



A photograph of a pond with several large, green lily pads floating on the water. In the center, a white lotus flower with a yellow center is in bloom. The background is a dark, calm body of water. A semi-transparent dark grey rectangle is overlaid on the center of the image, containing the title text.

The Way of Ayurvedic Herbs



THE MOST COMPLETE GUIDE
TO NATURAL HEALING AND
HEALTH WITH TRADITIONAL
AYURVEDIC HERBALISM

t h e w a y o f
AYURVEDIC HERBS



Ayurvedic herbs have reached the
mainstream of American health care.
Now two experts teach you
about the earth's oldest healing system.

**KARTA PURKH SINGH KHALSA
& MICHAEL TIERRA**

Clear and Conscious: Mind and Spirit



Mind

Chitta, mindstuff

Manas, emotional, amorphous aspect of chitta
(senses)

Buddhi, intellect, formed structures in chitta
("awake")

Vritti, whorls in chitta (thought)

Samskaras, subtle residue of vritti, action/
event lodged in chitta

Vasana, collection of samskaras that
conditions & modulates vritti and subsequent
behavior

3 Minds

Negative Mind

Positive Mind

Neutral Mind

Medhya

Intellect or wisdom

Medhya Herbs and Therapies

Promote

capabilities of the mind

Generate/invoke

intelligence, memory, mental acuity

Medhya also means

mighty, strong, vigorous, pure, undefiled
and fit for sacrifice

Medhya Herbs and Therapies

To make mind worthy for sacrifice to Divine

Fit to be given fully to Divine, so strong, pure & crystalline, is capable of channeling greatest wisdom, embracing deepest insights

One factor in pursuit of attaining ones

Promote Medhya

Yamas & niyamas (Dos and Don'ts) of
Yoga

Pranayama

Meditation

Anything that promotes Sattva

Emerald, Gold, Diamond bhasma (ash)

DOSHA SIGNS

Vata

Pain

Irregular movements

Sensory disturbances

Loss of sensory function from
aging, dryness, atrophy

Pitta

Burning pain

Yellow

Green

Red

Heat

Fever

Bleeding

Infection

Kapha

Dull pain

Dull thoughts

Convulsions from blockage

Benign tumors

Lethargy

↓Function from obstruction
(Stambha)

VATA VYADHI

(DISEASES OF THE
NERVOUS SYSTEM)

Any depletion or deficiency → vata disturbed

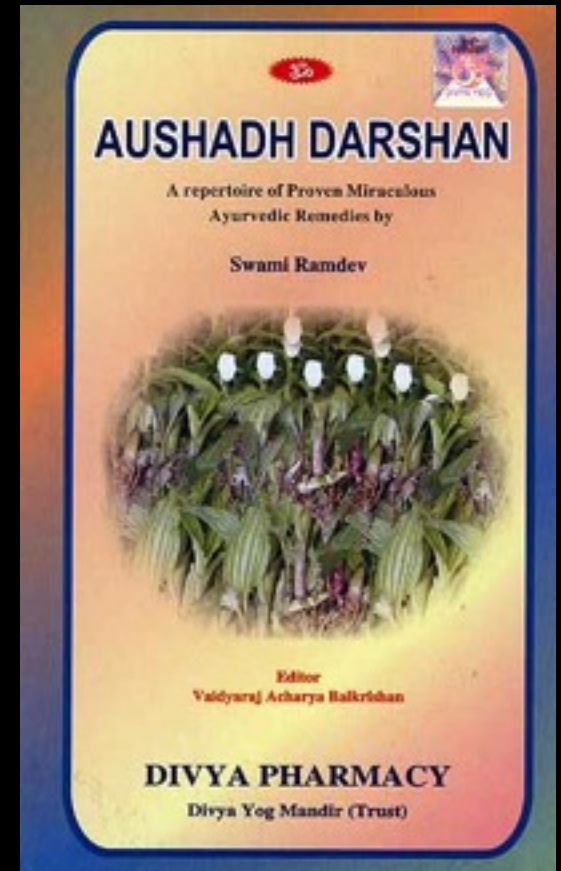
Any depletion, vata fills empty spaces

Vata disturbed

1. Filling empty spaces
2. Blocked, enveloped, by any other dosha

Oshadi

Study of medicinal plants



Gotu kola



A close-up photograph of a dense cluster of green, lobed leaves. The leaves are bright green with prominent veins and slightly wavy, scalloped edges. A semi-transparent green oval is overlaid in the upper center, containing the word "Nervine" in white text.

Nervine

Gotu Kola

Centella asiatica

Family: Umbelliferae

Leaf

Marshes of China, India, S. Pacific

Triterpenoid saponins, sapogenins,
triterpene glycosides, free acids, minerals,
vitamins B and C

Sweet, cooling, bitter

Nervine, relaxant, venous/capillary tonic















Chutney



Dosa





สมบัวบก
GOTU KOLA

มะพร้าว
COCONUT

แก้กษาย
CHRYSANTHEMUM

มะนาว
LEMON

กระเจี๊ยบ
ROSELLE

ลำไย
LONGAN

Salad



Saag



Medhya Kwath (Tea Mixture)

Brahmi (*Centella asiatica*)

Shankhapushpi (*Convolvulus pluricaulis*)

Saunf (*Foeniculum vulgare*)

Jatamansi (*Nardostachys jatamansi*)

Ashwagandha (*Withania somnifera*)

Vacha (*Acorus calamus*)

Etc.

Brahmi (*Centella asiatica*)
Shankhapushpi (*Convolvulus pluricaulis*)
Vacha (*Acorus calamus*)
Jatamansi (*Nardostachys jatamansi*)
Saunf (*Foeniculum vulgare*)
Ashwagandha (*Withania somnifera*)
Praval pishthi
Moti pishthi
Etc.



A close-up photograph of the Brahmi (Bacopa) plant. The image shows a dense cluster of small, rounded, green leaves with a slightly glossy texture. Several small, white, five-petaled flowers are scattered throughout the foliage, some in full bloom and others as buds. The flowers have a yellowish center. A semi-transparent green rectangular box is overlaid on the upper part of the image, containing the text 'Brahmi (Bacopa)' in white. The overall scene is brightly lit, suggesting a sunny outdoor environment.

Brahmi (Bacopa)

Bacopa

Bacopa monnieri

Bitter, sweet

Cold

VPK=

Memory, concentration

Epilepsy

↑Sadhaka pitta, consciousness

Stress, mental disorders

Nervine





Bacopa



Bacopa

Colder, stronger
brahmi



Bacopa

Colder, stronger
brahmi

(analog to gotu kola)



Bacopa

Improved word memory
recall, distraction,
attention, depression,
anxiety scores, cognitive
performance

(Journal of Alternative and
Complementary Medicine, 2008)







Ashwaganda root





Tonic



Ashwaganda drying

Ashwaganda farmers



Shankapushpi herb



Photo credit Prashanti deJager



Shankapushpi



Nerve tonic
Sedative



Rejuvenative tonic for mind & nerve
tissue

Tridoshic

Especially vata-induced mental
disorders

Prepared in ghee, brings tranquility

Uplifts depressive conditions

Insomnia

Epilepsy

Palpitations, insomnia, involuntary
movements, ringing in the ears, vertigo

Combine with

brahmi, jatamamsi, vacha, licorice

Shankapushpi
Brahmi
Neem



with **BRAHMI**
Bright mind for sound learning



2-IN-1
OFFER

FREE!
One pack of 125 ml
with a
regular pack of 225 ml



100% AYURVEDIC

Calamus Root



Calamus (Acorus)





Wild Vacha

A man with a beard and a tilak on his forehead, wearing a grey shirt and a black vest, is crouching in a field of Wild Vacha plants. He is holding a specimen of the plant in his hands and has a notebook and a pen open on his lap. The plants are tall and green with long, narrow leaves. The background shows more of the same plants and some dry grass.

Amarkantak Forest

Photo Prashanti deJager





Calamus

Acorus spp.

(Western A. calamus)

(Chinese A. gramineus)

Root

Major mind and brain herb

Promotes awareness

Increases communication, self-expression

Combined with gotu kola (cooling, mild)

Calamus

Powder 1-4 grams

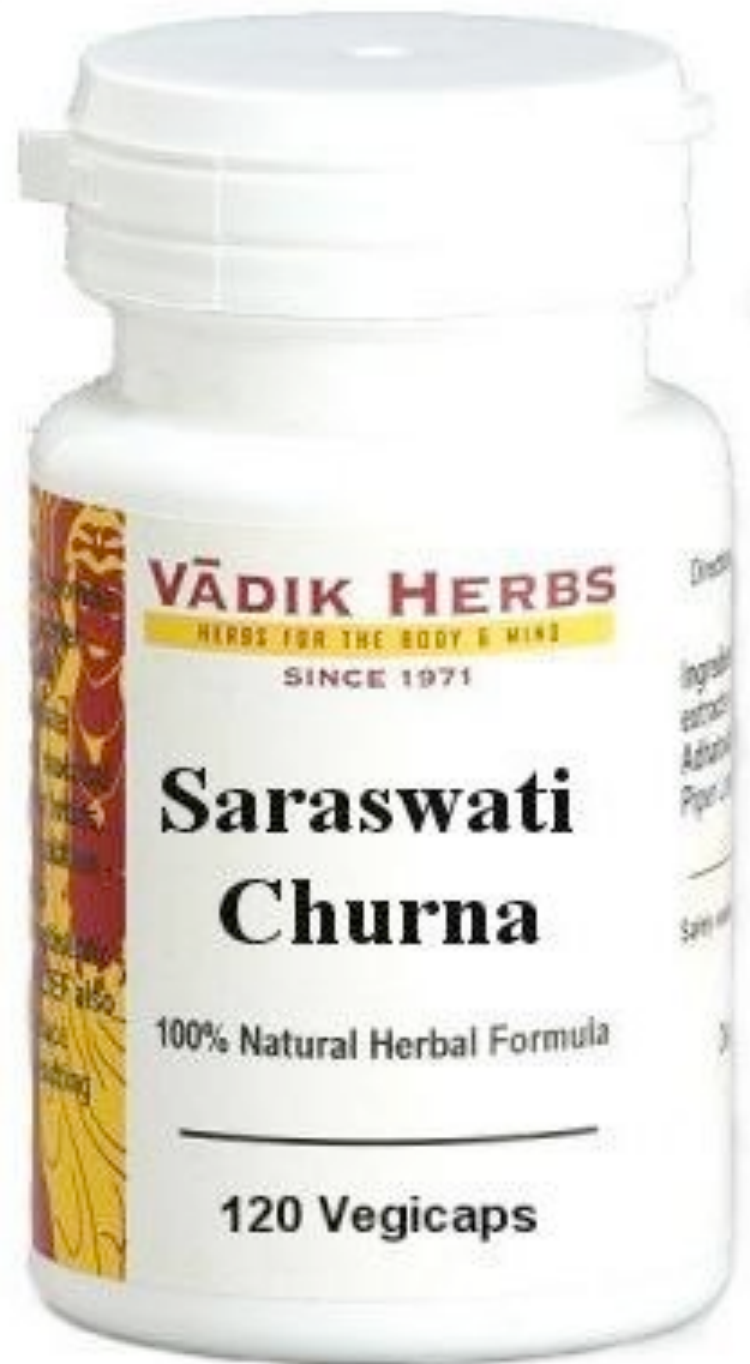
Nauseating

Saraswati Churna

Ayurvedic brain
combination

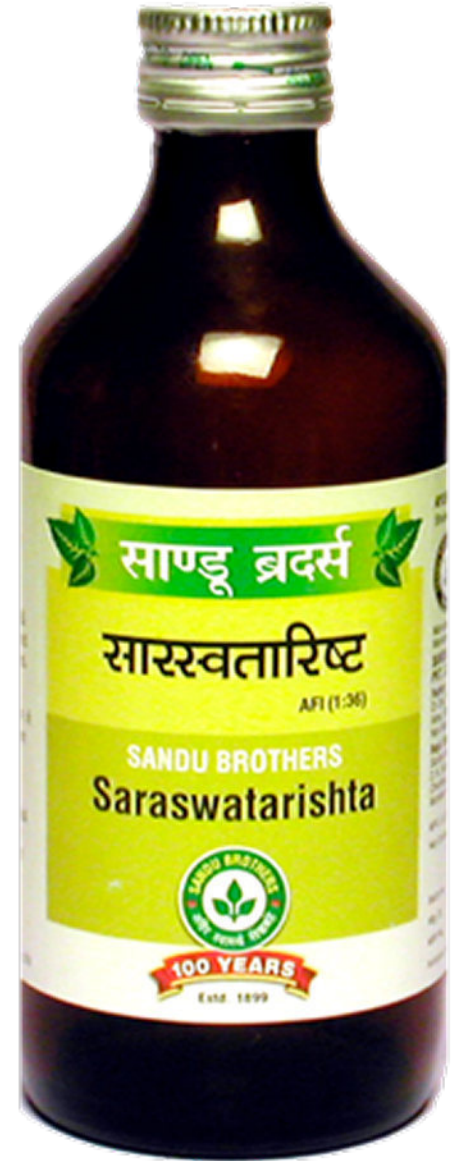
Ashwaganda, calamus
shankpushpi, ajwain,
cumin, trikatu, rock
salt

2–6 g qd with honey &



Saraswat Arishta Ayurvedic brain combination

Gotu kola
Shatavari
Vidarikand
Haritaki
Ginger
Fennel
Jaggery
Nirgundi
Nishoth
Pipali
Calamus
Ashwaganda
Bibitaki
Guduchi





Calamus Nasya



Rose



Rose India



Rose tea



Rose tea



Bayberry bark



Bayberry root bark

Myrica nagi

Kaiphula

Warming astringent (unusual)



Bayberry bark neti or nasya

Kapi kacchu seed



Kapi kacchu
(*Mucuna pruriens*)



Kapi kacchu seed

Sweet, cool

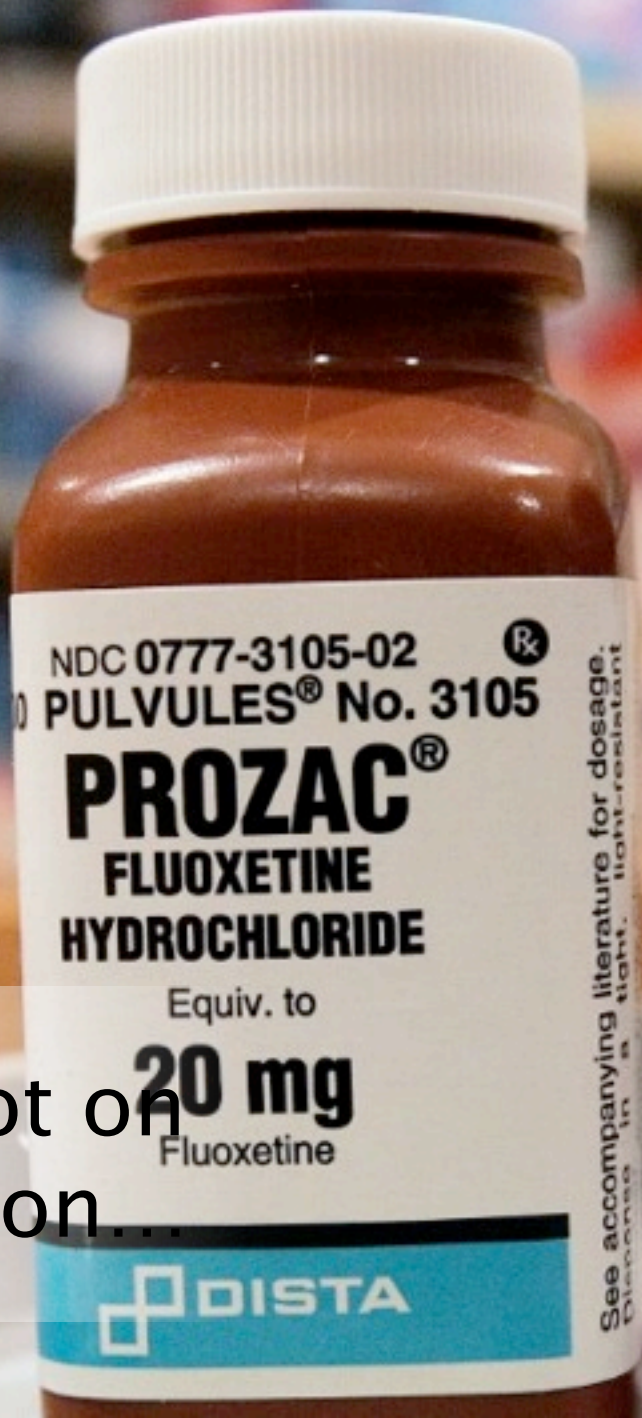
↓P ↑K

Parkinson's (kampavata, "shaking vata")

combine with

amla, ashwaganda, shatavari, gokshura

DEPRESSION



Based not on medication...

Based on meditation



Chiles





Circulation
Mood
Endorphins



Any type

Nirgundi



Nirgundi

Vitex negundo (Verbena family)

Bitter

Leaf analgesic



Leaf decoction with pipali
fever, head mucus,
hearing



ANXIETY

Tagara root



Tagara

Valeriana wallichii
(Indian valerian)

Root

Sedating

10 grams through day



With vacha for
mental clarity

Jatamansi root





Jatamansi root

Nardostachys grandiflora

(Nardostachys jatamansi)

(Syn. Valeriana jatamansi)

Root

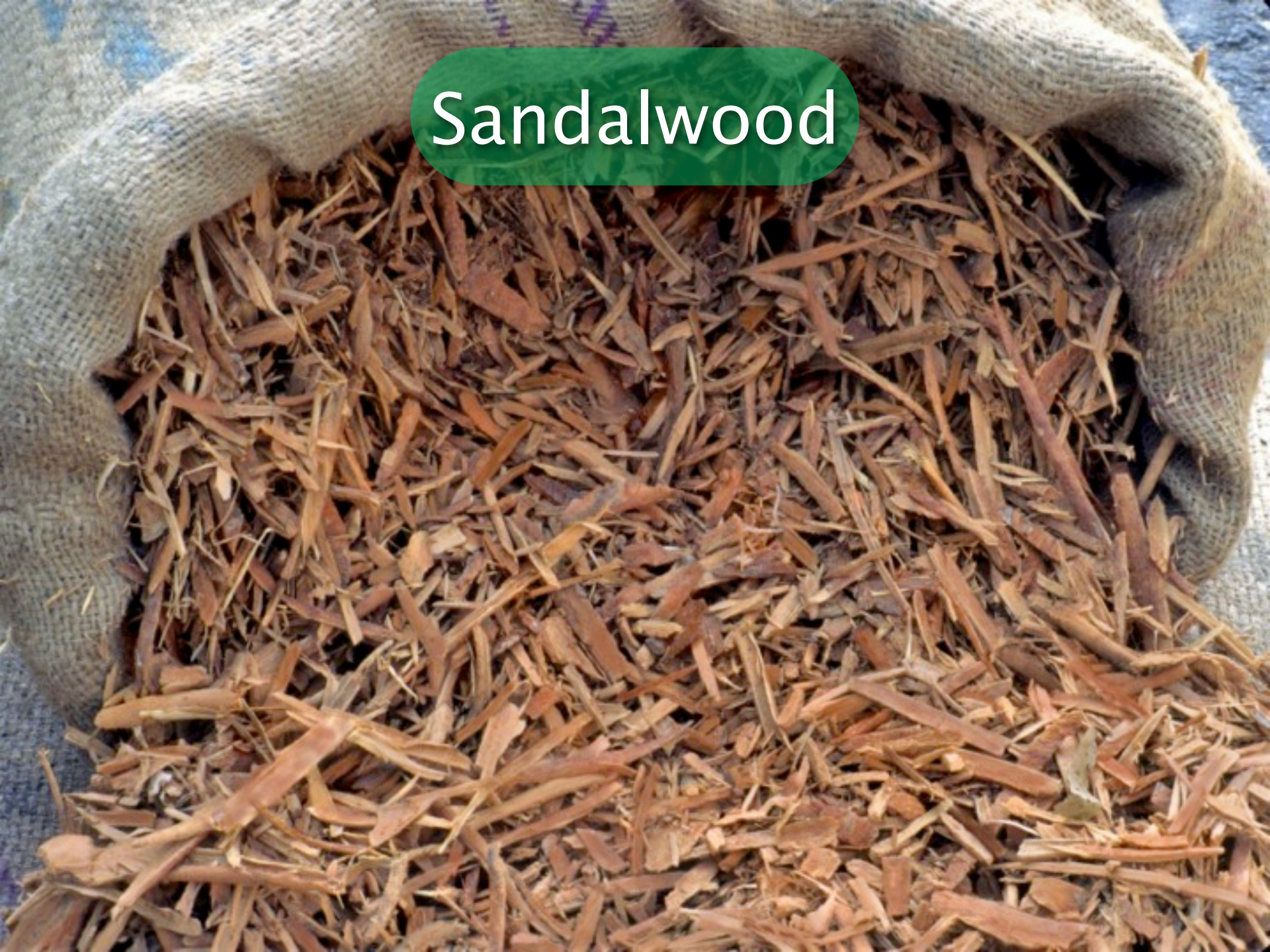
Heals brain tissue

Combine with

Gotu kola, shankapushpi, ashwaganda

Nerve health

Sandalwood





Antipyretic

Sandalwood

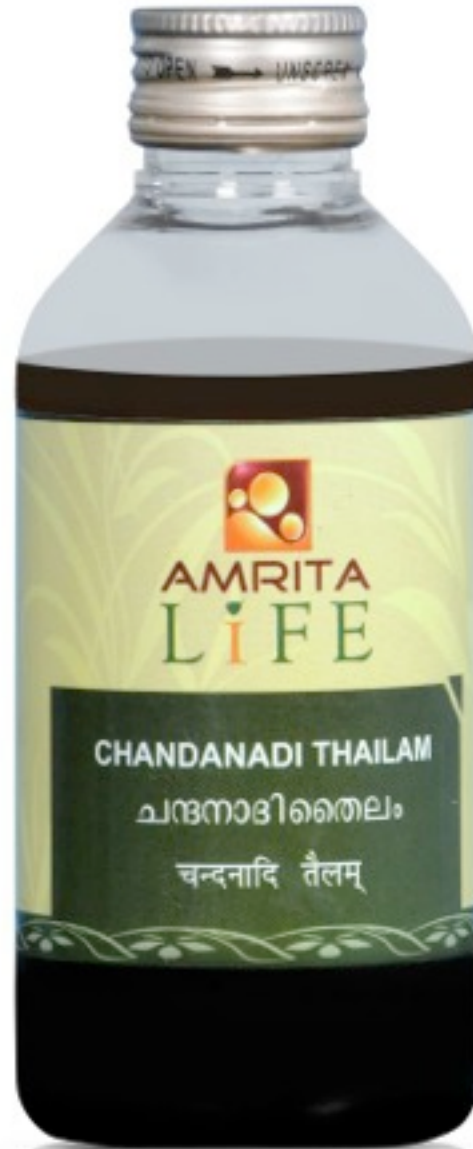
Sandalwood
“Chandana” (Gladness)

Anti-pitta



Sandalwood Kerala





Lodhra bark



Lodhra bark

Symplocos racemosa

Also lodh

Vibration of pure consciousness

Astringent, light, dry, cool

PK↓ V=

Hemostatic

Postpartum

hemorrhage, inflammation, detox

↑digestive absorption

Astringent gargle



Lodhra bark

Antimicrobial, astrigent

Diarrhea, liver

Bleeding gums (mouthwash)

Malignant growths (external plaster)

Churna 1–3 grams

Chrysanthemum flower



“Sevanti”

Chrysanthemum tea

Cooling to the
head
Reduces pitta





菊花茶

DRIED CHRYSANTHEMUM



INGRDEIENT:CHRYSANTHEMUM

菊花

NET WT: 1.41 OZ

淨重：1.41安士(40公克)



Mints

High in ether element
Elevate awareness

A close-up photograph of a peppermint plant. The image shows several bright green, serrated leaves with prominent veins. In the center-right, there is a cluster of small, white, fuzzy flowers. The background is a dense, out-of-focus green, suggesting a garden or field setting. Two dark green, rounded text boxes are overlaid on the image: one at the top center containing the word 'Peppermint' and one at the bottom center containing the text 'Hot and cold'.

Peppermint

Hot and cold

A close-up photograph of spearmint (Mentha spicata) showing several green, serrated leaves and clusters of small, light purple flowers. The flowers are arranged in dense, upright spikes. The background is softly blurred, showing more of the plant's foliage.

Spearmint

Cooling



Horsemint

Very cooling

Horsemint

Wild, cultivated
High menthol
Not very available



Bringraj

Eclipta erecta, *E. alba*

(“king of the bumblebees”)

(also kesharaj, “king of the hair”)

Asteraceae

Herb, roots, leaves

Cooling

Bringraj

Rejuvenating tonic, nervine

Aging, cirrhosis

Graying and balding

(main Ayurvedic herb for hair)

Lowers pitta in head









PREPARATIONS

Saraswatharishtar

Bacopa (or Gotu kola)

Shatavari

Vidarikand

Haritaki

Vetiver

Ginger

Nishot root

Nutmeg

Calamus

15–25ml twice daily



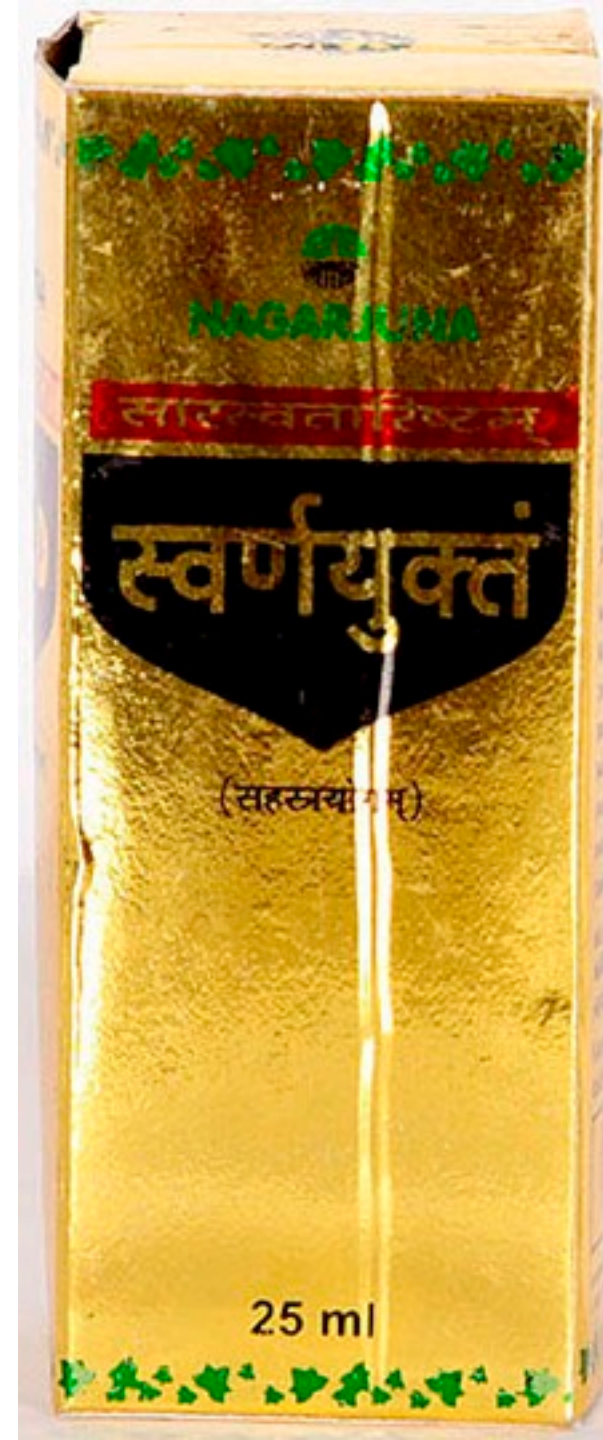
Nagarjuna Saraswatharishtam with Gold

Main ingredients:

Brahmi (*Bacopa monnieri*)

Vacha (*Acorus calamus*)

Hema (Gold)



Aswagandharishtam

Ashwaganda, safed musali,
manjishta, haritaki, vidari,
musta,
anantamul, chandana, vacha,
chitrak, nagakesara





Rejuvenating entire nervous system,
nurturing, calming, clarifying

Comparable to Chyavanprash in
many ways

Main ingredients:

Bacopa

Shankapushpi

Vidanga

Adults: 5–10g twice
daily



Brahmi
Vacha
Jatamansi
Guduchi
Shankapushpi
Swarn (gold) bhasma



DEMENTIA

Turmeric



Turmeric

Turmeric

Curcuma longa

Turmeric

Curcuma longa
Inflammation

Turmeric

Curcuma longa

Inflammation

Acute dose 1 oz. powder (4 Tbs.)

Turmeric

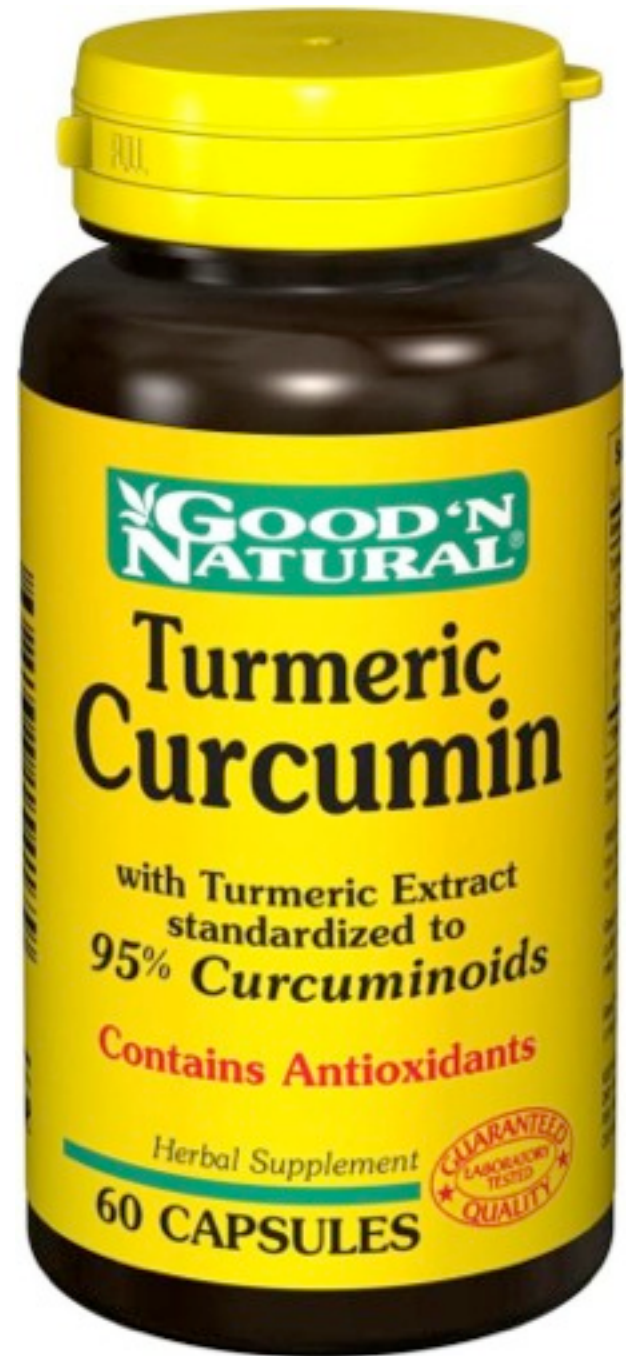
Curcuma longa

Inflammation

Acute dose 1 oz. powder (4 Tbs.)

Maintenance dose 2 grams qd

Concentrate
Brain inflammation
Alzheimer's



Alzheimer's disease

6th leading cause of death in US

5th leading cause of death aged 65 & older

1 in 3 seniors dies with Alzheimer's or another dementia

Risk of Alzheimer's

3.3 x greater among people whose blood folate levels in lowest 1/3

4.5 x greater when blood homocysteine levels in highest 1/3

Clarke et. al. Arch. Neurol. 55 (1998): 1449–1455

Folate

Exclusively plant-based foods
(green vegetables)

Homocysteine
primarily from animal protein

Where people primarily plant food eaters, Alzheimer's very low to virtually none

Even heavy emphasis on grains/

Alzheimer's Dementia Death Rate Per 100,000 Age Standardized 192 countries

Rank	Country	Rate
1	Finland	34.9
2	Iceland	25.1
3	United States	24.8
4	Sweden	21.5
5	Netherlands	21.4
6	Switzerland	20.0
26	Iran	11.4
27	Laos	11.0
32	Israel	10.1
77	Nepal	7.0
80	South Africa	6.6
116	India	3.1

Brain, Memory, Epilepsy

Bhasma:

Mica

Coral

Gold

Pearl

Gotu kola

Ashwaganda

Etc.



Brahmi Vati with Swarn Bhasma

Memory disturbance, brain disorders,
mania, epilepsy, giddiness,
sleeplessness, stress

Dosage & Anupan

1–2 tablets qd–bid, preferably with cow
ghee, honey, cow milk or Saraswatarishta

External, scalp

Brahmi (Bacopa)

Bringraj

Amla

Licorice

Etc.



Neti pot

Neti pot

Decoctions, dilute oils, liquids

Neti pot

Decoctions, dilute oils, liquids
(usually with isotonic salt)

Neti pot

Decoctions, dilute oils, liquids
(usually with isotonic salt)

Triphala

Neti pot

Decoctions, dilute oils, liquids
(usually with isotonic salt)

Triphala

Ghee

Neti pot

Decoctions, dilute oils, liquids
(usually with isotonic salt)

Triphala

Ghee

Alum and salt



Neti

Castor oil



Castor oil

Ricinus communis

Pungent, sweet, heating

Externally, analgesic, nervine

Main treatment nerve conditions

Main treatment for vata

Castor oil

Standout head, neck, brain

Classic Asian remedy epilepsy

Head massage, shirodara

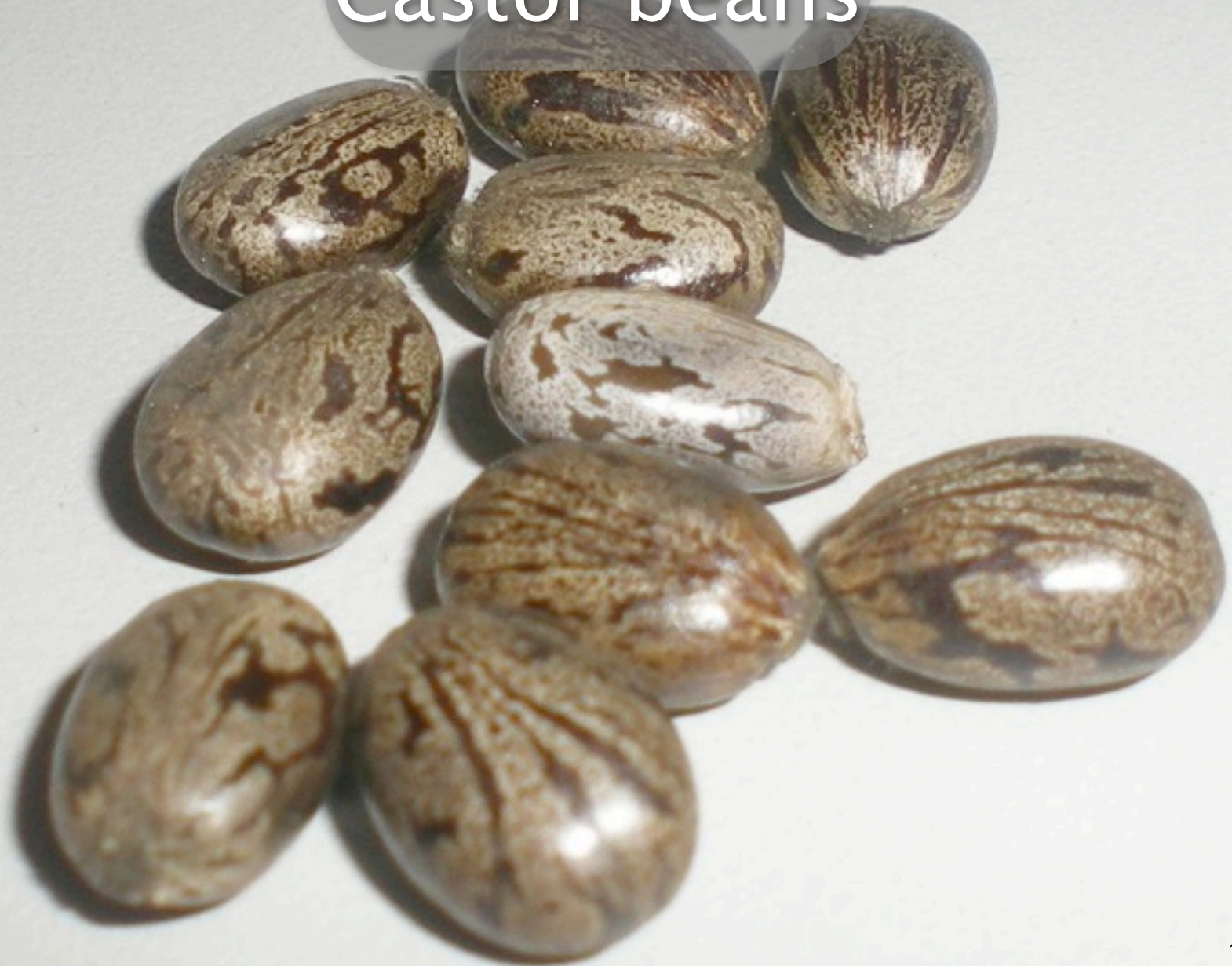
Small internal dose bowel tolerance



Castor



Castor beans



Shirobasti



Shirodara







Takradara



Takradara



Nasya





Celery



A close-up photograph of a wooden cutting board. The board is covered with freshly sliced green cucumbers and white onions. The cucumbers are cut into various shapes, including thick rounds and thin strips. The onions are sliced into thin, crescent-shaped pieces. The background is a light-colored wooden surface.

Nerve nutrient



Celery

Cooling

Calming



Relaxant



Meditation





Meditation

A clear glass filled with vibrant green juice sits on a wooden surface. In the background, a white juicer is visible, with a green vegetable being processed. To the left, a white bowl with a green floral pattern is partially visible. The scene is brightly lit, highlighting the freshness of the juice.

Juice

A close-up photograph of numerous sliced green vegetables, likely zucchini or cucumber, arranged in a circular pattern. The slices are cut into various shapes, including rounds and wedges, and appear to be steamed, as they have a slightly softened texture and some moisture on their surfaces. The vegetables are piled together, filling most of the frame. On the right side, a portion of a white, textured surface, possibly a cloth or paper, is visible, bordered by a red, braided or knitted trim. The lighting is bright, highlighting the vibrant green color of the vegetables.

Steamed

A top-down view of a black wok or pan containing stir-fried vegetables. The ingredients include sliced green bell peppers, white onions, and small pieces of orange carrots. A red, rounded rectangular text box is overlaid in the upper center of the pan. A white chopstick is visible on the right side of the pan.

Stir fried

Soup



A large pile of mixed nuts is shown against a white background. The nuts include almonds, walnuts, cashews, and pistachios. A red oval with the word "Nuts" in white text is positioned at the top center of the pile.

Nuts

Essential fatty acids



Anti-inflammatory



Blanched almonds

Hormone production

Almond milk



Almond milk

Sweet, heavy, oily

Warm

Properties of almond milk

Strengthens the body

Rejuvenating

Aphrodisiac

Nerve tonic

Enhances intelligence, memory,
cognition Restorative in winter, or after
exertion

Almond Milk

11 Almonds, soaked overnight in cup of water

1 cup Milk

½ tsp Cardamom see, ground

Raw sugar (optional) to taste

In morning, drain almonds, peel. Blend almonds in blender to fine paste. In small saucepan, bring milk to boil. Add ground cardamom and almond paste. Boil 1-2 minutes. Add raw sugar to taste if desired.



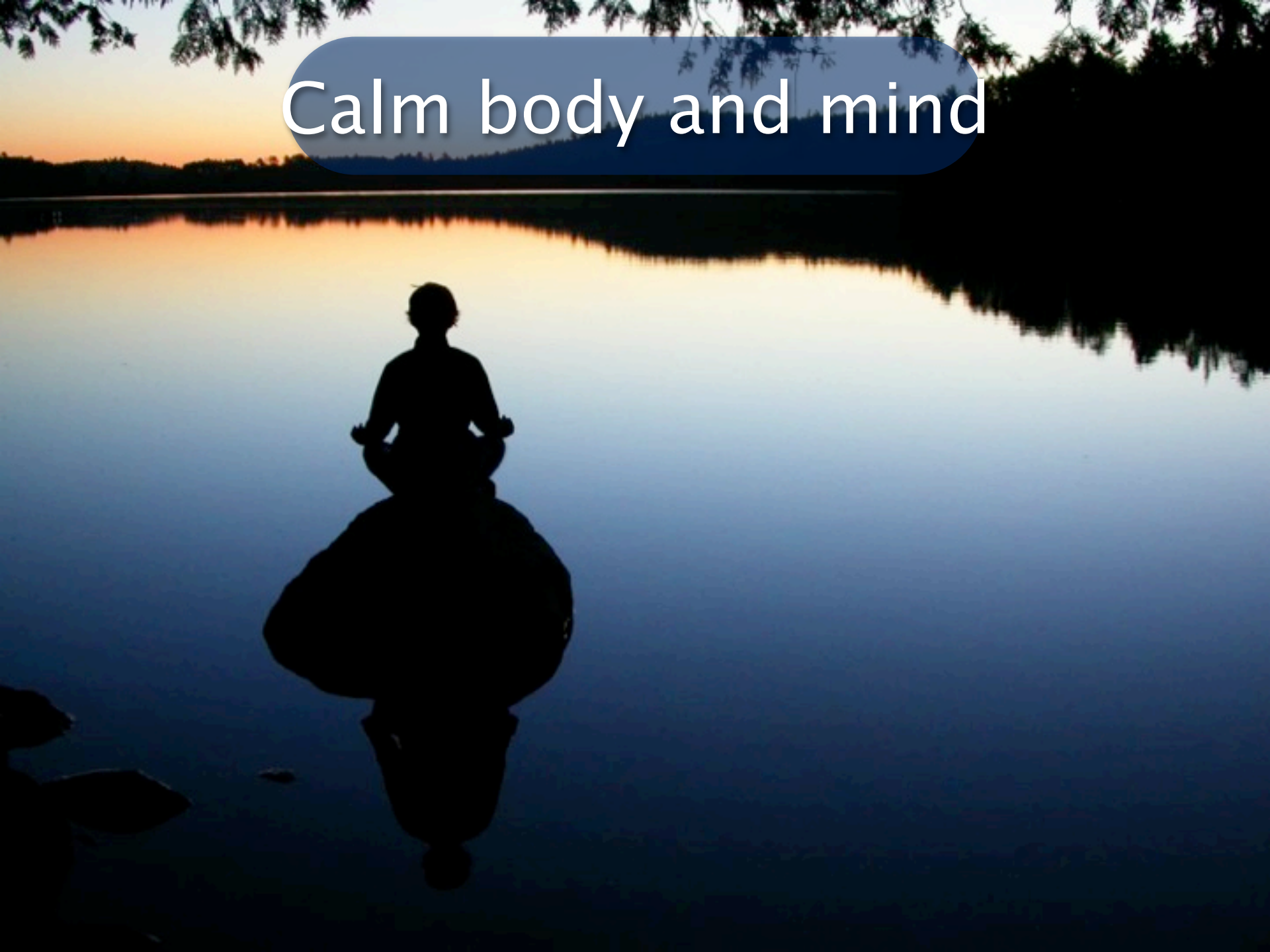
Watermelon seed



Ghee

HEALTHY BRAIN AGING

Calm body and mind



Slow down breathing



Cool down
Avoid “hot” activities (anger, passion)



Avoid conflict, drugs and alcohol



Meditation



Assimilate and Generate: Digestion



Join us for your next step in health

