

AYURVEDA  
FOR  
BODYWORKERS  
WORKBOOK  
DAY 2



Carol Nace, CAP, LMT, PKT

BODHI AYURVEDA. 2023





# Annamayakosa

The outermost kosa is the Physical sheath, sometimes referred to as the "food"-body. The skin of the body contains all the Kosas.

Tissues of the physical body


DHATUS

UPADHATU


MALA

A large rectangular area with horizontal dotted lines, intended for writing or drawing.

# Dhatus, Upadhatu and Malas

 RASA


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 RAKTA

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 MAMSA

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 MEDAS

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 ASTHI

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 MAJJA

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SHUKRA

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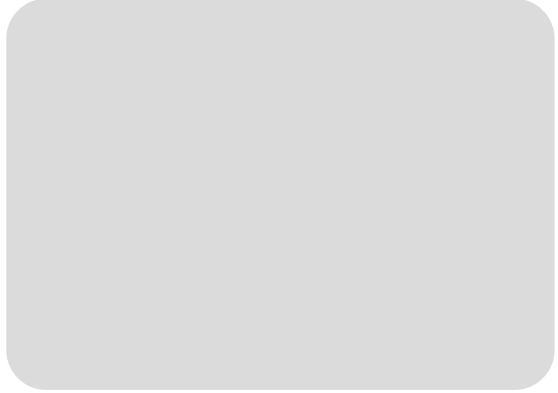


# AGNIS

Digestion

1

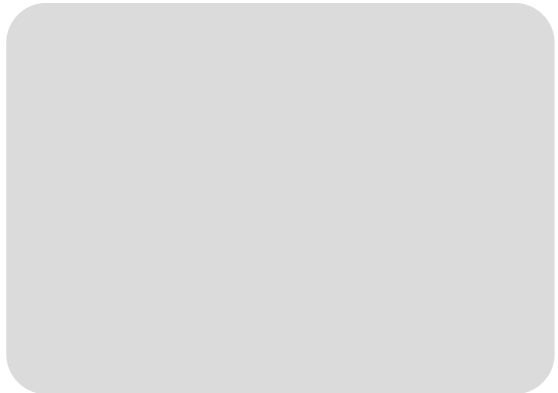
Jathragni



Liver

5

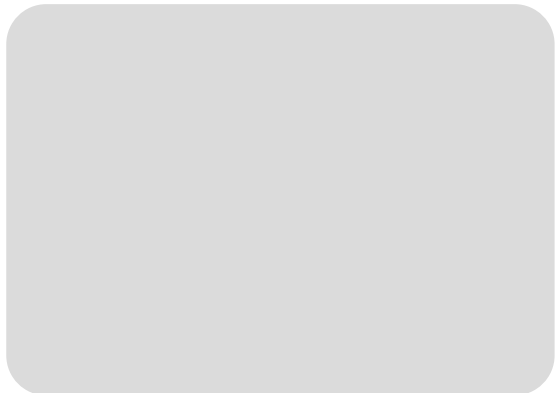
Pancha  
Bhutagni



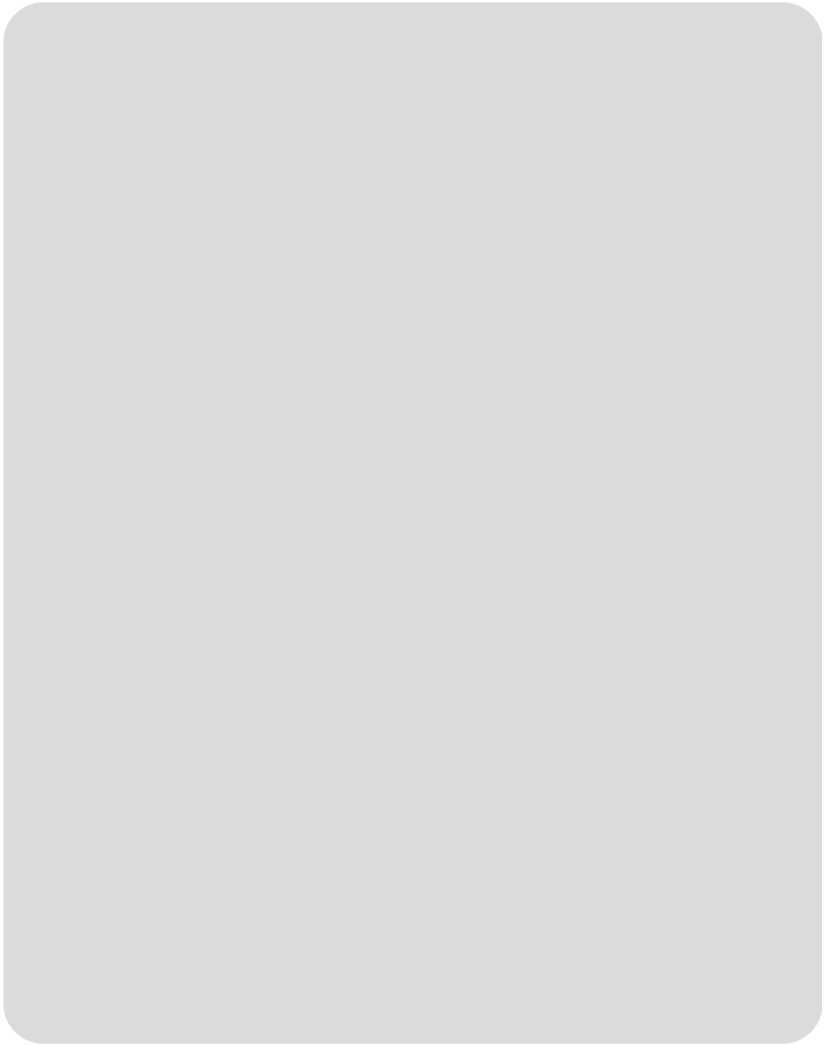
Dhatus

7

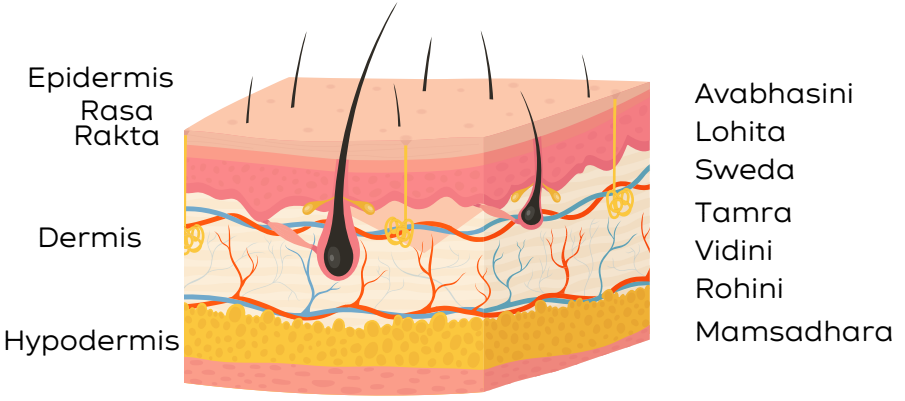
Dhatu agni



# BOOSTING AGNI



# The Skin per Ayurveda



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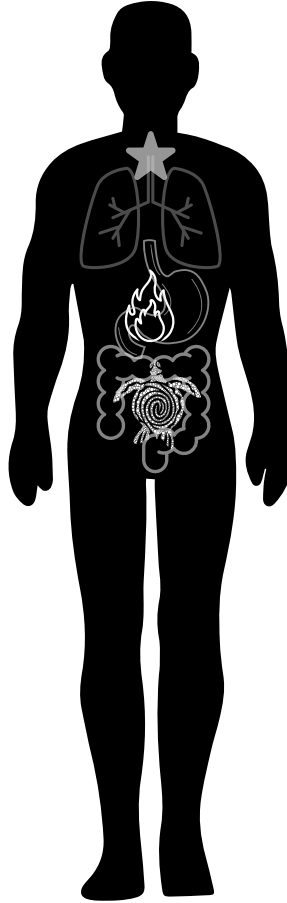
# Prana and Dosha Homes

## Prana Reserves

Marut

Agni

Soma



## Dosha Homes

Kapha

Pitta

Vata

A series of ten horizontal dotted lines for writing notes.

# The Physical Channels - Srotas

**Prana Vaha Srota**

**Ambu Vaha Srota**

**Anna Vaha Srota**

**Rasa Vaha Srota**

**Rakta Vaha Srota**

**Mamsa Vaha Srota**

**Medas Vaha Srota**

**Asthi Vaha Srota**

**Majja Vaha Srota**



# The Physical Channels - Srotas

**Shukra Vaha Srota**

**Atharva Vaha Srota**

**Purisha Vaha Srota**

**Mutra Vaha Srota**

**Sveda Vaha Srota**

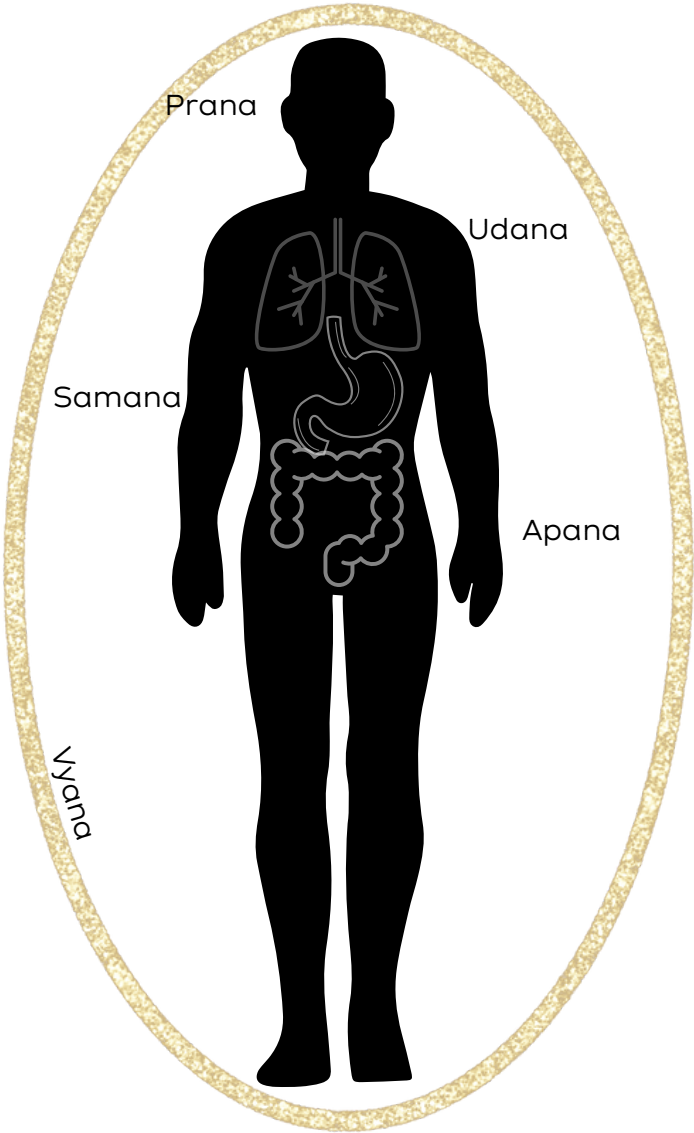
**Mano Vaha Srota**

**Sthanya Vaha Srota**



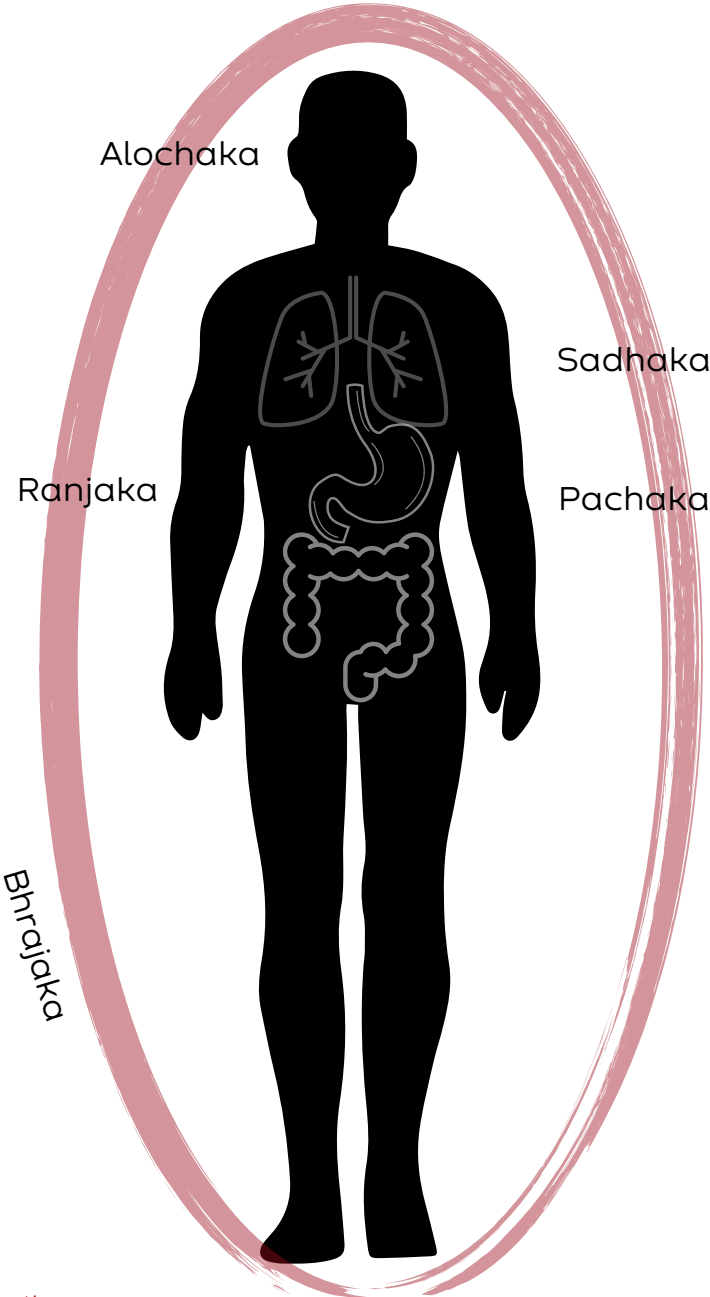
# Subdosha Anatomy and Physiology

## Vata Subdoshas



# Subdosha Anatomy and Physiology

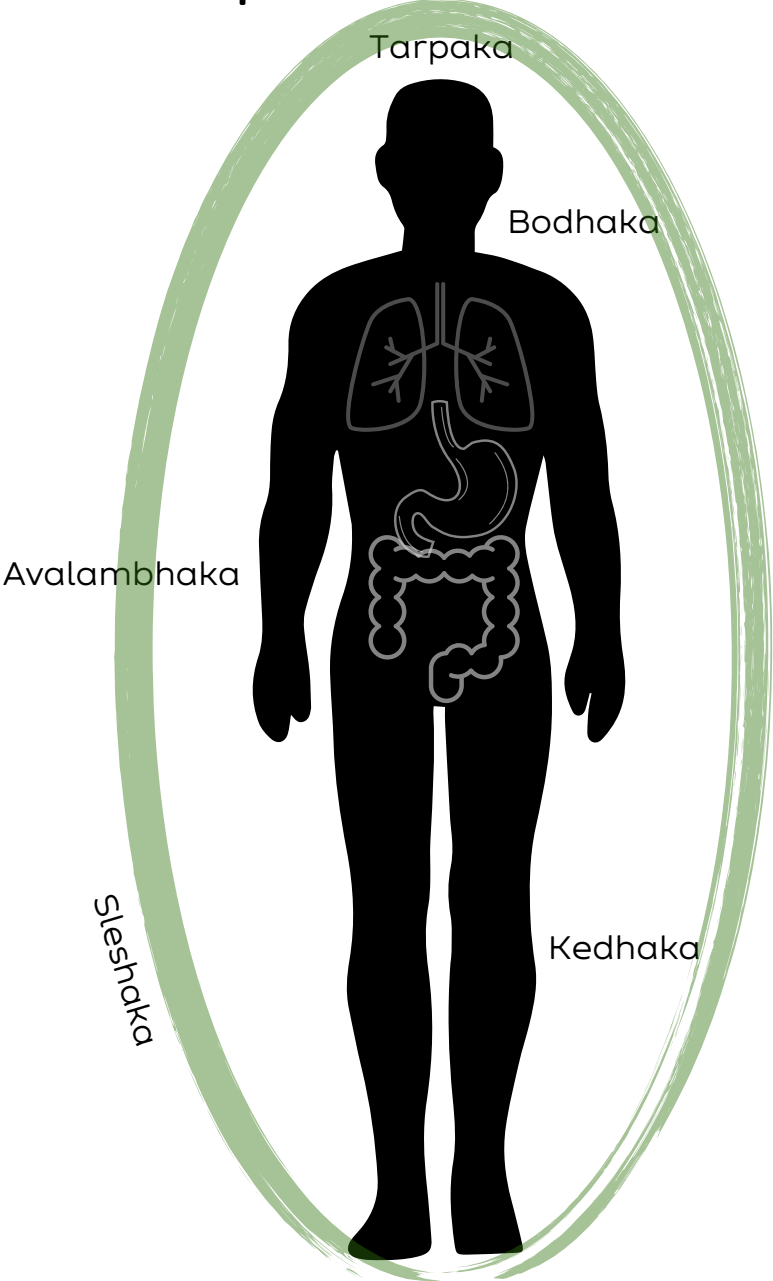
## Pitta Subdoshas





# Subdosha Anatomy and Physiology

## Kapha Subdoshas



# Pranamayakosa

The second kosa is the Energy or Vibrational sheath, where the prana flows through the physical and vibrational channels.

Prana Channels  
CHAKRAS  
NADIS  
MARMA  
PRANAYAMA



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# Element and Chakras

## Chakras

Sahasrara/Crown

Ajna/Third Eye

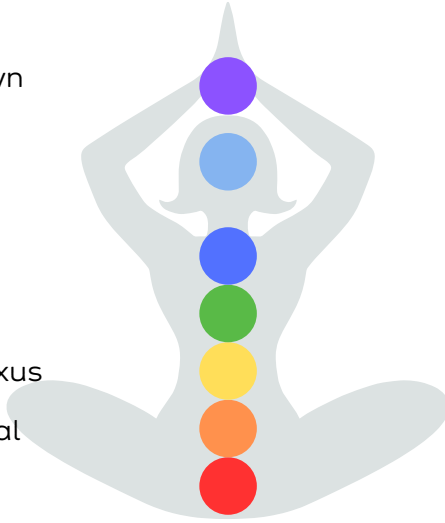
Visuddha/Throat

Anahata/Heart

Manipura/Solar Plexus

Svadisthana/Sacral

Muladhara/Root



## Elements

Space

Air

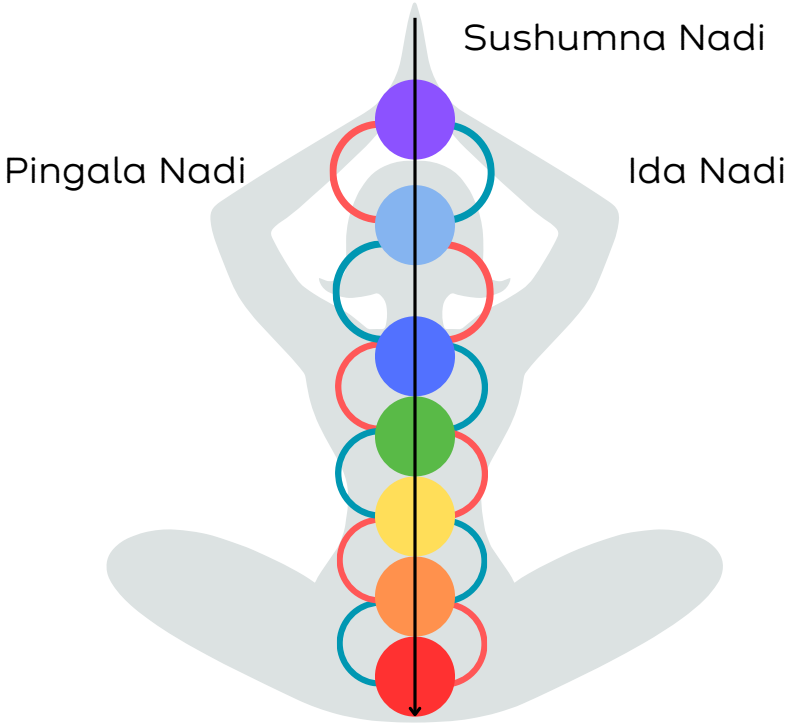
Fire

Water

Earth

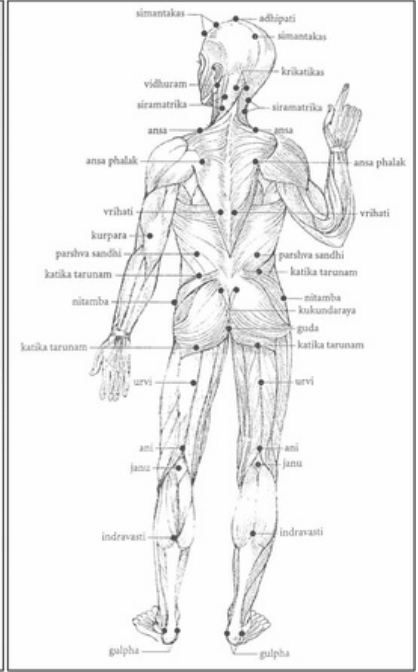
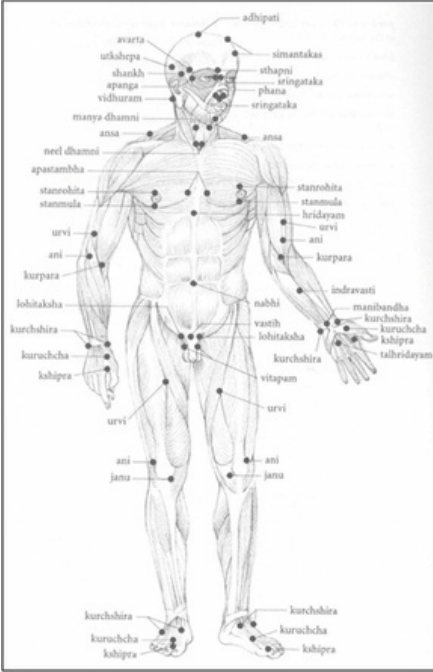
A large area with horizontal dotted lines for writing.

# The Vibrational Channels - NADIS



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# The Vibrational Channels - MARMA



# Prana from the Breath



Practice Nadi Shodhana

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# Manomayakosa

The third Kosa is the Mind sheath, affecting the sense of awareness, feelings, and motivation.

What is the Mind?

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# Gunas of the Mind

SATTVA



RAJAS

TAMAS

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# Vijyanamayakosa

The fourth kosa is the Intellectual sheath. Affects intellectual processes of reasoning, judgement and connection to self.

## INTUITION AND SELF

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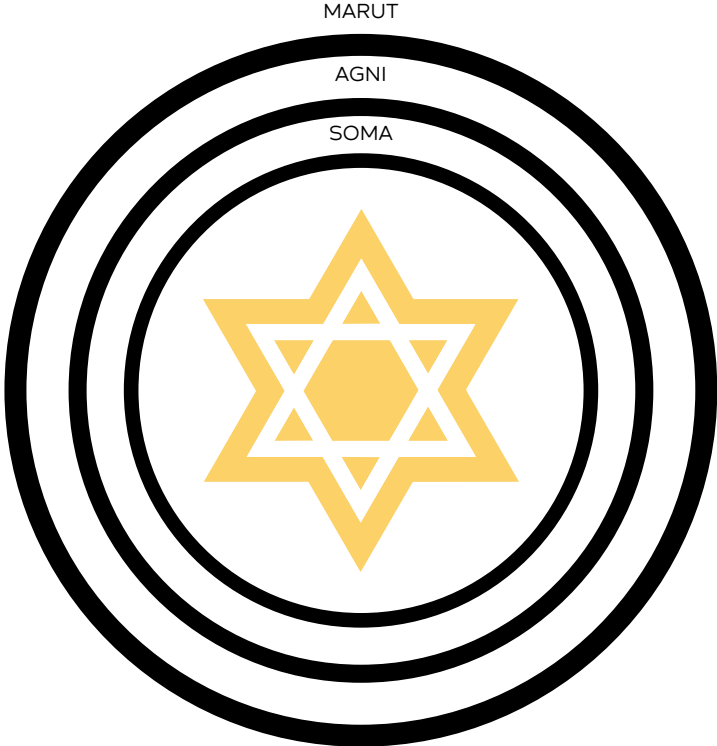
# Anandamayakosa

The fifth Kosa is the Bliss sheath. This inner state of awareness and joy is felt when first waking and during meditation.

## BLISS AND THE SEAT OF THE SOUL

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# THE SOUL AND PRANA



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# Sattva - Gunas of the Soul



Buddhi - Intellect

Prayanta - Effort

Iccha - Desire/Determination

Sukha - Bliss

Dukha - Misery

Dweshha - Aversion

*Everybody carries these seeds in the light of their soul, in their sattva. What sprouts and what does not sprout, depends on what you nurture through your daily actions.*

*Vaidya Rama Kant Mishra*



# Practicing what we learned

SCOPE OF PRACTICE

EVALUATION

CONVERSATIONS

CLEANSSES

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# Ways to engage



A series of horizontal dotted lines for writing notes.

# Ways to engage



A series of horizontal dotted lines for writing, consisting of 20 lines.

# Ways to engage



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# Journaling

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# Journaling

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# Journaling

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AYURVEDA  
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DAY 3



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# Q & A

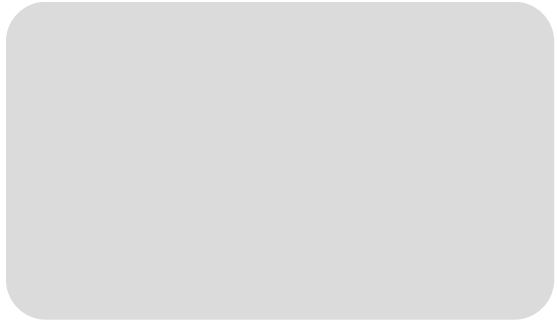
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Follow up Topics

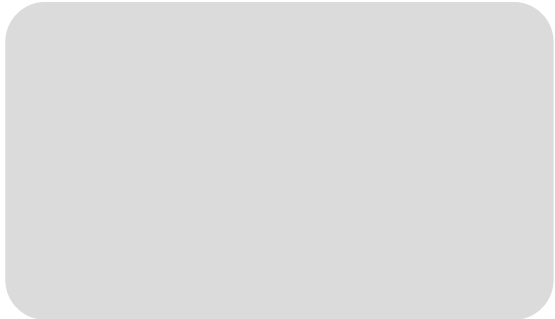
# Sugar Cravings

Contentment = no cravings

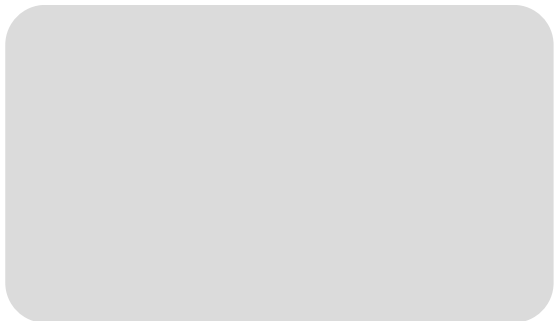
Ayurvedic Cause  
of Sugar  
Cravings



Foods and  
Spices



Lifestyle



## Follow up Topics

# FOOD COMPATIBILITY

EATING AYURVEDICALLY HAS MANY FACETS TO IT, MUCH MORE THAN EATING TO YOUR "DOSHA-TYPE" AND FOOD COMBINATIONS.  
LET'S DISCUSS WAYS WE EAT THAT AFFECTS OUR OVERALL HEALTH.

PLACE	TIME	AGNI	AMOUNT	SUITABLE	DOSHA
PREPARED	POTENCY	BOWELS	HEALTH	ORDER	CONTRA-INDICATIONS
INDICATIONS	COOKING	COMBOS	PALATABLE	EXTREMES	METHOD

WHICH OF THESE CATEGORIES HAVE YOU BEEN EXPERIENCED IN AN INCOMPATIBLE WAY?

HOW DO YOU FEEL THEY AFFECT YOUR SENSE OF HEALTH AND WELLBEING?

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## Follow up Topics

# INCOMPATIBLE FOOD COMBINATIONS

Within the facets of Ayurvedic eating, food combinations tend to be a significant contributor to digestive imbalances over many other facets. Here are a few key combinations to avoid.

## 1. Milk and Cream

- Vegetables: leafy greens, radish, nightshades
- Eggs, meat, fish/seafood
- Salt
- Sesame
- Fruits
- Sour foods: cheese, yogurt, buttermilk, citrus
- Lentils, chickpeas
- Grains
- Yeasted breads

## 2. Yogurt/Buttermilk

- Nightshades
- Eggs
- Milk and heavy cream
- Leafy greens
- Fresh fruit (bananas!)
- Larger beans
- High heat when cooking

## 3. Cheese

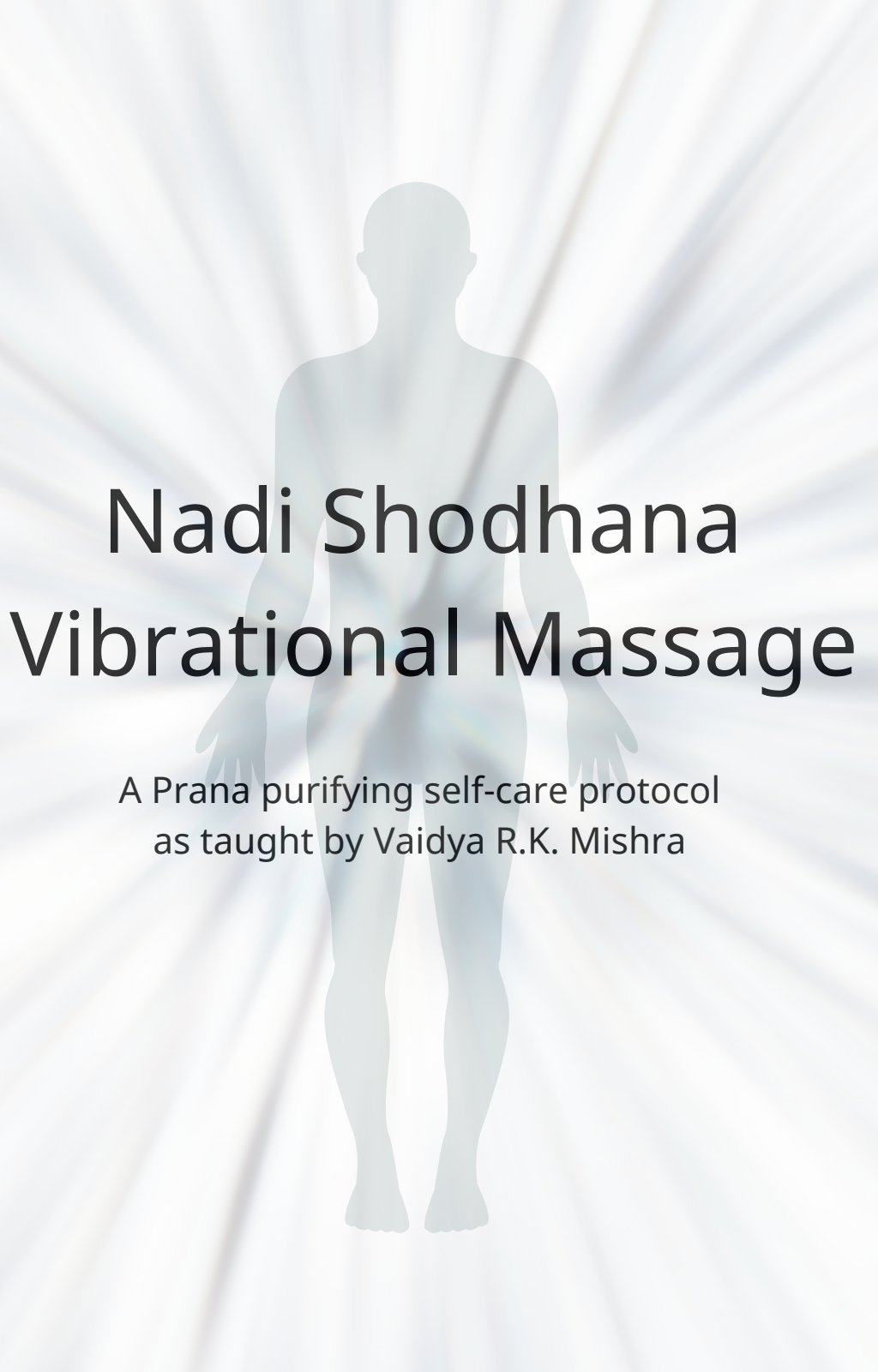
- Vegetables: leafy greens, radish, nightshades
- Eggs, meat, fish/seafood
- Milk and heavy cream
- Bread, crackers, pasta (when digestion is weak)
- Raw Fruits
- Larger beans

## 4. Meat, Fish or Eggs

- Dairy: Milk, cream, yogurt or cheese
- Heavy foods: potatoes, pasta, bread, tortilla, beans
- Honey
- Sprout pulses or grains
- Other meats, fish or eggs
- Alcohol







# Nadi Shodhana Vibrational Massage

A Prana purifying self-care protocol  
as taught by Vaidya R.K. Mishra