

SVA
SUMMER PROTOCOL

HOW TO STAY COOL, CALM & HEALTHY THIS SUMMER



by Vaidya R. K. Mishra
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HOW TO STAY COOL, CALM & HEALTHY THIS SUMMER

by Vaidya Rama K. Mishra

SVA SUMMER SEASONAL PROTOCOL

To balance and protect the physiology from the scorching heat of the summer, Vaidya Mishra's family lineage Shaka Vanshiya Ayurveda (SVA) bases all teachings and protocols on the recommendations from the founding text of Ayurveda; the Carak Samhita.

मयूस्त्रैर्जातः स्नेहं ग्रीष्मे पेपीयते रविः।
स्वादु शीतं द्रवं स्निग्धमन्नपानं तदा हितम्॥च॥सू॥६-२७॥
mayūsrairjagataḥ snehaṁ grīṣme pepīyate raviḥ।
svādu śītaṁ dravaṁ snigdhamannapānaṁ tadā hitam॥ca.su.6-27॥

शीतं सशकरं मन्थं जाङ्गलान्मृगपक्षिणः।
घृतं पयः सशाल्यन्नं भजन् ग्रीष्मे न सीदति॥ च॥सू॥६-२८॥
śītaṁ saśarkaraṁ mantharṁ jāṅgalānmṛgapakṣiṇaḥ।
ghṛtaṁ payaḥ saśālyannaṁ bhajan grīṣme na sīdati॥ ca.su.6-28॥

Carak Samhita Sutrasthana (verses 27-32) recommends the intake of sweet, cool, liquid, and unctuous food and drinks. Personal care, daily routine, sensory stimulation, exercise, and environment all need to be appropriately adjusted so that the body is given the opportunity to absorb the maximum cooling effect of soma necessary to balance excess heat.

THE IMPORTANCE OF SEASONAL ROUTINE

Ayurveda is the only science that offers complete understanding of the importance of seasonal routine. The field of Ritucharya (ritu=season,

charya=code of conduct) explains how staying in good health depends on adapting our diet, routine, and lifestyle to seasonal changes.

The three main Ayurvedic texts - Carak Samhita, Sushrut Samhita, and Vagbhat - elaborate in detail about the seasonal effects of the environment on our physiology. Our body is connected to the environment in all aspects. Any little change in the environment effects both our vibrational and physical bodies. Just as the transition of one season into another causes visible changes in nature, we can feel and notice seasonal impact on our mind, emotions, and physical and spiritual stamina. Even if we don't notice the changes, we experience them minute by minute and day by day. If we follow seasonal codes of conduct and stay in harmony with nature, our entire physiology will have greater capacity for health and vitality and greater resistance to discomfort and disease.

THE IMPACT OF SUMMER ON THE PHYSIOLOGY

Summer starts when the earth's axial tilt is closest to the sun and the days are longer than the nights. The Northern Hemisphere receives the highest levels of solar radiation, and is therefore dominated by the fire (agni) element. This creates the dehydration (adana) period. The powerful rays of the sun evaporate the moisture or unctuousness of the earth and in the human physiology. Agni becomes high and burns soma (cooling element). Lubricating ability (snigdha) decreases. We experience dehydration and excess thirst, which raises pitta and causes special challenges for people with pitta-predominant constitution or those who have pitta aggravation.

IN-DEPTH UNDERSTANDING OF AGNI AND PITTA

WHY IS PITTA LIQUID?

According to Shaka Vanshiya Ayurveda, pitta can be thought of as fuel, like gasoline. It contains a lot of agni (fiery component of prana) and some soma (cool, nourishing, and liquid component of prana). The soma aspect keeps pitta liquid so that it can flow in the body. The soma also keeps it cool so that pitta does not burn the channels through which it flows. Pure agni (fire) would not be transportable in the body, but pitta, due to its liquid form, flows easily to wherever it is needed.

HOW DOES PITTA BECOME A FLAME?

Whenever an organ or cellular system needs real flame (agni) to digest, metabolize, or transform something, the pitta fuel is ignited. This ignition takes place in the burners (sandhis or gaps) and produces the needed flames (agnis) - in the stomach as jataragni, in the liver as bhutagnis, between each dhatu where one tissue is transformed to another tissue as dhatuagni, and on the cellular level as dehagnis.

THE DANCE OF THE FIVE PITTAS

The flame (agni) is what is cooking (or transforming), not the gasoline (pitta). Maintaining pitta in perfect balance poses a unique challenge. Pitta must maintain some coolness, otherwise spontaneous combustion can occur. And yet, pitta can't be kept too cool, because it won't flow through the channels if it congeals. If the agni and soma components of pitta are in proper ratio, all five pitta subdoshas – sadhaka (governing emotional heart), alochaka (eyes), bhrajaka (skin), pachaka (digestion), and ranjaka (liver) will function and govern their areas well.

Eighty Eight



—Vaidya Mishra
Chandika cofounder
and visionary formulator



WE LIVE IN A FIERY/ACIDIC WORLD

Pitta, the fuel or gasoline itself, has inherent heat. In today's world, we consume and absorb an overabundance of "fiery food", acidic, toxic, chemical food, electromagnetic radiation from computers, cell phones, and many other sources. These factors burn the soma, which is the balancing factor for the fire element. As it is, the environment contains too much of agni/fiery vibration and less soma. Added to this, when we ingest these hot (agneya) vibrations and materials through air and food, the ratio of agni and soma is compromised so that the agni component of pitta in the body and environment goes high while the soma or water component goes low.

HIGH PITTA / LOW SOMA – A COMMON IMBALANCE IN TODAY'S WORLD

When agni is high and soma is low, the hot vibration of pitta disturbs the vibrational gaps (sandhi) or the burners. The burners must maintain pristine intelligence so that they can transform the pitta (gasoline) to flame (agni) in just the right amount whenever it is needed. The intelligence of the body controls the fire in the same way that a stove must constantly be adjusted depending on what is being cooked. If the high agni/low soma imbalance

*Herbal Memory Nectar Drops...
...(and counting).*



occurs, it lowers the digestive flame and leads to high pitta, low agni digestive problems that commonly manifest as lack of appetite, sluggish or painful digestion, and improper absorption of nutrients.

The liver suffers the most from the high pitta/low agni situation. Governed by ranjaka pitta, the liver consumes a lot of fuel because it has to support five flames and burners. When the gaps or the burners are overwhelmed and damaged by too much fuel, the liver, which is responsible for transforming all incoming material into intelligent blood, gets vitiated so that excess heat is filtered into the blood, making the blood hot and less intelligent. When hot blood circulates throughout the body and enters different organs or systems, it commonly causes rashes, itchiness, inflammation, anger, anxiety, irritation, dizziness, etc.

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*—Michelle G.
Sales Associate*

QUICK OVERVIEW OF FIVE PITTA SUBDOSHAS, AGGRAVATION SYMPTOMS, AND BALANCING:

Organ/ System	Pitta subdosha	Symptoms	Remedy or Protocol – Herbs and spices
Eyes	Alochaka pitta	Burning, redness, dry- ness in the eyes	High Pitta Triphala, Clove, Rose, Wild Amla
Emotional Heart & Emotional Strength	Sadhaka Pitta	Anger, emotional instability, irritation, anxiety	Rose buds, Ashoka, Sandalwood, Aloe, Vetiver
Digestive System	Pachaka Pitta	Lack of appetite or excessive hunger, feel- ing hungry but having distaste for food, poor digestion and absorp- tion	Cardamom, Clove, Cumin, Black pepper, Mint, Fennel, Vaidya Mishra's Soma Salt, Fresh Lime Juice
Liver	Ranjaka Pitta	Heat in the blood or less intelligent blood, susceptibility to auto-immune diseases, diabetes	Rose, Clove, Coriander seeds, Deglycerized licorice (DGL), Fennel
Skin	Bhrajaka Pitta	Itching, dryness, burning, rashes, sunburn and redness, tenderness	Sandalwood, Vetiver, Jasmine, Rose, SVA skin clay, Lalita's Facial Oil and Age-defying cream (contains jas- mine), Aloe-Sandal- wood Lotion.

SKIN AND THE SUMMER SEASON

Skin is the largest organ in the body and, for obvious reasons, most affected by the summer season. Because it is the barrier between the outer environment and the inner body, the skin absorbs both the vibrational and the physical impact of the sun while other areas of our physiology receive only the vibration of sunlight. According to Shaka Vanshiya Ayurveda, we have a

vibrational filter inside every hair follicle of the body (loma randhra). These filters receive all the vibrational energy or toxicity from the environment and act as the coordinators and connectors between cosmic vibration and the body's own vibrational energy. Vibrational energy of the sun, including UVB, is being received continuously while the skin is exposed to sunlight.

Ayurvedically, all five pitta subdoshas (pachaka, ranjaka, sadhaka, alochaka, and bhrajaka) are connected to the skin. Of those five subdoshas, bhrajaka pitta holds special importance for the skin and plays a crucial role in providing the skin with the necessary vibrational and biological strength and stamina to handle excessive sunrays.

WHAT IS BHRAJAKA PITTA?

The word bhrajaka is related to bhranjan, which literally translates into “frying.” When we apply something to the skin, the surface of the skin becomes a frying pan and bhrajaka pitta supplies fuel for the bhrajaka agni flame that “fries” the “food” so that it can be absorbed into the bloodstream.

Ayurveda elaborates that the skin's health and appearance are regulated by three subdoshas or psycho-physiological principles. Vyana vata governs circulation in the skin and modulates the sense of touch. Bhrajaka pitta governs skin temperature and the biochemical processes that occur in the skin. Shleshaka kapha regulates moisture levels and lubrication. In order to develop appropriate protocols for summer skin care, it is important to understand the interdependence of vyana, bhrajaka, and shleshaka as well as the difference between bhrajaka pitta and bhrajaka agni.

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SVA SUMMER CARE RECIPES

REHYDRATING AND SOMA-ENHANCING DRINKS...ALL YOU NEED IS LOTS OF SOMA!

For ages, Vaidya Mishra's "SVA" family lineage has recommended these recipes for protection and rehydration from summer heat. These time-tested recipes are also mentioned in the Ayurvedic classical texts, thus showing that Ayurveda is a science intended for practical application in everyday life.

- **Instant cooling & re-hydrating drinks to balance sadhaka pitta**

For enhancing emotional bliss

Rose Nectar Water

Ingredients:

- 16 oz of room temperature natural spring water with ideal pH
- 2 drops of Vaidya Mishra's Organic Rose Herbal Memory Nectar
- 2 drops of Vaidya Mishra's Clove Leaf Herbal Memory Nectar
- 2 drops of Vaidya Mishra's Mint Herbal Memory Nectar
- 2 pinches of Vaidya Mishra's Soma Salt
- 1 tsp organic, raw sugar

Method: Add the above mentioned ingredients to room temperature natural spring water. Shake well. Keep sipping throughout the day.

Rose Tea

Ingredients:

- 16 oz of room temperature natural spring water with ideal pH
- 2 Organic rose buds
- 1/8 tsp toasted and ground clove
- 4 Mint leaves
- 2 pinches of Vaidya Mishra's Soma Salt
- 1 tsp Sugar

Method: Boil water. Add rose buds, clove, and mint. Steep for 5 minutes. Stir in sugar and Soma Salt. Cool. Sip throughout the day.

- **Instant cooling & re-hydrating drinks to balance pachaka pitta**

For supporting digestive system and fixing digestive agni

Cardamom/Clove Drink

Ingredients:

16 oz of room temperature natural spring water with ideal pH
2 green cardamoms (crushed) or 2 drops of Vaidya Mishra's Black Cardamom Herbal Memory Nectar
1/8 tsp toasted and ground clove or 2 drops of Vaidya Mishra's Clove Leaf Herbal Memory Nectar
1/8 tsp toasted & ground cumin or 2 drops of Vaidya Mishra's Cumin Herbal Memory Nectar
1/8 tsp Black peppercorn (crushed) or 1 drop of Vaidya Mishra's Black Pepper Herbal Memory Nectar
1/8 tsp toasted & ground Fennel or 1 drop of Vaidya Mishra's Fennel Herbal Memory Nectar
4 Mint leaves or 2 drops of Vaidya Mishra's Mint Herbal Memory Nectar
2 pinches of Vaidya Mishra's Soma Salt
Juice of ½ a lime

Method: Add the above ingredients to water. If using herbs, blend in a blender and strain. If using nectar drops, shake well. Keep sipping throughout the day.

Note: If you are a first-time user or sensitive to any of the spices/herbs, check with your doctor before adding to your diet.

• Instant cooling & re-hydrating drinks to balance alochaka pitta

For cooling and relaxing the eyes

Nectar Water

Ingredients:

16 oz of room temperature natural spring water with ideal pH
2 drops of Vaidya Mishra's Wild Amla Herbal Memory Nectar
2 drops of Vaidya Mishra's Organic Rose Herbal Memory Nectar
1 drop of Vaidya Mishra's Clove Leaf Herbal Memory Nectar
1 drop of Vaidya Mishra's Coriander Herbal Memory Nectar
1 tablespoon of raw, organic sugar
Juice from ¼ lime

Method: Add the above ingredients to room temperature water. Shake well. Sip throughout the day.

Herbal Tea

Ingredients:

16 oz natural spring water with ideal pH
2 drops of Vaidya Mishra's Wild Amla Herbal Memory Nectar
2 organic rose buds
1/8 tsp toasted and ground clove
2 toasted and crushed coriander seeds
1 tablespoon of raw, organic sugar
Juice from ¼ lime

Method: Boil water. Add herbs. Steep for 5-10 minutes. Cool down. Add Wild Amla Herbal Memory Nectar. Sip throughout the day.

Note: Wear sunglasses when you go out in the sun.

• Instant cooling & re-hydrating drinks to balance ranjaka pitta

For cooling the liver

Ingredients:

16 oz of room temperature natural spring water with ideal pH
1/8 tsp toasted and crushed coriander seeds or 1 drop of Vaidya Mishra's Coriander Herbal Memory Nectar
1/8 tsp toasted & ground Fennel or 1 drop of Vaidya Mishra's Fennel Herbal Memory Nectar
2 Organic rose buds (crushed) or 1 drops of Vaidya Mishra's Organic Rose Herbal Memory Nectar

Method: Add all ingredients to room temperature natural spring water. If using herbs, blend in a blender and strain. If using nectar drops, shake well. Sip throughout the day.

• Instant cooling & re-hydrating drinks to balance bhrajaka pitta

For strengthening the skin's inner sun protection factor

Pomegranate Juice

Ingredients:

50% Fresh Pomegranate Juice
50% room-temperature Natural Spring Water

Wild Amla Nectar

Ingredients:

- 16 oz of natural spring water
- 2 drops of Wild Amla Herbal Memory Nectar
- 1 drop Organic Rose Herbal Memory Nectar
- 1 drop Soma Cal Herbal Memory Nectar

Lime Drink with a Touch of Mint and Sweetness

Ingredients:

- Water – 8 oz
- Fresh Lime juice – ½ lime
- Mint leaves – 2
- Vaidya Mishra's Soma salt – per taste
- Organic raw sugar – per taste
- Vaidya Mishra's Mum's Masala – 1 pinch, or a mix of:
 - Toasted and ground cumin – 1 pinch
 - Toasted and ground clove (1 pinch) or 1 drop of Clove Herbal Memory Nectar

Method: Mix all ingredients and sip throughout the day.

Notes:

- Lime is a natural source of vitamin C and immunity booster. It has a sweet post-digestive taste, so it enhances soma. Lemon is not preferred because it has a sour post-digestive taste, which increases agni.
- Clove opens the channels without heating them.
- Cumin aids absorption and opens the channels in the kidneys. Sometimes we drink plenty of water in the summer and still feel thirsty. This is caused by the poor absorption of soma.
- Adding a pinch of black pepper powder, which is slightly warming due to its agni quality, helps to open the channels so that soma can reach its targeted destination.

Sandalwood Drink

For deeper cooling and relaxation

Mix one pinch of Sandalwood powder or 2 drops of Sandalwood Herbal Memory Nectar in 16 oz of water and sip throughout the day.

Sattu Recipe – Barley & Kala Channa Sattu (from Carakopas-kara)

Famous in North India as a sustaining and rehydrating food

Ingredients:

Toasted & powdered Kala channa - 1oz

Toasted & powdered Barley - 3oz

Vaidya Mishra's Soma salt - 4 pinches

Water (natural spring water with good pH) - 16oz

Fresh lime juice – ½ lime

Toasted & powdered cumin seed or Vaidya Mishra's Mum's Masala - ¼ tsp

Method: Toast the kala channa (or buy toasted kala channa in an Indian grocery store) and remove the skin. Powder kala channa and toasted barley separately. Add all ingredients except lime juice to water. Blend. Squeeze juice of ½ lime, add to blend, and re-mix.

≡ TIP: Eat more sweet juicy fruits.

Jaljeera

During extreme heat in India that can reach over 48 deg C, this drink is commonly sold in the street and helps to save people's lives.

Ingredients:

16 oz - room temperature natural spring water with ideal pH

¼ tsp - toasted & ground cumin or 3 drops of Vaidya Mishra's cumin nectar drop

4 leaves of fresh Mint or 3 drops of Vaidya Mishra's mint nectar drops

4 pinches of Vaidya Mishra's Soma Salt

1 tablespoon of Sugar

Juice of ½ lime

Method: Add all ingredients to water. Blend and sip throughout the day.

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Coconut Chutney

A Recipe for Beautiful Hair

Ingredients:

- 4 oz shredded coconut
- 2 oz toasted then ground mung beans
- 1 tsp Vaidya Mishra's Mum's Masala
- ¼ tsp Vaidya Mishra's Soma Salt
- 1 tsp olive oil
- Juice of ½ lime
- Enough water to make a thick paste

Method: Blend the above ingredients.

Amra Panak (mango drink)

Another instantly rehydrating and extremely tasty drink that is commonly sold on the streets of India to help people during extreme heat.

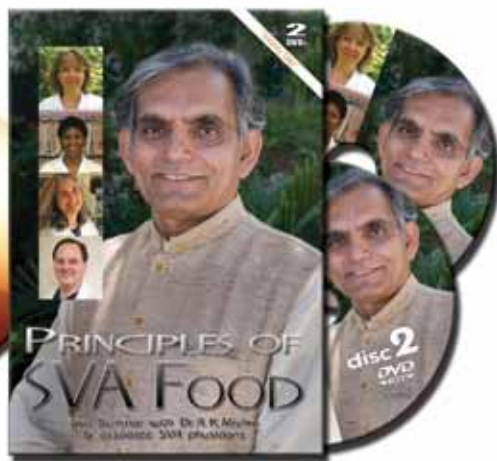
Yield: Approximately 10 cups

Note: Due to the variations in the size and tanginess of the mango, you may have to adjust the spicing.

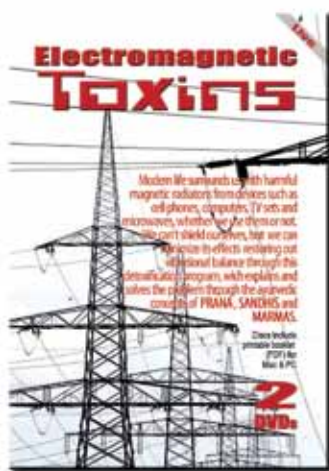
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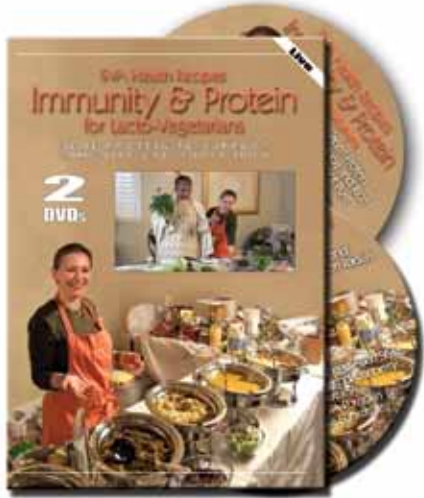
Ingredients:

- 1 Large Raw Mango (available in Indian or Asian grocers)
- 5 curry leaves
- ½ tsp of black pepper, ground
- 1-1 ½ tsp of large (black) cardamom, ground
- ½ tsp Vaidya Mishra's Soma Salt
- ½ tsp turmeric
- ½ tsp toasted cumin, ground
- 5 mint leaves
- ½ tsp cinnamon, ground
- 6 Tablespoons of raw, organic sugar
- 1 Tablespoon ghee
- Juice of ½ lime
- Natural Spring Water

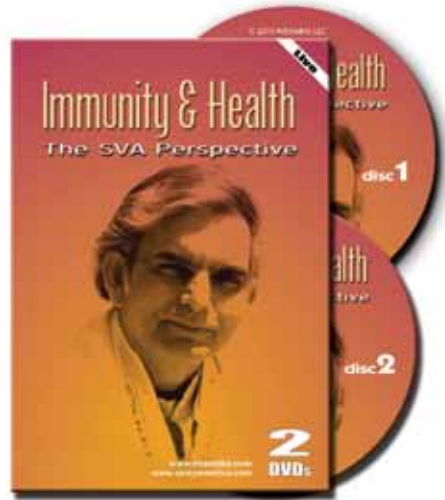


*When I grow up
I learn with Vaidya
because in
the*





*... I want to be a healer.
 ... Mishra's video seminars...
 ... kindergaten,
 ... they don't teach
 ... this yet.*



Method: 1. Cut off the tip of the mango. (It is very acidic). Boil the mango until the skin breaks. Cool. Remove the pulp. Set aside.

2. In a sauce pan, heat ghee on low. Add curry leaves, black pepper, cardamom, Vaidya Mishra's Soma Salt, and turmeric. Sauté gently. Add mango pulp. Cover and continue to sauté.

3. Combine mint, cumin, cinnamon and sugar. Crush together. Add to mango pulp, mix, cover, and cook for 10-15 minutes. Keep covered to preserve aroma.

4. In a blender, mix 1 ½ Tablespoons of mango pulp to 1 cup of room-temperature water, squeeze in the lime. Blend. Serve and enjoy.

Version 2 (quick version)

Ingredients:

- 1 Large Raw Mango
- ½ tsp Vaidya Mishra's Soma Salt
- ¼ tsp Vaidya Mishra's Shroto Shudhi Masala
- 1 tsp Vaidya Mishra's Mum's Masala
- ½ tsp large black cardamom
- 5 mint leaves
- 6 Tablespoons of raw, organic sugar
- 1 Tablespoon ghee
- Juice of ½ lime
- Natural Spring Water

Method: 1. Cut off the tip of the mango. (It is very acidic). Boil the mango until the skin breaks. Cool. Remove the pulp. Set aside.

2. In a sauce pan, heat ghee on low. Add Masalas, Vaidya Mishra's Soma Salt, cardamom. Sauté gently. Add mango pulp. Cover and continue to sauté.

3. Combine mint and sugar. Crush together. Add to mango pulp, mix, cover, and cook for 10-15 minutes. Keep it covered to preserve aroma.

4. In a blender, mix 1 ½ Tablespoons of mango pulp to 1 cup of room-temperature water, squeeze in the lime. Blend. Serve and enjoy.

RAW MANGO NUTRITION FACTS

Amount Per 1 cup, sliced, raw mango

Calories	107.25
Calories from Fat	4.01
Total Fat	0.446g
Saturated Fat	0.109g
Polyunsaturated Fat	0.0841g
Monounsaturated Fat	0.167g
Cholesterol	0 mg
Sodium	3.3 mg
Potassium	257.4mg
Total Carbohydrate	28.05g
Dietary Fiber	2.97g
Protein	0.841g
Alcohol	0 g

Note the natural sodium/potassium balance

RAW MANGO PERCENT DAILY NUTRITION VALUES

Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin A	129 %
Vitamin C	76 %
Vitamin D	0 %
Vitamin E	4 %
Vitamin B-6	11 %
Vitamin B-12	0 %
Calcium	2 %
Iron	1 %
Thiamin	5 %
Riboflavin	5 %
Niacin	5 %
Folate	6 %
Phosphorus	2 %
Magnesium	4 %
Zinc	0 %
Copper	9 %

Tamarind Chutney with Sweet Thai tamarind

(sweet tamarind is available in Asian stores, Indian stores, and health food stores)

This recipe is more popular in Southern India. It provides instant rehydration, improves absorption, boosts energy, and supports healthy bowel movement.

Ingredients:

- 16 oz of room temperature natural spring water with ideal pH
- 6 Tamarind pods
- 1 tsp ghee
- ½ tsp olive oil
- ½ tsp Vaidya Mishra's Soma Salt
- ½ tsp ground cumin or Vaidya Mishra's Mum's masala
- 2 Large cardamoms, ground
- 6 curry leaves
- Juice of 1 lime

Method: Take out the outer skin and remove fibrous veins from the tamarind pods. Soak the pods for 10-15 minutes. Remove the seeds.

Heat ghee in a small sauce pan, add and sauté cumin seeds, curry leaves, and large cardamom. Add tamarind pulp, cover, and cook. While cooking, add raw organic sugar. Cook for no more than 20 minutes. Cool to room temperature. Add fresh lime juice and olive oil.

Optional: Shred thin slices of green chilies; add after adding lime and olive oil.

Can be stored in the refrigerator for up to 10 days.

⊖ TIP: Drink coconut water from a mature coconut.

THE BENEFITS OF SWEET TAMARIND:

- Predominantly sweet taste (madhura) with a little sour. Be careful to distinguish the sweet variety of tamarind from the sour one, which is commonly available in paste form. The sour variety is very heating and increases pitta in the blood.
- Increases digestive flame and appetite (deepani)

- Slightly warming, but also moist and pacifying for kapha, pitta, and vata. Pacifies thirst. Balances apana vata by scraping old toxins from the intestine. (from Carak Samhita, Bhava Prakash, and Raj Nigantu).

TAMARIND NUTRITION FACTS

From 100 grams of edible tamarind pulp

Calories	70
Humidity	75.6 gm
Protein	2.3 gm
Fat	0.2 gm
Carbohydrate	14.7 gm
Fiber	6.3 gm
Calcium	429 mg.
Phosphorus	14 mg
Ferrous	3.0 mg
Vitamin A	867 IU
Vitamin B1(Thiamine)	0.08 mg
Vitamin B2 (Riboflavin)	0.34 mg
Nicotinamide	1.5 mg
Vitamin C	44 mg

*See how rich it is
in minerals*

Ayurvedic Buttermilk / Takra

Ingredients for 1 serving:

- ¼ cup fresh cold yoghurt (home-made preferred)
- ¾ cup cold natural spring water (cold is important)
- ¼ tsp cumin powder
- ¼ tsp coriander leaf (also called cilantro)
- 1 pinch of Vaidya Mishra's Soma Salt

Method: In a blender or food processor, mix yoghurt by itself on low for 3-5 minutes. Add cold water to yogurt. Mix again on low for 3-5 minutes. Collect and discard the fatty foam on top. Repeat mixing. Remove more fatty foam if yoghurt still looks thick or solid white. It should appear watery but cloudy in color. Add the spices and briefly stir just enough to mix the spices evenly. Serve at room temperature.

Reference: Nourishing, rehydrating, and probiotic support of takra is mentioned in Carak Samhita.

- For probiotic support and rehydration.

Lassi is a mixture of 75% water to 25% yoghurt. Adding water to yoghurt prevents yoghurt from clogging the channels instead of supplying friendly bacteria to the digestive system. Supplying pro-biotic support is the best way to enhance absorption.

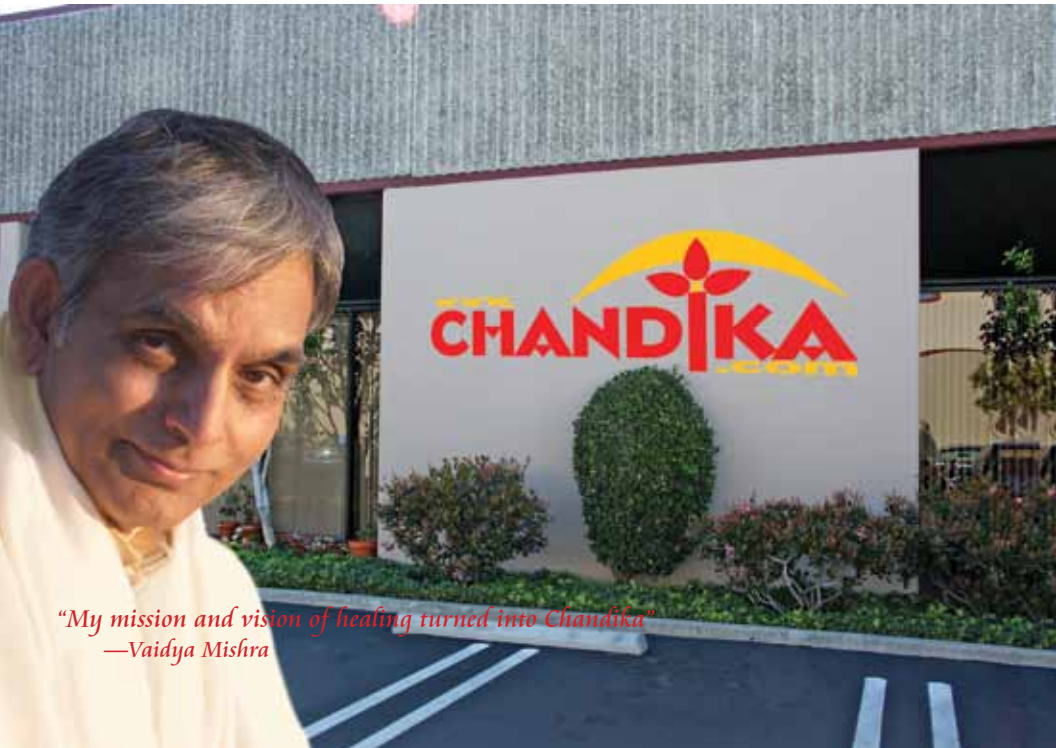
Digestive Lassi

Ingredients:

- 1 part yogurt
- 3 parts water
- ¼ tsp toasted and powdered cumin seed or Vaidya Mishra's Mum's Masala
- 3-4 pinches of Vaidya Mishra's Soma Salt
- 4-5 leaves fresh cilantro (to taste).

Method: Blend on low.

Tip: Drink at lunch time.



"My mission and vision of healing turned into Chandika"
—Vaidya Mishra

“Vaidya Mishra's all-natural capsules and tablets are my first recommendation”



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TARGETED SVA SUMMER PROTOCOL

In addition to following the above diet recommendations, here are a few SVA protocols that support varying individual needs in specific areas of health.

EYES

Long hours of working on computers, watching TV, and exposing the eyes to strong summer sunlight trigger alochaka pitta imbalance, giving rise to dryness, irritation, and burning sensation in the eyes. Here are some ways to cool and lubricate the eyes:

1) High Pitta Triphala Eye Wash

Crush 2 High Pitta Triphala capsules and add to ½ cup of warm water. Cool. Dip cotton swab in the liquid and wipe over the eyes.

2) Rose Eye Wash

Add a few rose buds to 1/2 cup of boiling water. Let it steep and cool down. Dip cotton gauze or cheese cloth into rose water. Squeeze out excess liquid and wipe the eyes or cover the eyes, lie down, and leave on for a few minutes.

⊞ TIP: Wear sunglasses when going out in the sun.

3) Eye Clay Pack

In the evening before bed, mix Skin Clay with a little water to make a paste. Place a teaspoon or two on a gauze pad. Place clay gauze pad over the eyes and leave on for about 10 minutes.

4) Cool Water Mouth Rinse

Before going to bed, hold some cool water in your mouth while splashing your eyes with cool water for one minute. Spit the water out. Repeat the process three times.

5) Wild Amla

Take 1 tablet of Wild Amla after breakfast, 1 tablet after lunch.

6) *Nectar Water*

To a quart of water, add the following Vaidya Mishra's Herbal Memory Nectar Drops:

- Triphala – 1 drop
- Wild Amla – 1 drop
- Organic Rose – 1 drop
- Clove – 1 drop

EMOTIONAL HEART

1) *Open Heart Aroma*

Apply to wrist pulse points whenever feeling emotional upset.

2) *Personal care*

Use Real Rose Soap in the shower as body and face-wash. Use Surya Shanti Cream before going out in the sun. Apply Aloe-Sandalwood Lotion to any burning or sensitive areas.

3) *Facial Marma*

Give yourself a Facial Marma treatment with Vaidya Mishra's Aloe-Sandalwood Lotion at any time of day and especially before bed. (E-mail us for a chart of facial marma points.)

4) *Nectar Water:*

To a quart of water, add the following Vaidya Mishra's Herbal Memory Nectar Drops:

- Organic Rose - 1 drop
- Ashoka – 1 drop
- Fennel – 1 drop

5) *Daily Abhyanga*

Use Garden of Soma Massage Oil.

6) *Transdermal Marma System*

Lightly massage hands and feet with Ashoka Transdermal Cream twice a day.

LIVER

1) *Transdermal Marma System*

Apply Vaidya Mishra's DGL Transdermal Cream on the lower spine, hands, feet, and the liver area.

2) *Personal Care*

Use Vetiver Soap for the body and Sandalwood Soap for the face. Apply Aloe-Sandalwood Lotion to any burning or sensitive areas.

3) *Daily Abhyanga*

Use Garden of Soma Massage Oil.

4) *Supplements*

High Pitta Triphala capsules – 2 at night

5) *Nectar Water*

In one quart of water, add the following Vaidya Mishra's Herbal Memory Nectar Drops:

Organic Rose - 1 drop

DGL - 1 drop

Clove Leaf- 1 drop

Coriander - 1 drop

Soma Cal - 1 drop

Fennel - 1 drop

DIGESTIVE SYSTEM

1) *Condiments*

Mix 50% toasted fennel with 50% raw fennel. Chew a little after every meal.

2) *Transdermal Marma System*

Apply Vaidya Mishra's Fennel or DGL Transdermal Cream over stomach area after lunch.

3) *Pitta Tea*

¼ to ½ tsp per cup of water. (Also suitable for general daily use during summer.)

4) *Simple Rose Tea*

Add 5 rose buds and ½ tsp of fennel to 1 quart of boiling water. Cool and sip throughout the day.

5) *Nectar Water*

To a quart of water, add the following Vaidya Mishra's Herbal Memory Nectar Drops:

Cardamom – 1 drop

Clove Leaf – 1 drop

Cumin – 1 drop

Mint – 1 drop

Fennel – 1 drop

6) *Spices*

Cook with Pitta Masala. (Also suitable for general daily use during summer.) You can also cook with a mixture of the following spices: 1 part cumin, 1 part turmeric, 6 parts coriander, 10 parts fennel.

7) *Vaidya Mishra's Soma Salt*

Use daily.

SKIN

1) *Personal Care*

Sandalwood Soap for the face. Vetiver Soap for the body.

Use Vaidya Mishra's Surya Shanti Cream before going out in the sun. Surya Shanti Cream contains sandalwood (cooling herb) as one of the key ingredients. Applying Surya Shanti cream before sun exposure helps to protect the skin from sun damage while enhancing the skin's ability to absorb and convert sunlight into Vitamin D. Use V. Mishra's Aloe-Sandalwood Lotion after sun-exposure.

2) *Daily Abhyanga*

Garden of Soma Massage Oil.

3) *Garden of Soma Aroma*

Apply to wrist pulse points.

4) *Diet*

Enjoy more pomegranate and pomegranate juice. Favor sweet, juicy fruits. Cook with Pitta Masala. Drink Pitta Tea. Favor summer squashes, and add daikon radish.

5) *Supplements*

Wild Amla tablets – one in the morning, one in the evening

6) *Nectar Water*

To one quart of water, add the following Vaidya Mishra's Herbal Memory Nectar Drops:

Organic Rose – 1 drop

Soma Cal – 1 drop

Wild Amla – 1 drop

Coriander – 1 drop

Fennel – 1 drop

7) *Facial Marma*

Apply Aloe-Sandalwood Lotion to facial marma points and any areas that have been exposed to the sun.

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MORE SVA TIPS FOR SUMMER CARE:

Sweetener:

The sweet taste of minimally processed natural sugar combines the earth and water elements, so it increases soma and maintains moisture balance necessary to control the fire element.

Cool Drinks:

The cool (not ice cold) spring water with a balanced pH (7 - 7.5) helps to replenish the evaporated moisture from the body. (See SVA Summer Recipes above for refreshing, rehydrating drinks.)

Unctuous:

Ghee made from the butter of cultured yoghurt. If made this way, ghee has more soma than oil. Ghee is favored over oil because oil has more agni quality while ghee helps to cool as well as enhance the digestive fire.

Diet:

Diet should not only be cooling, but also channel-opening. Somagenic fruits and vegetables like summer squashes, Louki (opo squash), cilantro, parsley, mint, greens, apples, pears, pomegranate, and other sweet, juicy fruits.

Green Protein:

A unique recipe by Vaidya Mishra combines leafy greens with paneer for increased soma and enhanced absorption of protein and Vitamin D. Video cooking demonstration and presentation available on "Immunity and Protein" DVD from Chandika.com.

Exercise:

We know physical exercise heats up the body and raises metabolism. That is how we burn calories. During summer season, do mild physical exercise and avoid strenuous workouts. Walking next to a body of water or in a park is recommended.

Sleep:

Sleep in air cooled apartment. In ancient days in India, people hung vetiver mats on their windows and plastered their walls with clay. The cooling property of vetiver and clay converts the hot air in the environment into cool air and circulates the cool air inside the apartment. In order to absorb more Soma, sleep outdoors in the moonlight if possible. Position your head in the direction that receives more breeze.

Jewelry:

Pearls carry a lot of lunar vibration and wearing pearls helps relieve heat from the body.

Environment:

Use sandalwood and vetiver aroma. Being surrounded by flowers or taking a stroll in a the flower garden wards off heat. Walk in the moonlight, in the woods, or close to bodies of water.

Lovemaking:

Carak talks about the influence of seasons on sexuality. Because sexual intercourse generates a lot of heat, minimal sex is advised during summer.

Skin:

Apply Aloe-Sandalwood Lotion, Garden of Soma Massage Oil, or Coconut Oil all over the body. Avoid hot massage and prefer a 'cool hand' massage. Bathe in sandalwood water or use Sandalwood or Vetiver Soap in the shower.

Skin Cleansing:

Most of the time, cleansing bars or creams contain harsh cleansing ingredients (SLS) and preservatives (Parabens). They're not only physically toxic, but they dry the skin, aggravate bhrajaka pitta, and corrupt the intelligence of the skin's vibrational filters (loma randhra). They likely reduce the skin's ability to handle sunlight and reduce the skin's ability to absorb the UVB, which ultimately becomes vitamin D. Cleansing creams need to be paraben and SLS free, synthetic aroma free, and should contain ingredients that cool, rehydrate, and support the loma randhra.

Soothing and Rehydrating:

Some areas of the skin are most sensitive to the sun. If rashes, itching, or burning sensation develop on any part of the body, make a thin paste of Skin Clay with water, yoghurt, or milk, and apply on the affected area before bed. Leave the paste on for 10 minutes and rinse off. If the skin is dry, follow with Aloe-Sandalwood Lotion. For reactive, burning skin, use Surya Shanti Cream.

Avoid:

- 1) Foods rich in sour, salty, and pungent taste are heating to the body and should be avoided.
- 2) Alcohol.
- 3) Exposure to toxins (e.g. household chemicals, perfumes, cigarette smoke), and toxic environments.
- 4) Staying up past 10 pm. Agni time of the day is from 10-2 in the morning and evening. Staying up late into the night increases the agni quality in the body and should especially be avoided in summer.

*Special thanks to **Suba Krishna** for compiling the knowledge from years of lectures, writings and recommendations, and to **Anna-Maria Petricelli** for writing and editing.*

Vaidya's beloved, Kookie, inspired this exclusive ayurvedic pet line.



Ayurvedic pet care products from Vaidya Mishra

*Because your pets
don't expect anything
less from you...*



With Transdermal Creams your skin is the door to vibrational balance and harmonious health



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*"Thank you for reading.
Visit us online for more
health and nutrition tips."
—Vaidya Mishra*

