ayurveda is a Traditional East Indian Holistic Medical Science advocating natural methods to promote healing.

Ayurveda Aim

- To promote and maintain health of healthy people
- To cure and remove illness and disease of Ill people
- To Restore Balance
- To Improve quality of life
- To prolong longevity

Health

- Health is not just absence of disease
- Balance is Health
- Imbalance is Disease
- Balance is maintained at all levels including Physical, Biochemical, Intellectual, Emotional, Behavioral, Spiritual, Social, Environmental

Ayurveda

Individual Constitution

- Ayurveda considers each individual as a unique being with unique constitution.
- Constitution (Prakruti) is based on Dosha
- Constitution (Prakruti) is determined at the time of conception.

Three Doshas

- Doshas are defined as energetic principles that govern physiological and psychological functions of the body.
- There are three Doshas: Vata, Pitta and Kapha

Ayurveda Dosha

- Vata: Principle of movement
- Pitta: Principle of digestion, absorption assimilation and transformation.
- Kapha: Principle of nurturing, bonding, cohesiveness and growth.

Prakruti (Constitution)

- At the time of conception the proportion in which three Doshas combine to form the embryo is your Prukruti.
- Prakruti is like your genetic code which is unique to you. This forms your constitution. It remains unchanged through your life.

Vikruti

(Imbalanced State)

- Current state of proportion of Vata, Pitta and Kapha is called Vikruti. It is the state of Imbalance. This can lead to disease over a period of time if not corrected.
- So Prakruti is state of Balance and Vikruti is state of Imbalance.

Causes of Disease

- Improper Diet
- Improper Life style
- Environment

Causes of Disease

- Genetic Predisposition (Prakruti)
- Improper use of Sensory faculties
- Obstruction to flow of Prana (Life Force)
- Going against natural intelligence and wisdom (Pragnaparadh)

Ayurvedic Concept of Cancer

- It is Tridoshic disease.
- Body's Intelligence is altered
- Cellular Intelligence and cellular ego is altered.
- Prana (Life force) is not flowing properly as Srotas (the channels) are clogged up.

Ayurvedic Approach to cancer

Restore cellular intelligence

Restore Doshic balance

Restore immunity and Strength (Ojas)

Restore healthy environment

Effect of Cancer Treatments

- Altered Dosha
- Altered Agni (Digestive and metabolic “Fire”)
- Build up of Ama (Toxins)

Effect of cancer Treatment

- Altered Ojas (Immunity, Strength)
- Blocked flow of Prana (Life force)
- Altered Psychological function (Fear, Anxiety)

Management of After effect of Cancer Treatment

- Restoring Doshic Balance
- Restoring Agni (Digestive fire) and removing Ama (Toxins)

Management of After effect of Cancer Treatment

- Restoring Ojas (Immunity, Strength and cellular integrity)
- Restoring flow of Prana (Life force)
- Addressing Emotional and Psychological factors.

Ayurvedic Approach

- Healthy Diet
- Healthy Lifestyle
- Natural Herbs and Supplements
- Cleansing and Detoxing (Panchkarma)

Effect of Proper Diet and Life style

- Improves Agni (Digestion)
- Improves Immunity (Ojas)
- Improves Health: Physical, mental and emotional.

Diet

- Do not eat when you are not hungry.
(Means your Agni i.e. digestive fire is not kindled yet)
- Eat mindfully
- Do not over eat
- Eat according to your Doshas

Dietary Guidelines

Vata Dosha

- Avoid Cold, Old, Stale, Processed, Raw, Dry, Uncooked food
- Avoid Cold, Carbonated beverages
- Eat Fresh, Warm, Moist, Cooked, Steamed or lightly sautéed food

Dietary Guidelines

Vata Dosha

- Avoid Pungent, Bitter and Astringent food but eat Sweet, Sour and Salty food.
- Avoid food that are cooling but eat food that are heating.

Dietary Guidelines

Pitta Dosha

- Avoid very hot, spicy, oily food.
- Avoid sour, salty and pungent food but eat bitter, astringent and sweet food.
- Avoid food that are heating but eat food that are cooling.

Dietary Guidelines

Kapha

- Avoid cold, heavy, oily, fatty, fried foods
- Eat Warm, Light, Steamed or dry and raw foods.
- Avoid Sweet, Sour and Salty foods
- Include Pungent, Bitter and Astringent foods
- Fasting once a week or so is good.

Diet

Liquid and water

- Don't drink when you are hungry and don't eat when you are thirsty.
- Drink warm liquids like herb tea and warm water
- Drink few sips of water along with your food but avoid drinking large quantity of water during or immediately after meal.

Agni (Fire)

- Agni is Biological Fire responsible for metabolism
- Healthy Agni is important for digestion, absorption, assimilation and transformation of nutrients in to energy
- Agni is also responsible for transforming sensory perception into emotions.

Agni

- Impaired Agni leads to disease.
- As the food is not digested it results into Ama (toxins)
- Ama clogs the Srotas (Channels) causing obstruction to flow of Prana (Life force)

How to increase Agni

- Drinking Warm water
- Fasting
- Fresh ginger with a few drops of lime juice and pinch of salt just before meal.

How to increase Agni

- Herbal Tea like Ginger, Tulsi, CCF (Equal parts of Cumin, Coriander and Fennel)
- Certain Pranayama (Breathing Exercises) like Bhastrika (Bellows breathing), Kapalbhati etc
- Physical Exercise

Useful healthy tips

- Drink one glass of warm water first thing in the morning before you eat or drink anything. Through out the day drink liquids slightly lukewarm or at room temperature
- Drink CCF (Cumin, Coriander, Fennel in equal parts) tea two or three cups a day.

Ojas

- Governs Immunity and Cellular Integrity
- Improves strength
- Nourishes tissues.

How to Increase Ojas

- Ojas being essence of Kapha, diet that nourishes Kapha is to be consumed.
- Warm, slightly oily, Sweet, Sour and Salty food will nourish Kapha.
- Dairy, Ghee, Fresh Fruits, Nuts, Whole Grains, Meat are Kapha nourishing.

How to Increase Ojas

- Adequate Rest and Sleep
- Gentle exercise
- Pranayam Practices
- Meditation
- Panchkarma (Cleansing and Detoxing)

Life Style

- Plenty of rest
- Pace yourself
- Personal Hygiene
- Abhyanga or self massage with Sesame or Bala oil.

Life Style

- Exercise
- Pranayam (Breathing Practices)
- Meditation for 10-15 min in morning and evening
- Cultivate Mindfulness
- Adequate Sleep

Life Style

- Regularity and Routine (Balances Vata)
- Moderation (Balances Pitta)
- Variation and Stimulation (Balances Kapha)
- Panchkarma (Removes toxins, Improves Agni, Balances Doshas, Improves Ojas, Restores flow of Prana and Rejuvenates).

Daily Routine

- Wake up before sunrise. Vata people around 6:00 am, Pitta around 5:30 am and Kapha people around 4:30 or 5:00 am.
- Once you are out of bed look at your tongue in mirror to check for Ama (Coating on tongue) and think as to how your stomach feels and if previous night's food was properly digested.

Daily Routine

- Brush your teeth, scrape your tongue.
- Wash your face, Splash cold water in your eyes, massage eyelid gently , blink eyelids and rotate eyes in all direction to feel more alert and fresh.

Daily Routine

- Drink one glass of warm water before drinking anything else. For Vata and Kapha hot water is better.
- Hopefully this would encourage mass peristalsis and bowel movement.

Daily Routine

- Do your morning yoga, breathing exercise and meditation.
- Spend at least fifteen to thirty minutes doing meditation.

Daily Routine

- Take a shower or bath with warm water.
- Before shower do Abhayanga (Oil message).
- Gently and lovingly rub warm oil all over your body and if possible allow twenty to thirty minutes before showering.

Daily Routine

- For Vata and kapha use Sesame oil and for Pitta sunflower oil. (Sesame oil should be organic, cold pressed and cold processed and food grade)

Daily Routine

- Do mouth wash with sesame oil to improve your gums and chew handful of sesame seeds to improve your teeth and bones.
- Now you are ready to eat light breakfast.
- Go about your normal day having lunch around noon.
- If possible make this as your main meal.

Daily Routine

- Drink warm herbal tea like ginger or tulsi and ginger tea half an hour before your meal to kindle Agni (Unless your Agni is very strong).
- By 6:00 or 7:00 pm you are ready for dinner. Have a light dinner according to your dosha.
- Engage into some relaxing activity like reading or socializing with family or watching TV.

Daily Routine

- Take Triphala half teaspoonful with warm cup of water before bed time. (Preferably about an hour or so after evening meal).
- Avoid watching TV very late at night.
- Drink cup of warm milk before bedtime.

Daily Routine

- Meditate for ten or fifteen minutes before going to bed.
- Bed time for Vata by 10:00pm, for Pitta around 10:30 and Kapha around 11:00 or later

Sleep

Sleep Requirement:

Vata person about seven to eight hours and may need some short snooze during the day to recharge.

Pitta Person about six to seven hours

Kapha person about six hours or less. Avoid naps during the day

Exercise

- Exercise up to half your capacity.
- The endpoint should be when beads of perspiration appear on your forehead, armpits or along the spine

Exercise

Type of exercise

- Yoga is very good exercise for all
- Swimming is good for all but cold water swimming may increase Vata and Kapha. Also chlorinated water may affect all three doshas.
- Brisk walking good for all.

Exercise

Type of exercise

- Vata people should avoid jumping, jogging
- Kapha people should get motivated to exercise vigorously, regularly at least five days a week.
- Pitta person should exercise moderation and back off by thirty percent

Exercise

- Best time to exercise is either early morning or early evening. Pitta person should avoid exercise during noon hours when sun is bright and very heating

Seasons and Dosha

- Fall and Early Winter are Vata seasons
- Winter and Spring are Kapha seasons
- Summer is Pitta season

Seasonal Routine

- Ayurveda teaches that we live in harmony with nature.
- We need to adjust our lifestyle and routine regarding diet, exercises, activities and clothing accordingly.

Seasonal Routine

Summer

- Summer is Pitta season so Pitta balancing regimen is advised.
- Don't drink hot liquids but room temperature or cool (not cold) liquids are good.
- Sweet, Bitter and astringent foods are good.
- Avoid strenuous exercise and too much exposure to sun

Seasonal routine

Fall

- Fall is Vata season so pay more attention to prevent Vata getting out of balance.
- So more frequent oil massage.
- Less travel
- Warmer foods
- Avoid fasting

Seasonal routine

Fall

- Drink warm liquids and herb tea
- Dress warmly.
- Reduce sensory stimulation e.g. loud noise etc

Seasonal Routine

Winter

- Winter is Kapha season . So Kapha balancing regimen is advised.
- So eat warm food and drink warm heating herb tea.
- Maintain more vigorous exercise
- Dress warmly

Seasonal Routine

Spring

- Early spring is still kapha season so follow kapha balancing routine.
- Late spring Pitta starts building up so follow Pitta balancing regimen.

Nourishment of Mind and Soul

- Eat food that nourishes mind like Mango, Peach, Sweet Potato, Milk, Ghee, Mung Bean, Basmati Rice, Safron, Almonds
- Pranayam Practices
- Cultivate Attitude of Compassion, Love, Forgiveness, non violence etc.
- Meditation and spiritual practices

Useful Healthy Tips

- Deep Breathing
- Alternate nostril breathing
- Meditation
- Attitude Adjustment
- Living and Practicing Yoga

For Pain

- Ginger Baking Soda Bath. 1/3rd cup Ginger Powder and 1/3rd cup Baking Soda in tubful of warm water. Soak in tub for 15-20 min or so.
- Apply Mahanarayan Oil with few drops of Tiger Balm liquid to aching muscles and joints with some firm but gentle pressure

For Sleep

- Drink warm milk at bedtime. In one cup of warm milk add a pinch of Nutmeg, pinch of Cardamom, a pinch of saffron.
- One cup of warm milk with a clove of Garlic and above spices at bedtime.

For Sleep

- Apply Sesame oil to soles of feet and scalp at bedtime or better still apply Ghee (Clarified Butter) to soles of feet and Bhringaraj oil to scalp.

Herbal Supplements

- Chyavanprash one or two teaspoonful daily
- Turmeric (Considered anti inflammatory and anti neoplastic)
- Ashwagandha (Promotes Ojas)
- Triphala (Gentle cleanser and anti oxidant)
- Trikatu (Improves Digestion)

Recipe

Khichari

- 1cup Basmati Rice
- 1Cup Yellow split Moong Daal
- 1 small handful of Chopped Cilantro
- 6 Cups of water
- Wash Rice and Daal
- Add Rice, Daal and Cilantro to water
- Bring to a boil and cook uncovered for 5 minutes occasionally stirring
- Turn down heat to low, cover with lid slightly ajar until tender about 20-25 minutes

Recipe

Tranquility Tea

- Brahmi, Jatamamsi, Shankhapushpi in equal proportion.
- Use ½ teaspoon of above mixture in one cup of hot water, steep for 10 minutes and then drink it.

Recipe

Date Shake

- 6 dates (Soaked for 1 hour)
- 1 ½ cups Milk
- ½ teaspoonful Vanilla extract
- ¼ cup Coconut flakes
- ½ teaspoonful Cardamom
- ½ teaspoonful cinnamon
- Blend soaked Dates with milk and spices. Serve warm or room temperature
- Servings two
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Recipe

CCF Tea

- Cumin, Coriander and Fennel in equal proportion (1/2 teaspoon of each) put in 1 cup of Hot water, steep for 5 minutes, strain and drink it.

Appendix

Suggested reading

- Ayurveda The Science of Self Healing by Dr. Vasant Lad
- The Complete Book of Ayurvedic Home Remedies by Dr. Vasant Lad
- Ayurveda Life of Balance by Maya Tiwari
- Ayurvedic Healing by David Frawley

Appendix

Suggested reading

- Ayurveda Life Health and Longevity by Robert Svoboda
- Prakruti Your Ayurvedic Constitution by Robert Svoboda
- Yoga for your Type by David Frawley
- Yoga and Ayurveda by David Frawley
- Ayurvedic Cooking for Westerners by Amadea Morningstar

Ayurveda Resources

- The Ayurvedic Institute Albuquerque NM
www.ayurveda.com
- Banyan Botanicals
www.banyanbotanicals.com
- Bazaar of India www.bazaarofindia.com