



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

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Protocols Incorporating Principles of Ayurveda

- 1. Determine you're Dosha:** Schedule a consultation with an Ayurvedic consultant to determine your Dosha (Vata, Pitta, Kapha) and identify any imbalances or health concerns.
- 2. Follow a Dosha-Specific Diet:** Adjust your diet based on your Dosha. For example:
 - **Vata:** Include Tail, Sneha Pradhan, warm, cooked, and grounding foods like soups, stews, and root vegetables. Avoid cold and raw foods.
 - **Pitta:** Emphasize Ghreeta pardhan diet and cooling foods like cucumber, coconut, and leafy greens. Limit spicy and acidic foods.
 - **Kapha:** Focus on light, warm, and dry foods like legumes, spicy herbs, and bitter vegetables. Include Honey in day to day routine diet. Reduce heavy and oily foods.
- 3. Practice Mindful Eating:** Eat in a calm and peaceful environment, chewing your food thoroughly and savouring each bite. Avoid overeating or eating when emotionally stressed.
- 4. Daily Routine (Dinacharya):**
 - **Wake up early:** Rise before sunrise to align with natural Vegas (urges).
 - **Jivha Nirlekhana** (Tongue scraping): Gently scrape your tongue to remove accumulated toxins.
 - **Kawal & Gandush** (Oil Pulling): Swish a tablespoon of organic sesame or coconut oil in your mouth for 5-10 minutes to improve oral hygiene.
 - **Abhyanga** (Oil massage): Massage your body with warm oil (such as sesame or coconut) to nourish and soothe your skin and muscles.
 - **Yoga and Meditation:** Incorporate a daily yoga and meditation practice to promote balance and relaxation.
- 5. Hydration:** Stay hydrated by drinking lukewarm water throughout the day. Avoid iced beverages as they can disturb digestion.
- 6. Ayurvedic Herbs and Supplements:** Take specific herbs and supplements recommended by your Ayurvedic consultant to support your Dosha balance and overall well-being. e.g. **Chavanprasha Rasayana**
- 7. Panchakarma:** Undergo periodic Panchakarma therapies as recommended by your Ayurvedic consultant to cleanse and rejuvenate your body. This may include therapies like **Vamana** (medicated emesis), **Virechana** (medicated purging), **Basti** (medicated enema), **Nasya** (nasal administration of herbs) and **Raktamokshana** (bloodletting).

8. Exercise: Engage in regular physical activity that is suitable for your Doshik prakruti. For example:

- **Vata:** Gentle exercises like yoga, walking, and swimming.
- **Pitta:** Moderate intensity workouts like biking, hiking, or dancing.
- **Kapha:** Vigorous exercises like running, aerobics, or weightlifting.

9. Stress Management: Incorporate stress-reducing activities like **Pranayama** (breathing exercises), **Meditation**, **Music therapy** and **Aromatherapy**. Take time for **self-care practices** like warm baths, massages, or spending time in nature. Spend **quality time with your family** members and friends by going to trips or arranging some get together, enjoying functions and festivals with each other, etc.

10. Sleep Routine: Prioritize getting enough restful sleep by establishing a consistent sleep schedule. Create a soothing bedtime routine by incorporating calming activities like Omkar, reading or practicing gentle stretches.

11. Regular Follow-ups: Stay connected with your Ayurvedic consultant for regular check-ups and adjustments to your protocol as needed. They can monitor your progress and provide ongoing guidance and support.

Note- Ayurveda is a holistic approach to health, and its principles are meant to be customized and adapted to each individual's unique needs and constitution. It is important to consult with a qualified Ayurvedic practitioner to develop a personalized protocol that aligns with your specific goals and health concerns.

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