



Get the Vibe: Herbal Mysticism
Herbs for Spirit & Consciousness

Starts with the creation of the universe

Avyakta

The whole world is Ayurveda



We are blessed because we work with prana



We can touch people with compassion
because we work with energy



Spiritual



Mental



Physical





Mystical soul journey

We treat not just the branch
and the symptoms

We treat the root
cause,
and back and back to
karmic issues and
spiritual healing

Based not on medication



Based on meditation



Ayurveda has been integrating since the beginning



Long before psychiatric drugs...

30 Tablets NDC 0049-4900-30
Rx only

Zoloft[®] 50
(sertraline HCl)

50 mg*

Pfizer **Roerig**
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Zoloft[®] 25
(sertraline HCl)

25 mg*

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We treat the vibrations of the mind



The universe is formed of sound (shabd)

Ayurveda is the ultimate healing system because it is the experience of vibration, the shabd

Pulse

Breath

Voice

Connect us to the
Universal vibration

Sound comes up out of the body



Using udana vayu

A young girl with blonde hair and a woman with grey hair and glasses are looking at each other in a library. The girl is on the left, and the woman is on the right. They are both smiling slightly. The background shows bookshelves filled with books.

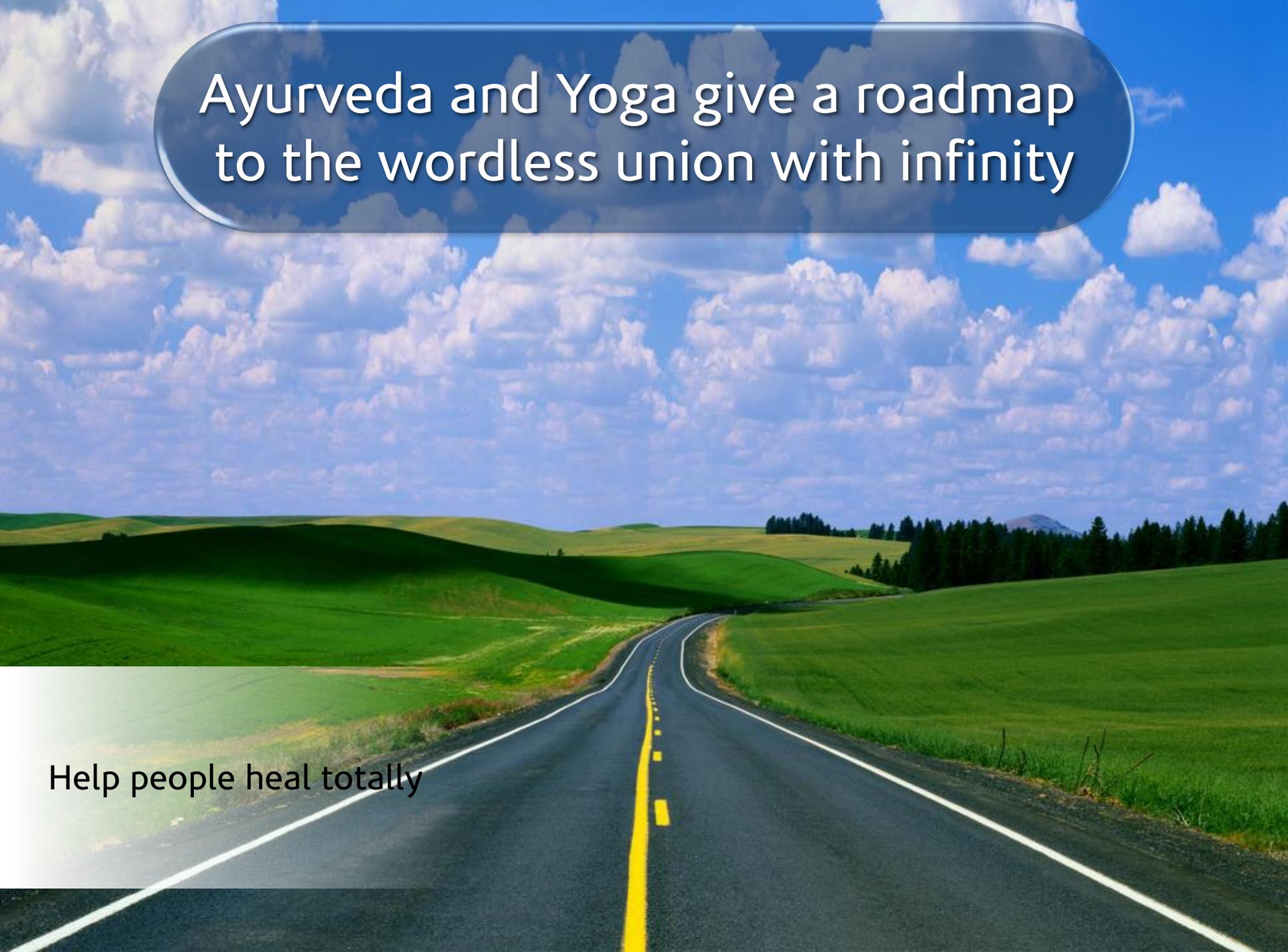
When we speak from the heart,
our vibrations heal

Pashyanti
Language of the heart
Language of connection

We can heal with our words

Integrity

A green road sign with the word "Integrity" written in white, supported by two wooden posts. The sign is tilted and has a reflective border.



Ayurveda and Yoga give a roadmap
to the wordless union with infinity

Help people heal totally

A photograph of a treatment room. In the foreground, a massage table is covered with a blue sheet. In the background, a wooden side table holds a lit lamp and a potted plant. A doorway is visible in the background, leading to another room. The text "Seattle's First Holistic Clinic Opening Blessing" is overlaid on the image.

Seattle's First Holistic Clinic
Opening Blessing

Scripture from my spiritual tradition

“God’s Name cuts through
like an ax the diseases of
wind, bile and phlegm”

Doshas

Mental Aspects

Vata

Agile mind
Constant change
Talkative
Intellectual

Vata Mental Pathology

Superficial

Aimless

Mental waver, wander

Lack deep knowledge

Indecisive, unsteady will

Lack consistency, discipline, resolve

Low self esteem

Fear, worry, anxiety

Easily overextend

Pitta

Intelligent
Determined
Perceptive
Clear, systematic

Pitta Pathology

Opinionated

Judgmental

Self-righteous

Aggressive

Domineering

Self-willed, but can be impulsive

Fanatic

Insensitive

Kapha

Emotional

Devotional

Loyal, calm, stable

Romantic

Sentimental

Remember lessons learned

Practical, useful

Finish tasks consistently

Like groups

Kapha Pathology

Desire

Attachment

Greed

Possessive

Slow to learn

Mind is extremely hard to control

Entire goal of life and yoga

Intelligence vs Intellect

Intelligence

Aware, deep knowing

Direct perception

Intellect

Uses reason, based on senses, to validate truth

Constructs idea of external as reality

Categories, hierarchies

Materialistic, mechanistic world

Can't know what you don't know



Bloom in your
Mind and Spirit

Mind reflects past learning &
environments

Conditioned

Follows collective pattern

Mental actions create samskaras

Right association

Sangat

(company of spiritual aspirants)

Pangat

(eating & sharing food with mentally healthy people)

Associate with the righteous

People who elevate us

Especially on an intimate level

“Strive to rise in the company of the wise”



Nature
Art
Wisdom teachings

Nourish the mind

Proper food & herbs

Proper thoughts

Proper environment

Detoxify the mind

Food and herbs

Pranayama

Mantra

Even herbs have mystical names...



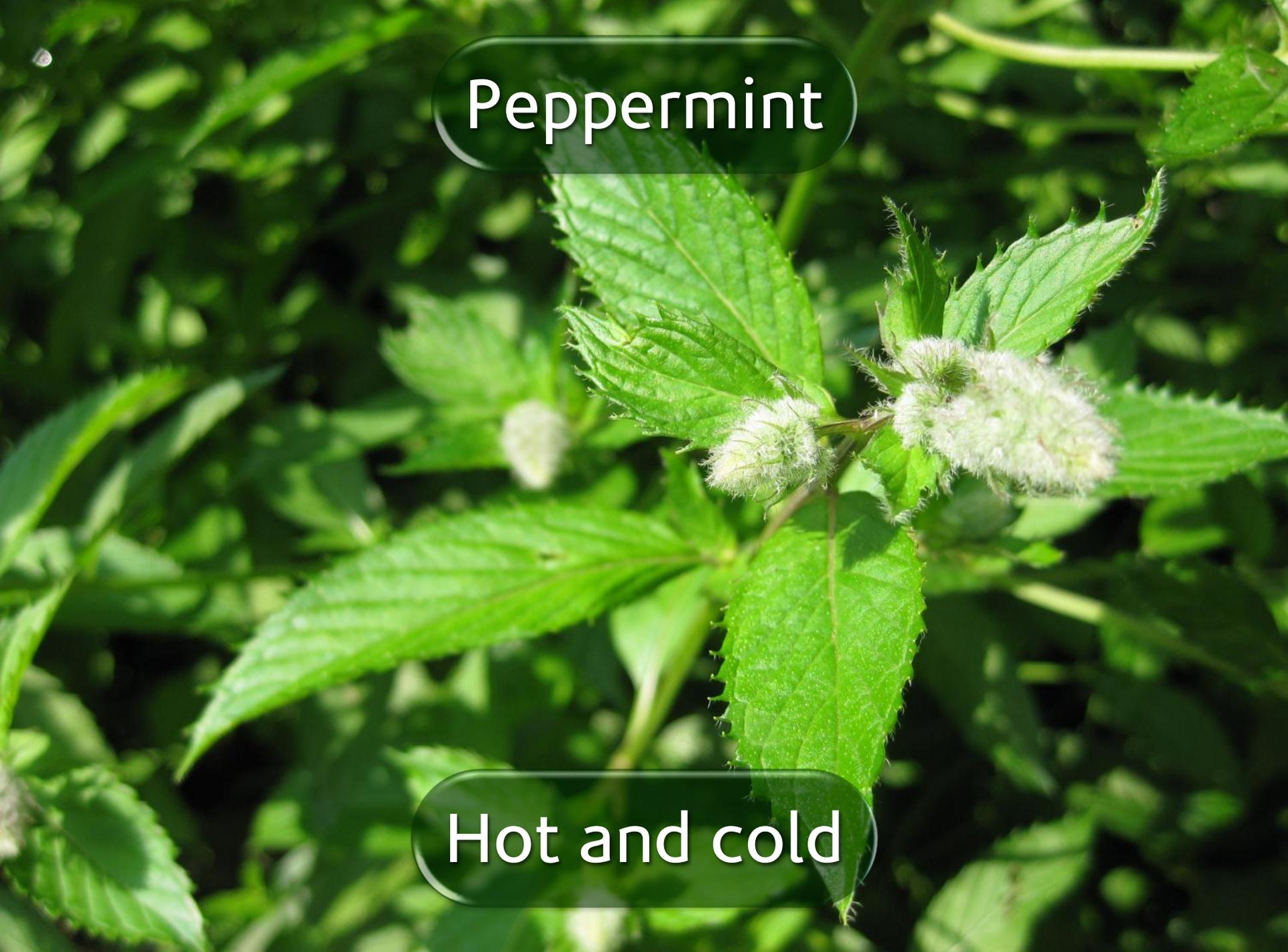
The background of the image is a rich, multi-colored nebula or galaxy. It features a central bright region with a mix of purple, pink, and red hues, transitioning into blue and white on the left side. The overall appearance is that of a vast, star-filled cosmic space. In the upper center, there is a dark, rounded rectangular shape containing the word "Ether" in white, sans-serif font.

Ether



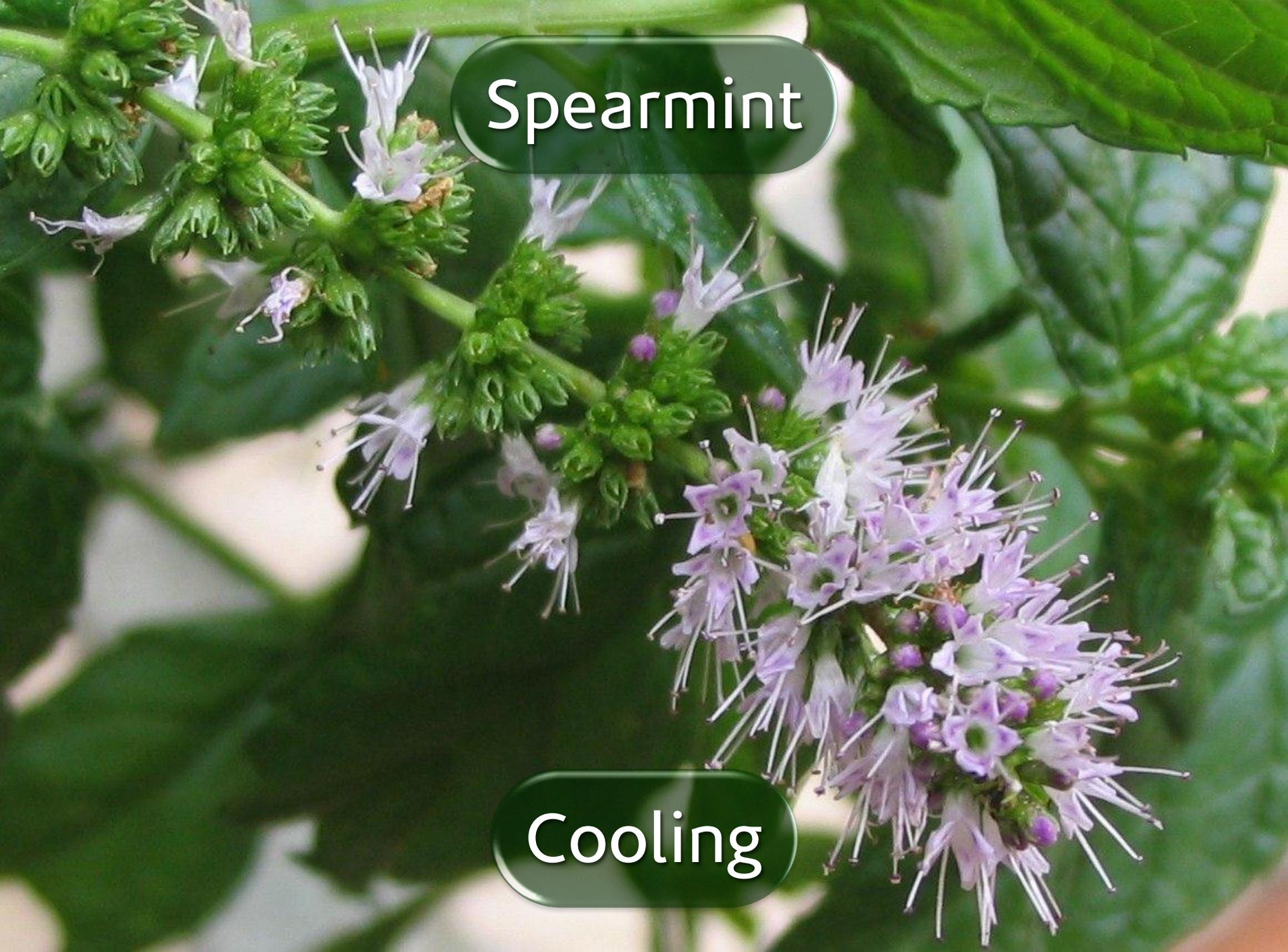
Mints

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. At the top right, there is a cluster of small, white, fuzzy flowers. The background is a dense, out-of-focus green field of similar plants.

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 a terminal panicle. 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



A close-up photograph of fresh green dandelion leaves. The leaves are vibrant green and have a serrated, lobed appearance. Some leaves show signs of being eaten, with small holes visible. The stems are a reddish-brown color. A semi-transparent dark oval is overlaid on the top center of the image, containing the text "Bitter Taste" in white, bold, sans-serif font.

Bitter Taste

Bitter taste

Air and Ether elements

Cold, dry, light

↓P, ↓K, ↑V

Promotes consciousness

Andrographis



Andrographis with praying mantis egg case





Andrographis

Andrographis paniculata

Kalmegh ("king of the bitters")

Stem and leaf

Very bitter

Cleanse the awareness

Haritaki ("God's nurse")



Photo Prashanti deJager

Haritaki



Hara, Hindu name
for God (Shiva)





Controls vata
(Energy of
destruction)



Purifies the mind of
its attachments

Haritaki

Brings fearlessness
face of death & disease

Haritaki

Increases mental/spiritual awareness

Haritaki called “the mother,” given to children upon premature loss of a parent



1-3 grams per day
(Stool loosening)

Arjuna



“Not twisted”
(Innocent in the heart)
“Silver”, “brilliant”



Cardiovascular panacea
Tea, capsules, powder

Planet

ARJUN TEA™

(Natural Co-Q 10 for your heart)

Directions for Use

1. Put 1 cup of water and 1 cup of milk or 2 cups of water in a saucepan.
2. Add 1 tablespoonful of Arjun tea (Approx. 5 gm).
3. Gently bring the tea to a boil and continue to simmer until 1/2 remains (approx 1 cup)
4. Strain and sweeten to taste.
5. Enjoy the natural delicious cinnamon taste of Arjun Tea.

Important : Cooking the herbs in water and milk is recommended to get the maximum benefits of Arjun tea. Alternatively, it can be made by using only water.

Recommended Use : 1 cup of Arjun tea twice daily

Diet and Lifestyle: Ayurveda recommends dietary and lifestyle changes to prevent and treat heart problems. Avoid heavy, fried foods, saturated fats, smoking, caffeine and alcohol. Try to incorporate fruits, vegetables in your diet to keep your heart healthy.

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100% Herbal
Caffeine Free Tea



Planet

ARJUN TEA™

(Natural Co-Q 10 for your heart)

प्लैनेट
अर्जुन चाय



125 gm

A large, spreading Arjuna tree with a thick, dark trunk and dense green foliage, situated near a body of water. The tree's branches are thick and gnarled, extending over the water. The water is calm and reflects the surrounding greenery. The background is filled with more trees, creating a lush, forested environment.

Arjuna tree



Hypertension
Cardiac Tonic

Arjuna, Grape, Jaggery,
Dhataki flower



A photograph of an Ashoka tree (Saraca asoka) in bloom. The tree has a thick, textured trunk on the left. Several large, spherical clusters of bright orange flowers hang from the branches. The leaves are green and glossy. The background shows a grassy area and other trees under a bright sky.

Ashoka

“No grief”

Ashoka

Saraca asoca

Leguminosae



Ashoka

“Without sorrow”

Bark, flower, leaf

Rasa (Taste) *Kashaya* (Astringent); *Tikta* (Bitter)

Guna (Characteristics) *Laghu* (Light); *Ruksha* (Rough)

Veerya (Potency) *Sheeta* (Cool and calm)

Powder 3-6g

A close-up photograph of a Tulsi plant, showing its characteristic serrated green leaves and clusters of small purple flowers. The plant is healthy and vibrant. A semi-transparent green oval is overlaid on the top center of the image, containing the word 'Tulsi' in white text.

Tulsi

Devotion

Tulsi

Ocimum sanctum

Vishnupriya ("the beloved one of Vishnu")

Tulsi ("The Incomparable One")

Holy basil

Pure sattva

1 of 3 most sacred Indian herbs, with soma & lotus

Cultivated near temples & private homes, where it
is purifies the air and sanctifies the environs

Expand and sharpens awareness, aids meditation,
promotes compassion, clarity

A photograph of several Tulsi (holy basil) plants growing in a garden. The plants have green, serrated leaves and tall, upright stems topped with clusters of small, light purple flowers. A dark green, rounded rectangular label with the text "Tulsi herb" is overlaid on the upper part of the image.

Tulsi herb

Tulsi

Opens heart & mind, encourages devotion

Using tulsi herbally supports energy of attachment, energy that draws prosperity near, & keeps it in our lives

Energetically, tulsi clears the aura & stimulates immune system

Tulsi

Ocimum sanctum

Holy basil

Pungent, hot

Warming diaphoretic

Cold and flu

Energizing

Tulsi

Nervine

Memory

Nerve tissue builder

Detox nerve and brain

Devotion

A photograph of a Tulsi plant in a pot. The plant has green leaves and reddish-brown stems. A green rounded rectangle is overlaid on the top center of the image, containing the text "Tulsi at home" in white. The background shows a concrete step and some soil.

Tulsi at home



Tulsi stem mala
promotes energy of
attachment to the
Divine



BANYAN
BOTANICALS™

AYURVEDIC HERBS

Organic
Tulsi



NET WT 2.41 oz (68g)

Sustainably Sourced



A photograph of a Guduchi plant with a green label overlay. The plant has several large, heart-shaped, bright green leaves. The background shows a clear blue sky with some light clouds and a blurred green landscape with trees and a building. A green rounded rectangular label is positioned at the top center of the image, containing the word "Guduchi" in white text.

Guduchi

Guduchi

Amrit (Nectar)

Tridoshic

Divya aushadhi (divine plant)

Best herb for clearing mental srotamsi
(medhya rasayana)

Aids all aspects of healthy metabolism
(the 13 agnis)

Aids proper communication and coordination
between all the various cells

Best *rasayana* for rejuvenating body & ridding deep rooted psychic & spiritual imbalances

Helps develop the *amrit siddhi* (ability to live purely on vibrational energy)

Helps get all *prana* from air, sun, moon, and vibrational intelligence of the environment

Strengthens the flame that processes all emotional challenges. When this flame is strong, no emotional challenge is powerful enough to extinguish it.

Depression cannot happen if the *sadhaka agni* is strong. Anger cannot happen when the heart agni is strong. When the *sadhaka agni* is burning brightly, one become spiritually free.

“Untouched by negativity as a lotus leaf by water”
Bhagavad Gita

Because *guduchi* opens heart in this way, it also indirectly helps mind by connecting the light of the soul to the mind

Therefore a *medhya rasayana* (rejuvenative for the mind)

Guduchi is a very powerful and divine herb. It is called *jivanti* (life giving) because it can literally give your life back.

Guduchi can detoxify all the way down to *shukra dhatu*, which means that it can release some very deep toxins back into the blood. Use higher doses with caution.

3 plants have *amrit* (nectar of the gods)

Guduchi

Haritaki

Garlic

(amrit gives it so many medicinal qualities, but it clouds awareness)

Guduchi stem



Guduchi

Tinospora cordifolia

Root, stem, leaves and starch

Tropical India

Glycoside, alkaloid (berberine), bitter principles

Cooling

Immunostimulant, bitter, stomachic, antiperiodic,
CNS depressant, hypoglycemic, antibacterial, anti-
inflammatory, anti-rheumatic, analgesic,
hepatoprotective

Cognitive support



Guduchi

“Gilo”



Guduchi

Aphrodisiac

Increases white blood cell effectiveness

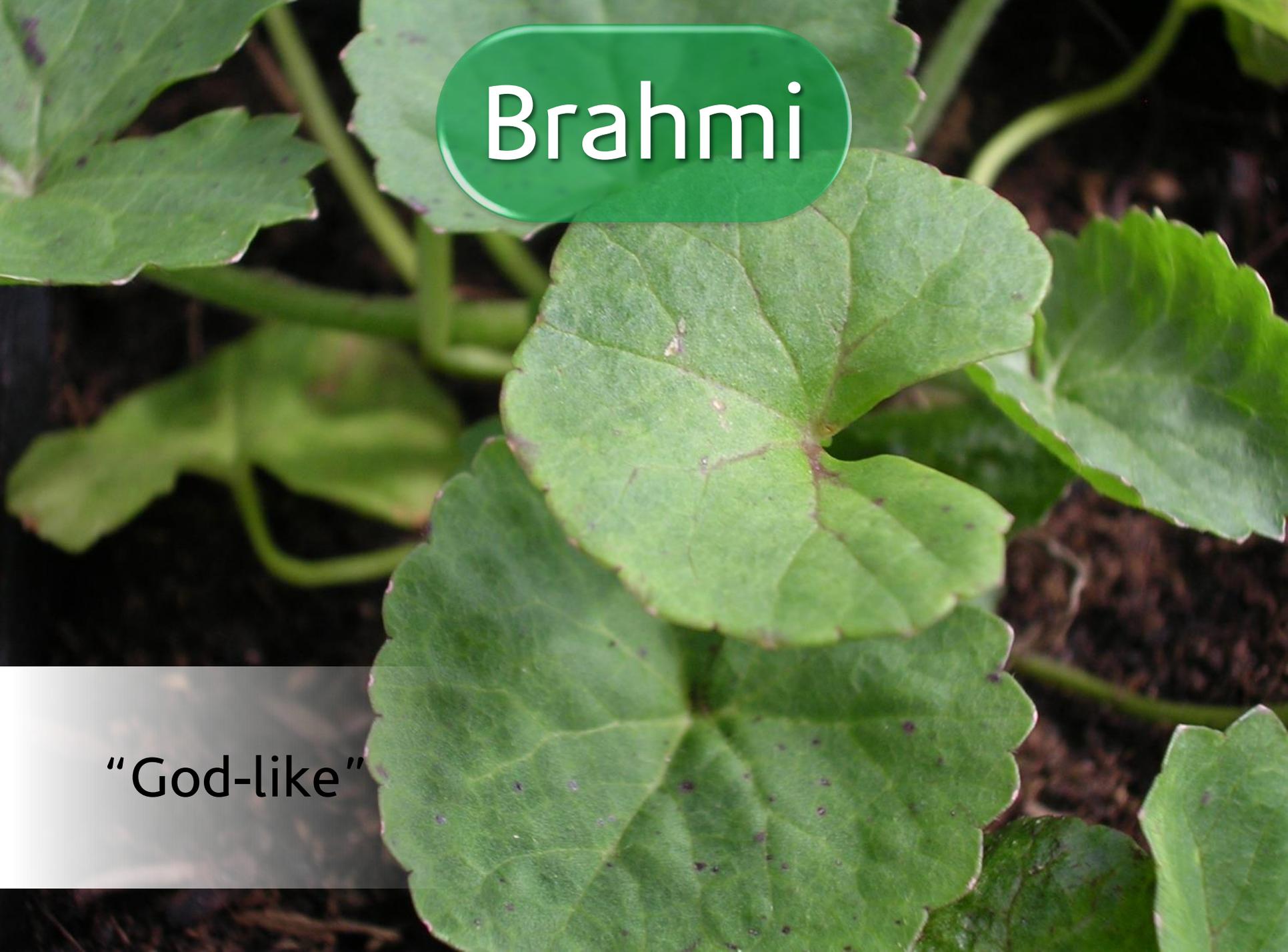
Best for clearing the srotamsi (channels)

Cleans srotamsi of brain (mental activity)

Powder

Acute 15 grams

Maintenance 2 grams

A close-up photograph of Brahmi (Centella asiatica) leaves. The leaves are bright green, heart-shaped, and have a scalloped or serrated edge. The venation is clearly visible, showing a central vein and several secondary veins branching out. The leaves are growing from a dark, moist soil. A green oval label with the word 'Brahmi' is overlaid on the top center of the image.

Brahmi

“God-like”

A close-up photograph of a Gotu kola plant. The leaves are bright green, heart-shaped, and have a prominent network of veins. They are covered with numerous small, clear water droplets, giving them a glistening appearance. The background is dark, making the green leaves stand out. A semi-transparent green oval with rounded ends is positioned at the top center of the image, containing the text 'Gotu kola' in white.

Gotu kola

Gotu kola

Centella asiatica

Cognitive and tissue healing

Cold, bitter

(Contradictory energetics, tonic, building herb)

Ayurveda explains

sweet “vipak” (tissue action)

A close-up photograph of several bright green, rounded leaves with prominent veins. The leaves are arranged in a cluster, with some showing slight damage or discoloration. A dark green, rounded rectangular overlay is positioned at the top center, containing the text "Superior nerve tonic" in white, sans-serif font.

Superior nerve tonic

Mandukaparni leaf (Gotu kola)



Tea





Tea 30-90 grams (dry herb weight, brewed) per day

Bacopa



A close-up photograph of Bacopa plants. The image shows several small, light-colored flowers with five petals and prominent stamens. The foliage consists of small, rounded, green leaves. The background is a sandy surface. A green rounded rectangle with the word 'Bacopa' in white text is positioned at the top center of the image.

Bacopa

Colder, stronger brahmi
(analog gotu kola)

Brahmi (*Bacopa*)

(*Bacopa monnieri*)

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

(*Journal of Alternative and Complementary Medicine*, 2008)

Shankpushpi



Shankhapushi

Restores clear quality of mind & relaxation

Outstanding rejuvenative tonic for mind

Profound mystical properties, with affinity for heart, throat, third eye, crown chakras

Especially effective for anxiety and fear

Shankhapushi

Taken with or prepared in ghee, it promotes tranquility without dulling mind

In depression, it uplifts

In mania it is calming

According to the *Astanga Hridayam*, ghee, cooked three times with shankpushpi juice and milk, makes even the dullest mind sharp

Shankapushpi flower



Cooling

Photo credit Prashanti deJager

Shankapushpi herb

Evolvulus alsinoides

Warming, nervine, sedative, brain tonic

Anxiety, insomnia, improving mental clarity,
nervous debility, mental or emotional
exhaustion, epilepsy

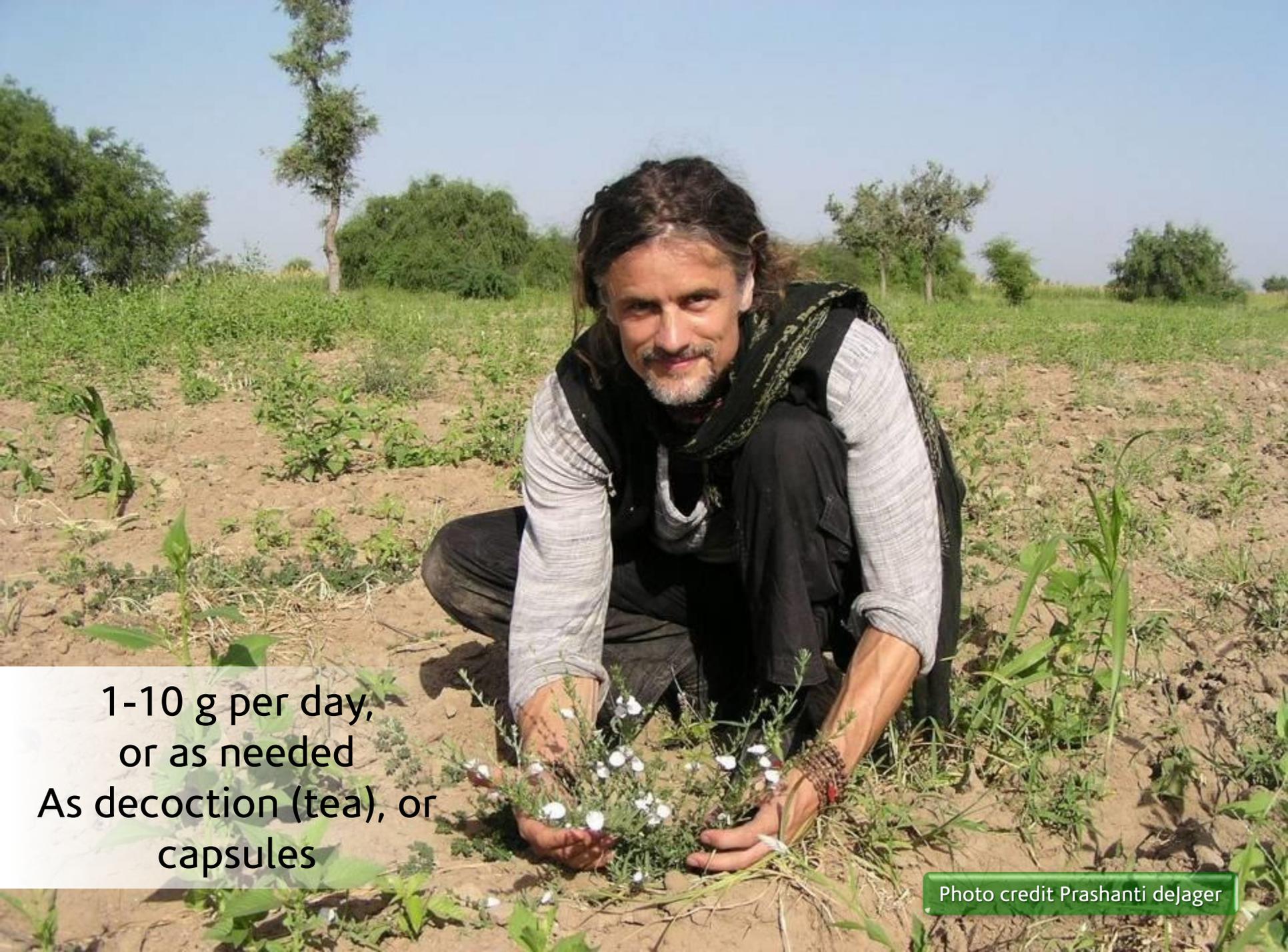
Shankapushpi

Mild relaxant

Throughout day anxiety, or

Bedtime for sleep

Major herb in Ayurveda for epilepsy



1-10 g per day,
or as needed
As decoction (tea), or
capsules

Photo credit Prashanti deJager

Herb called "speech"

Vacha root (Calamus)



Calamus (Vacha)



Calamus

Acorus calamus

Root

Sattvic



Major herb for mind and brain
Ayurveda
Promotes awareness
Increases brain circulation

Vacha

Major herb for consciousness

Stimulates power of self-expression and enhances intelligence

Ancient yogis and seers used

Feeds kundalini

Promotes circulation to brain, sharpens memory, enhances awareness, increases communication and self-expression

For awareness, combines well with brahmi,
jatamamsi, shankpushpi, licorice
Warms and pacifies vata

A large, dark metal pot sits on a grassy surface, filled with water and a variety of dried, browned herbs. The herbs are submerged in the water, and some are visible above the surface. A semi-transparent grey box is overlaid on the center of the pot, containing white text.

Combined with gotu kola,
which is cooling and mild
—complementary benefits

Vacha helps speech in nonverbal autistic children



Awareness activating properties of vacha
have been credited to asarones

Precursors to

1,2, 4-trimethoxy-5-propenylbenzene

A phenylethylamine thought to be 10x
potent as mescaline

Miller, Richard Alan. 1993. *The Magical and Ritual use of Herbs*. Rochester, Vermont: Destiny Books. P. 58.

Wild Vacha

A man with long dark hair and a beard, wearing a green long-sleeved shirt and a black vest, is crouching in a field of tall, green, blade-like grass. He is holding a plant specimen with a thick, brown, fibrous root system in his right hand. In his left hand, he holds a white notebook and a red pen. The background is filled with more of the same grass, and the ground is dry and brown. The overall scene is outdoors in a natural setting.

Amrkanak Forest



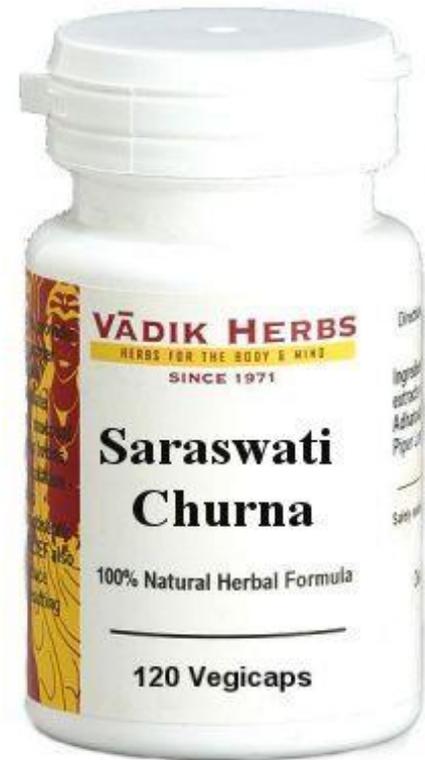


Powder 1-4 grams
Nauseating



Saraswati
Churna

Ayurvedic brain combination
(ashwaganda, calamus,
shankpushpi, ajwain, cumin,
trikatu, rock salt)
2-6 g per day
with honey & ghee



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

A close-up photograph of a Punarnava plant. The plant has numerous small, light pink flowers and green leaves. The stems are reddish-brown. The background is a dense thicket of similar plants.

Punarnava

Punarnava



Punarnava

“Becomes new every year”

Tridoshic

Dipana

Leaf

diuretic/edema, congestive heart failure

Root

broad rejuvenative

All heart diseases

Anemia

Punarnava root

Rasayana tonic

Sapta dhatu (All dhatus)

↓K ↓V

Punarnava root



Punarnava

Rasa

Madhura (Sweet); Tikta (Bitter);

Kashaya (Astringent)

Guna Laghu (Light); Ruksha (Rough)

Veerya Ushna (Warm)

Vipaka Madhura (Sweet)

Punarvana
Trikatu
Triphala
Kutki
Etc.





**PUNARNAVADI
TAILAM**

പുനർനവാദി തൈലം
पुनर्नवादि तैलम्

ESTD. 1902



Regd. Trade Mark

VAIDYARATNAM P.S. VARIER'S
ARYA VAIDYA SALA
KOTTAKKAL - 676 503, KERALA, INDIA

Three Valerians

Three Valerians





Valerian root



Valerian root

Valeriana officinalis

Root

Tagara root



Tagara

Valeriana wallichii

(Indian valerian)

Root

With vacha for mental clarity

Jatamansi root



Jatamansi root



25 9:45

Jatamansi

Nardostachys grandiflora

(*Nardostachys jatamansi*)

(*Syn. Valeriana jatamansi*)

Root

Heals brain tissue

Combine with

Gotu kola, shankapushpi, ashwaganda – nerve

Guggul, ginger – muscle pain

Itching, burning skin

Jatamansi, forest near Gangotri

A man with long, curly brown hair and a beard, wearing a green t-shirt and a dark backpack, is kneeling on a rocky ledge. He is looking down at a small green plant with large, feathery leaves. The background is a vast, deep valley filled with dense green forests, with snow-capped mountains in the distance under a blue sky with scattered clouds.

Photo credit Prashanti deJager



Valerian	Tagara	Jatamansi
Bitter, pungent, astringent, sweet	Bitter, pungent, astringent, sweet	Bitter, astringent, sweet
Hot	Hot	Cool
Heavy	Light	Light
VK-P+	VPK-	VPK=
Low to medium altitude	Medium altitude	High altitude (Himalaya meadows)
Grounding (high earth tattva) Tamasic (dulls mind)	Epilepsy Vata in head Warm carminative Tamasic (dulls mind)	Brain tonic Mental rejuvenative Mental clarity Tridoshic, not tamasic

Hibiscus flower



Hibiscus

Japa

Strengthens devotion in meditation with a mantra (japa)

Flowers destroy all life obstacles, spiritual & material, assist in realization of all goals

Purifies the physical & spiritual heart & promotes wisdom

Aids in meditation

Destroys spiritual obstacles

Enhance mental and spiritual power



Hibiscus

Cardiovascular
support



Blood pressure
Regulate menstruation



Hibiscus tea



Camphor



Crystallized distilled oil
Very small doses internally
Increases prana
Awakens perception



Saffron

Saffron

Sattvic

Love, devotion, compassion

Used in Bhakti Yoga to enhance devotion

Tilak





Tilak (forehead marking) made from camphor & saffron

Tilak (forehead marking) made from
camphor & saffron

Cools head & frontal lobes

Promotes cool thinking and meditation

Chrysanthemum



Chrysanthemum flower

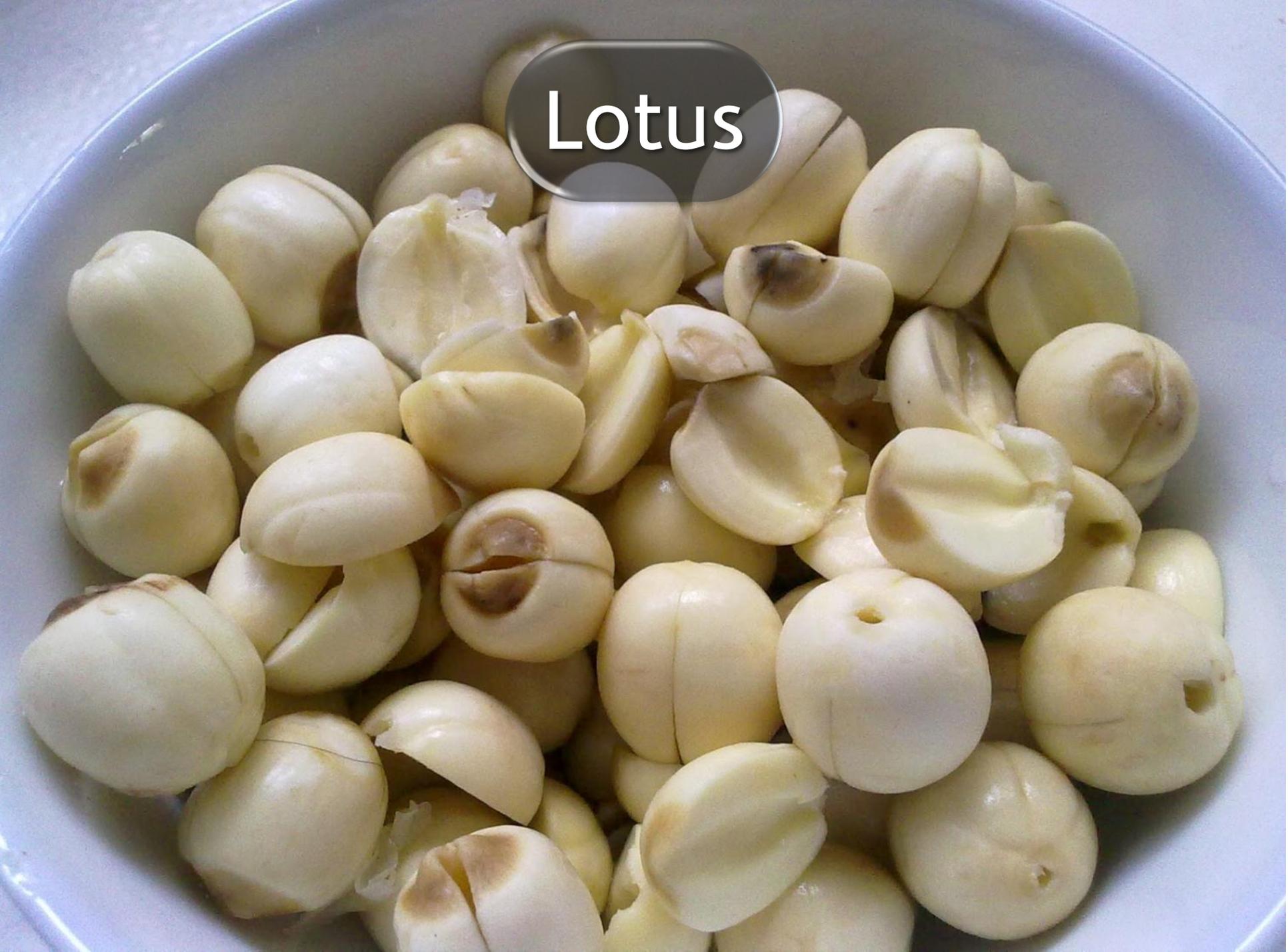
Sevanti

Cooling diaphoretic

Chrysanthemum very cooling to the mind

Helps surrender egoistic will, soothes anger

Chrysanthemum, chamomile flowers and rose petals combine well to cool the mind

A top-down view of a white ceramic bowl filled with numerous lotus seeds. The seeds are pale yellow to off-white, some showing a dark brown spot at the top. A dark grey, rounded rectangular label with the word "Lotus" in white text is positioned at the top center of the bowl. The bowl's rim is visible at the top and bottom edges.

Lotus





Lotus seed and root

Brings material/spiritual abundance to life

Herbal food relaxes mind & opens heart
chakra & root chakra

Seeds, especially, assist devotion, spiritual
aspirations

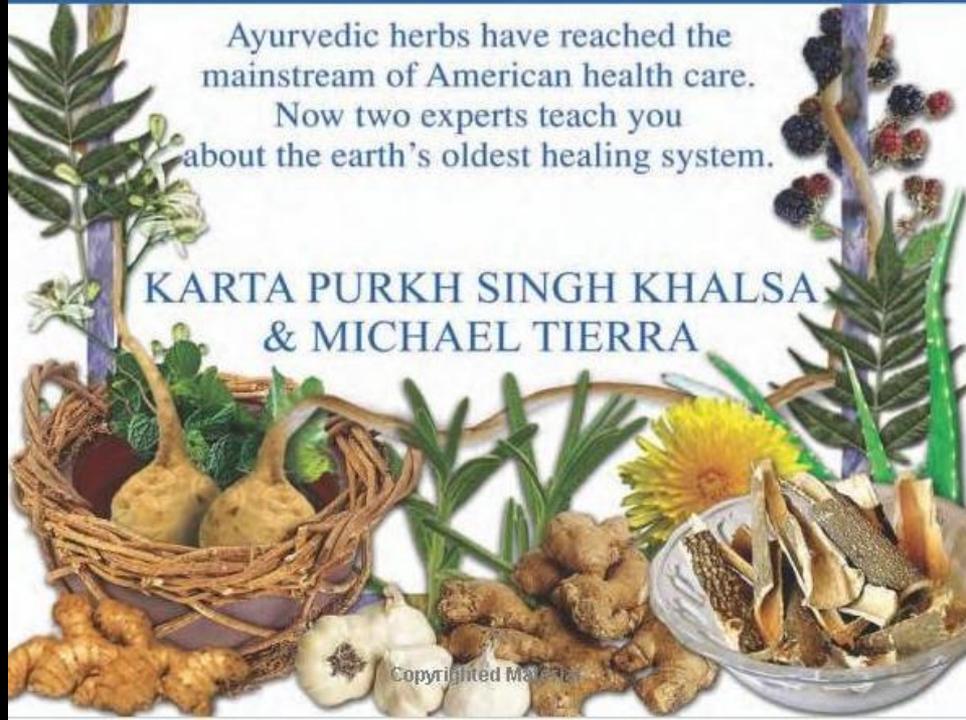
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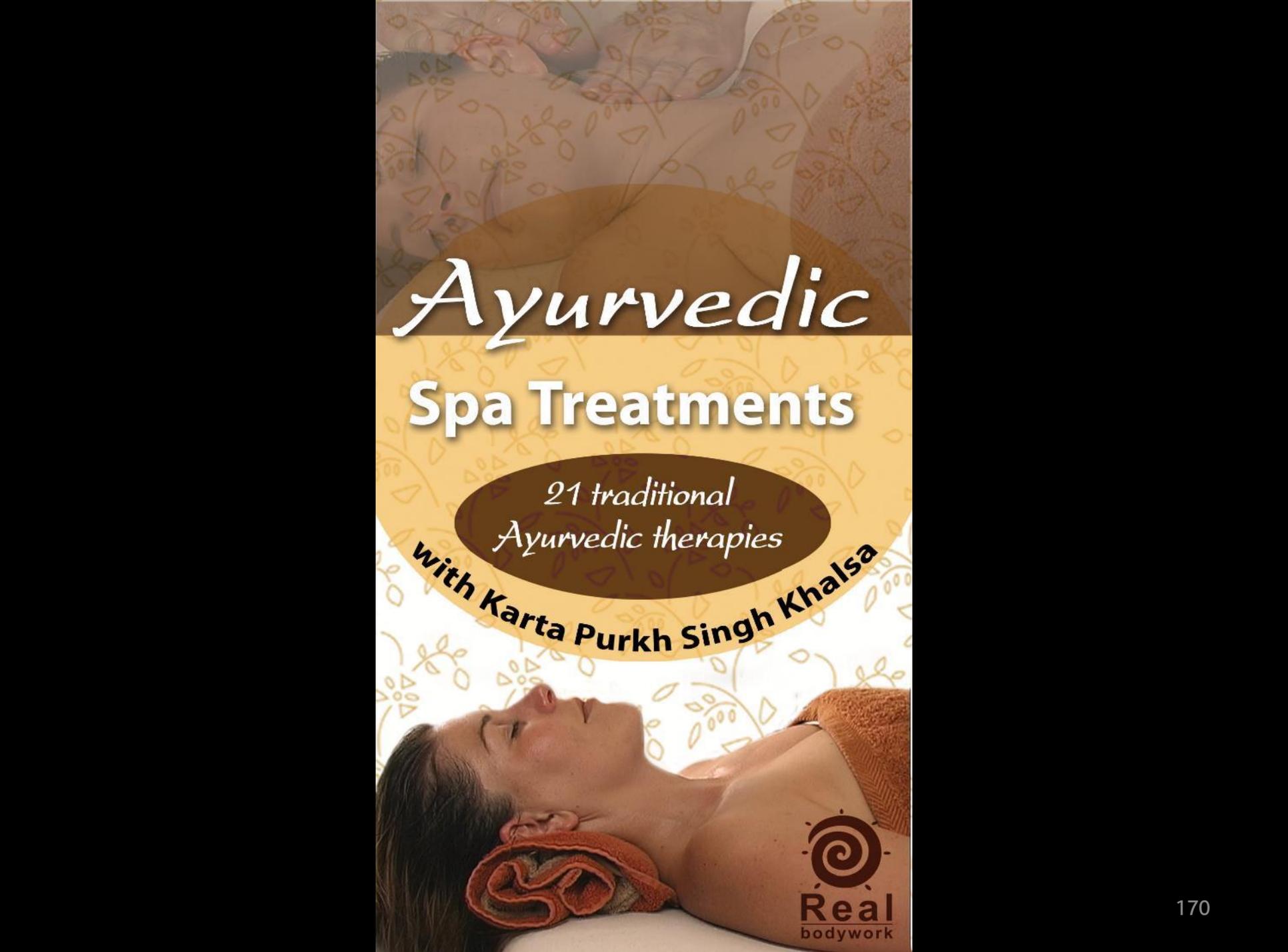
THE MOST COMPLETE GUIDE
TO NATURAL HEALING AND
HEALTH WITH TRADITIONAL
AYURVEDIC HERBALISM

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**





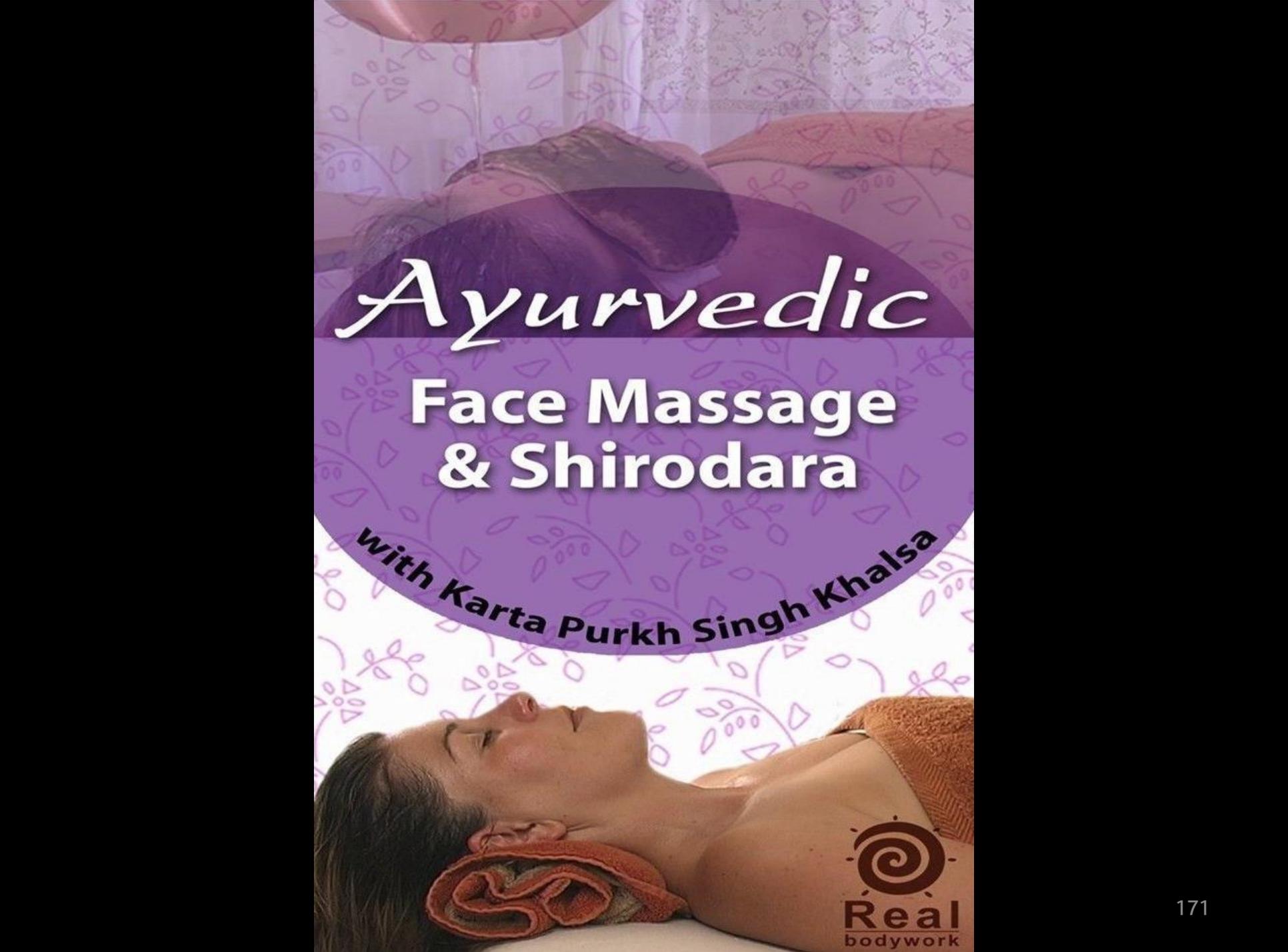
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Spa Treatments

*21 traditional
Ayurvedic therapies*

with Karta Purkh Singh Khalsa





Ayurvedic

Face Massage & Shirodara

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