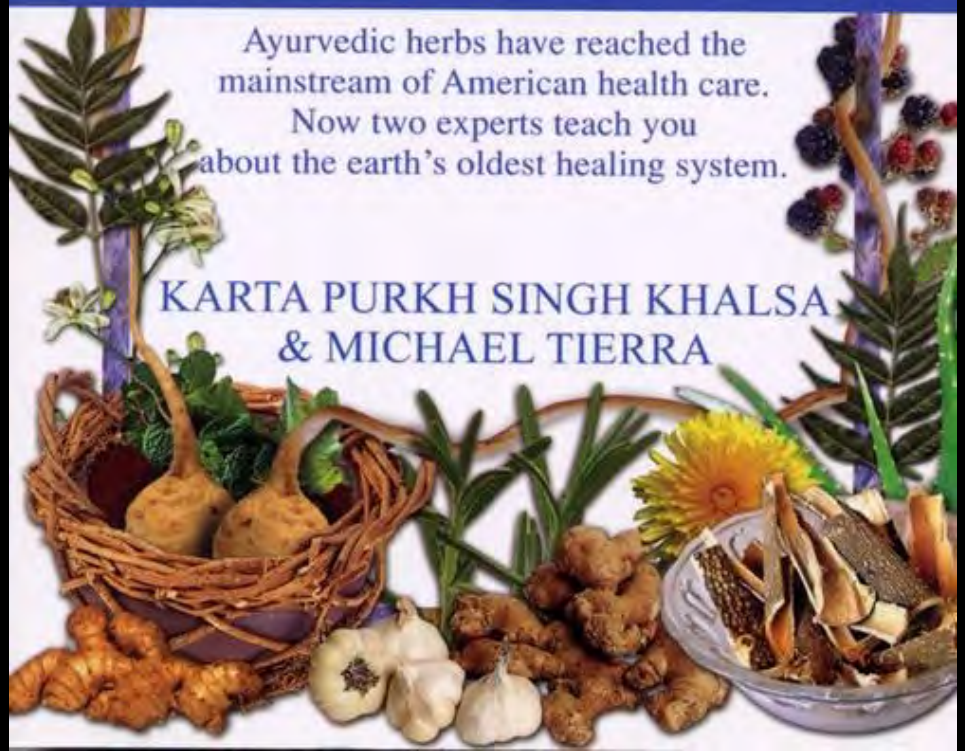
Ten Essential
Ayurvedic Herbs

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

the way of
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



Food or medicine?

Healing Foods

Healing Medicine

Herbal medicine in every meal

Cook healing into your food
Mild medicine 3 times per day

Digestion
Or treatment

START SMALL DOSE

INCREASE DOSE GRADUALLY

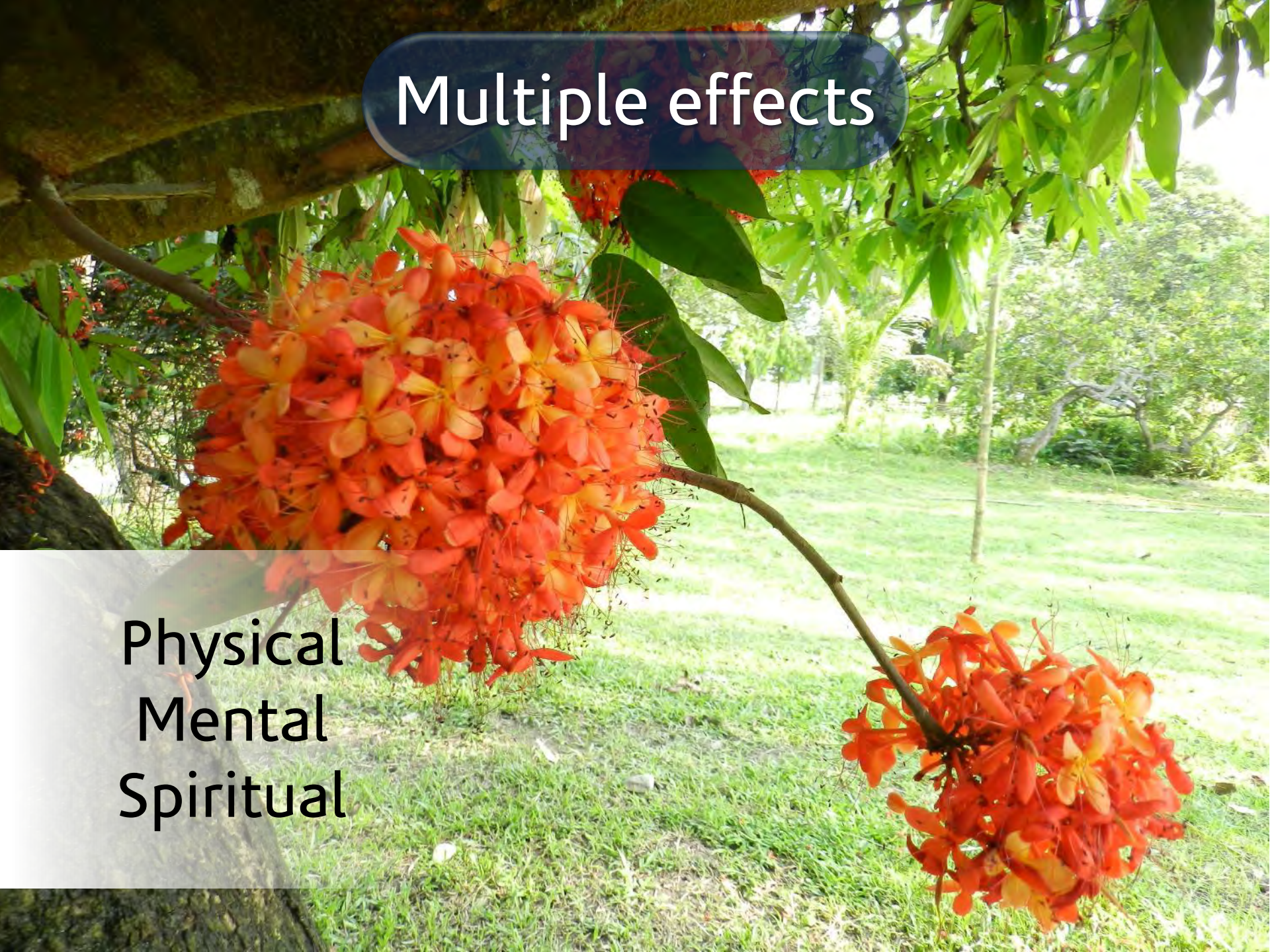
GENERALLY

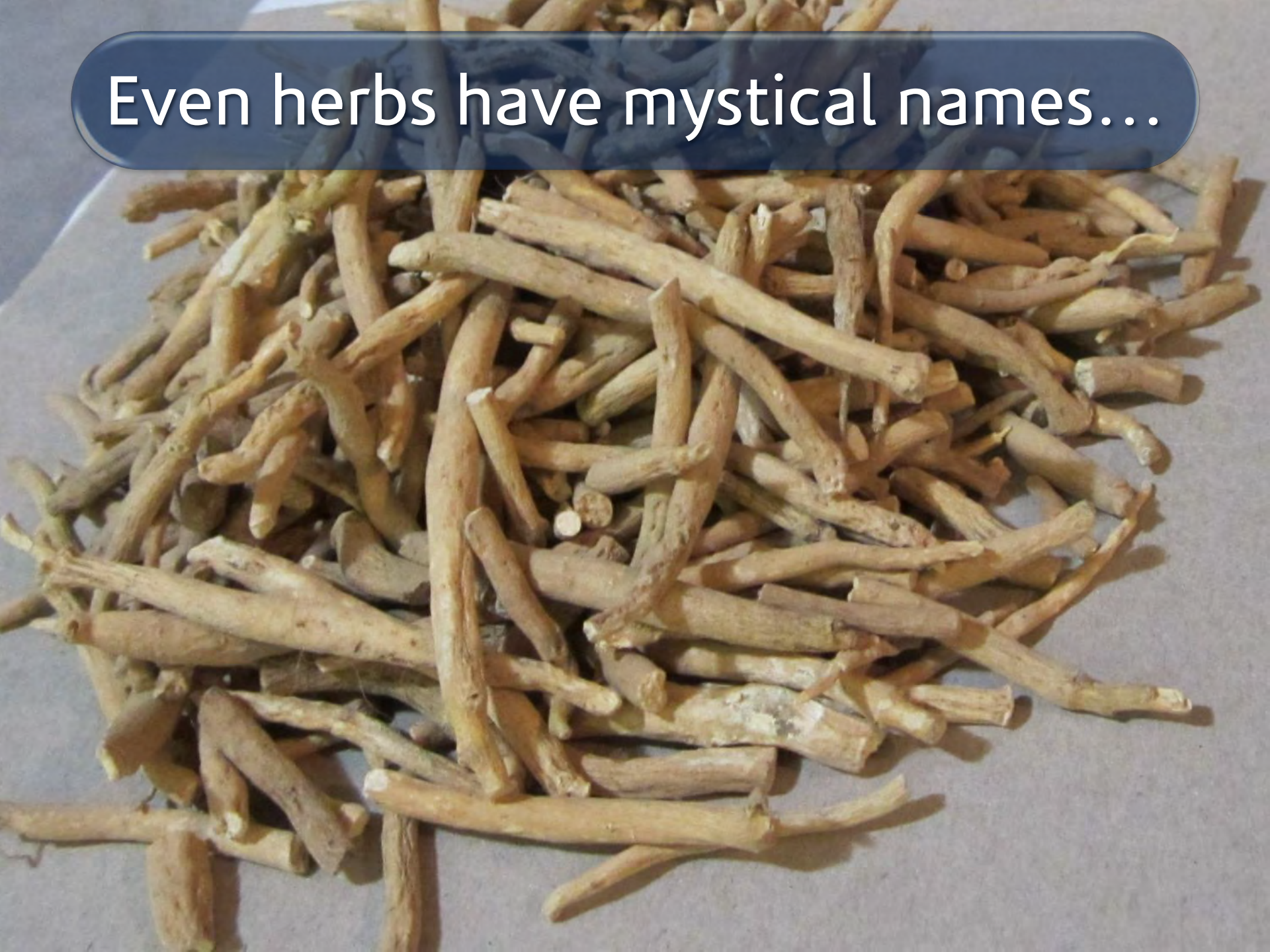
DIVIDE DOSES

TAKE WITH FOOD

UNLESS SPECIFIC NEED/SYMPTOM

(SUCH AS BEDTIME DOSE FOR SLEEP)


Multiple effects
Physical
Mental
Spiritual


Even herbs have mystical names…

"Three fruits"
Amla, bibitaki, haritaki

Every tissue
Liver, skin, eyes
Glandular balance
Building and detoxifying

Main medicine for each dosha

Amla for pitta

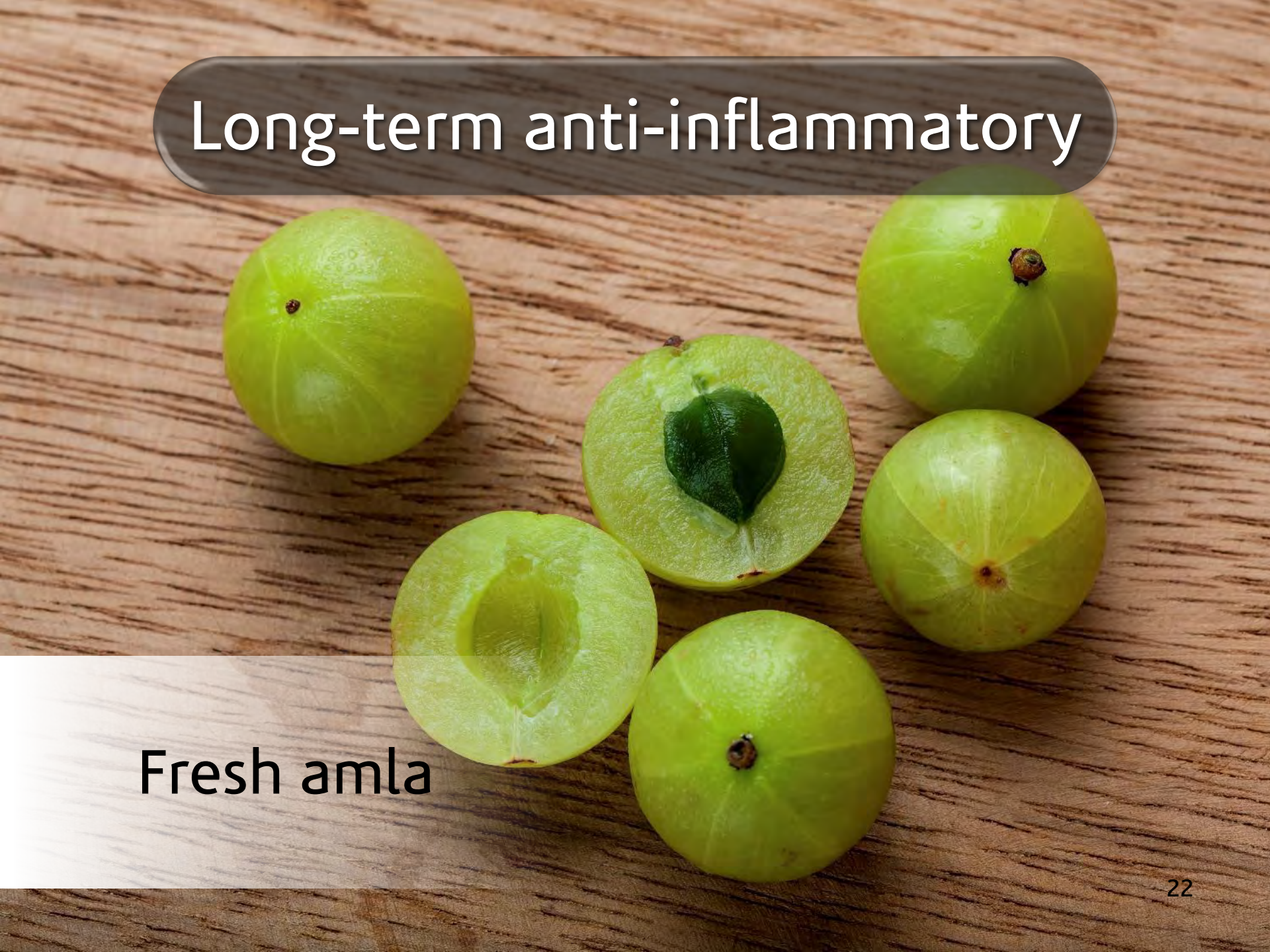
Bibitaki for kapha

Haritaki for vata

Most widely used
medicine in Ayurveda
All organs
Detox and tonic

Maintenance 1 g per day
Mild laxative 5 g per day

Long-term anti-inflammatory

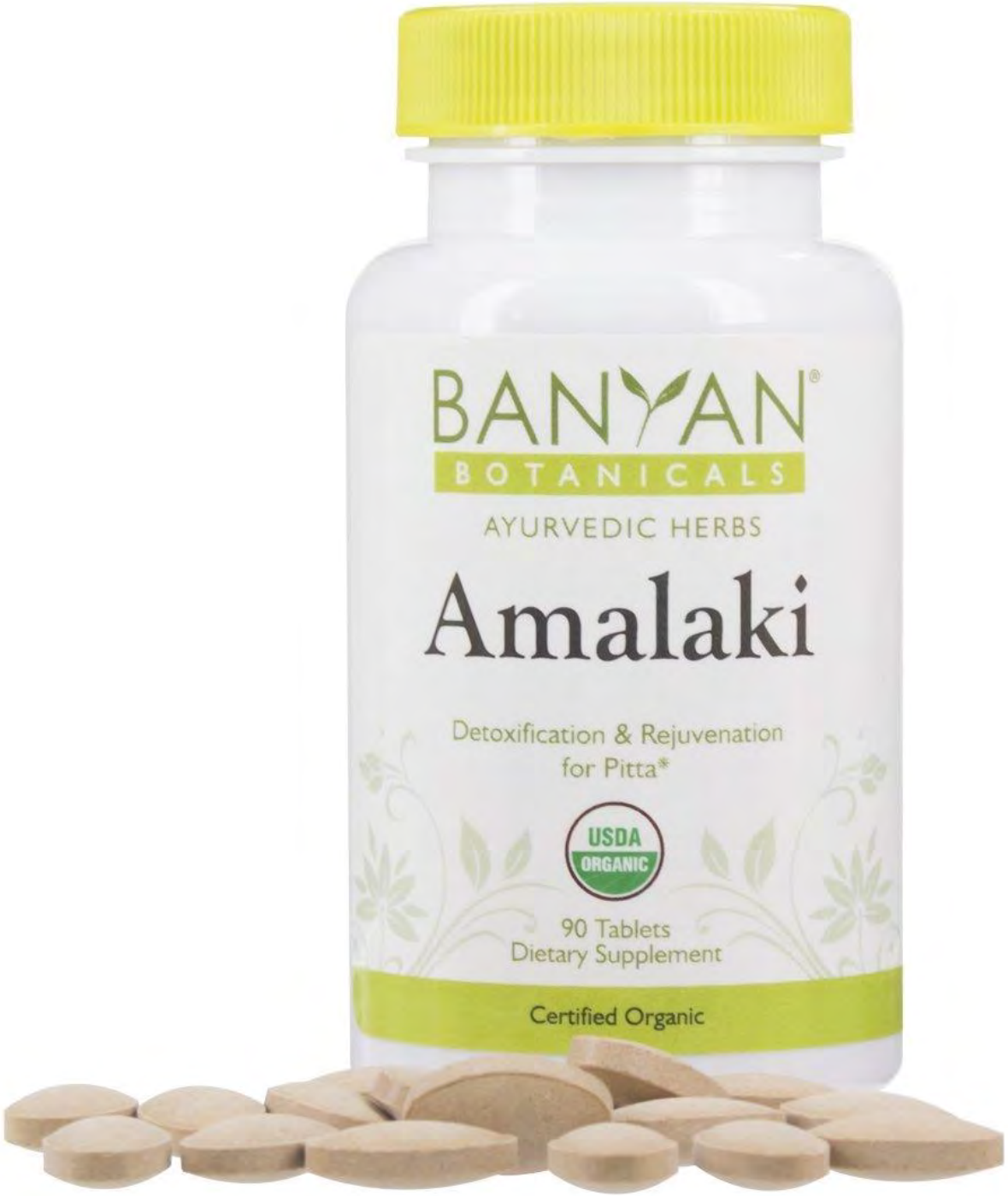


Fresh amla

Amla pickle

पतंजलि
100% Veg
आंवला कैंडी
AMLA CANDY
(Rich source of Vitamin C)

Amla juice


BANYAN
BOTANICALS
AYURVEDIC HERBS
Amalaki
Detoxification & Rejuvenation
for Pitta*
USDA
ORGANIC
90 Tablets
Dietary Supplement
Certified Organic

Bibitaki fruit

Astringent for kapha

Haritaki fruit

Haritaki

Hara, Hindu name for God (Shiva)

Laxative for vata

Dry whole triphala

Triphala

Gentle laxative

Balance the energies of the mind

Remove the fear of death

Turmeric

Turmeric root

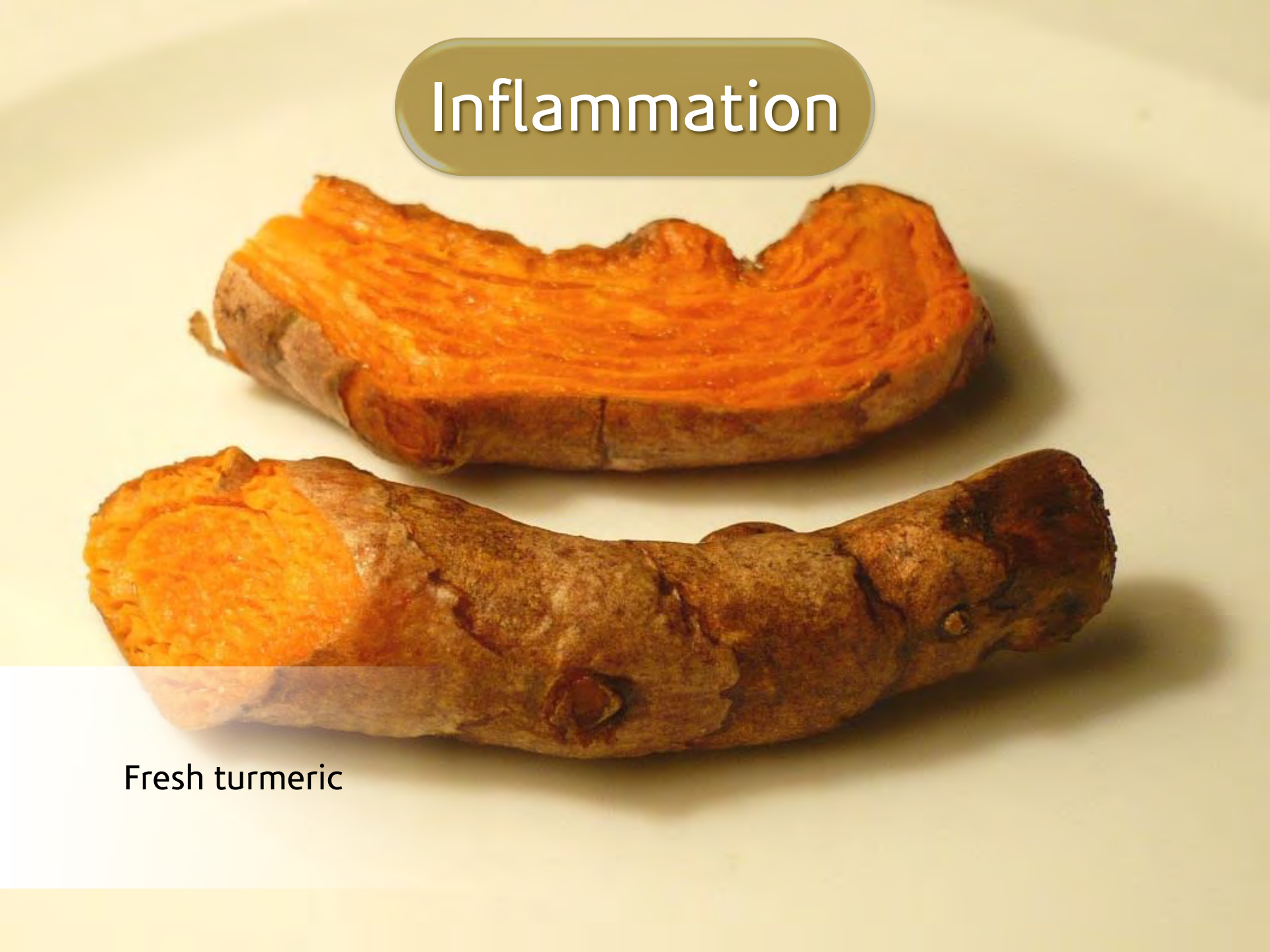
Curcuma longa

India

1 ounce (4 Tbs) acute

1 tsp maintenance

Inflammation



Fresh turmeric

Antioxidant

Astringent

Cellular immunity

Digestive Health

Joint Health

Immune
Dried whole
Turmeric

Liver health

Skin health

Warming ubtan

Large flower (marigold, calendula, rose)

¼ cup yellow mustard

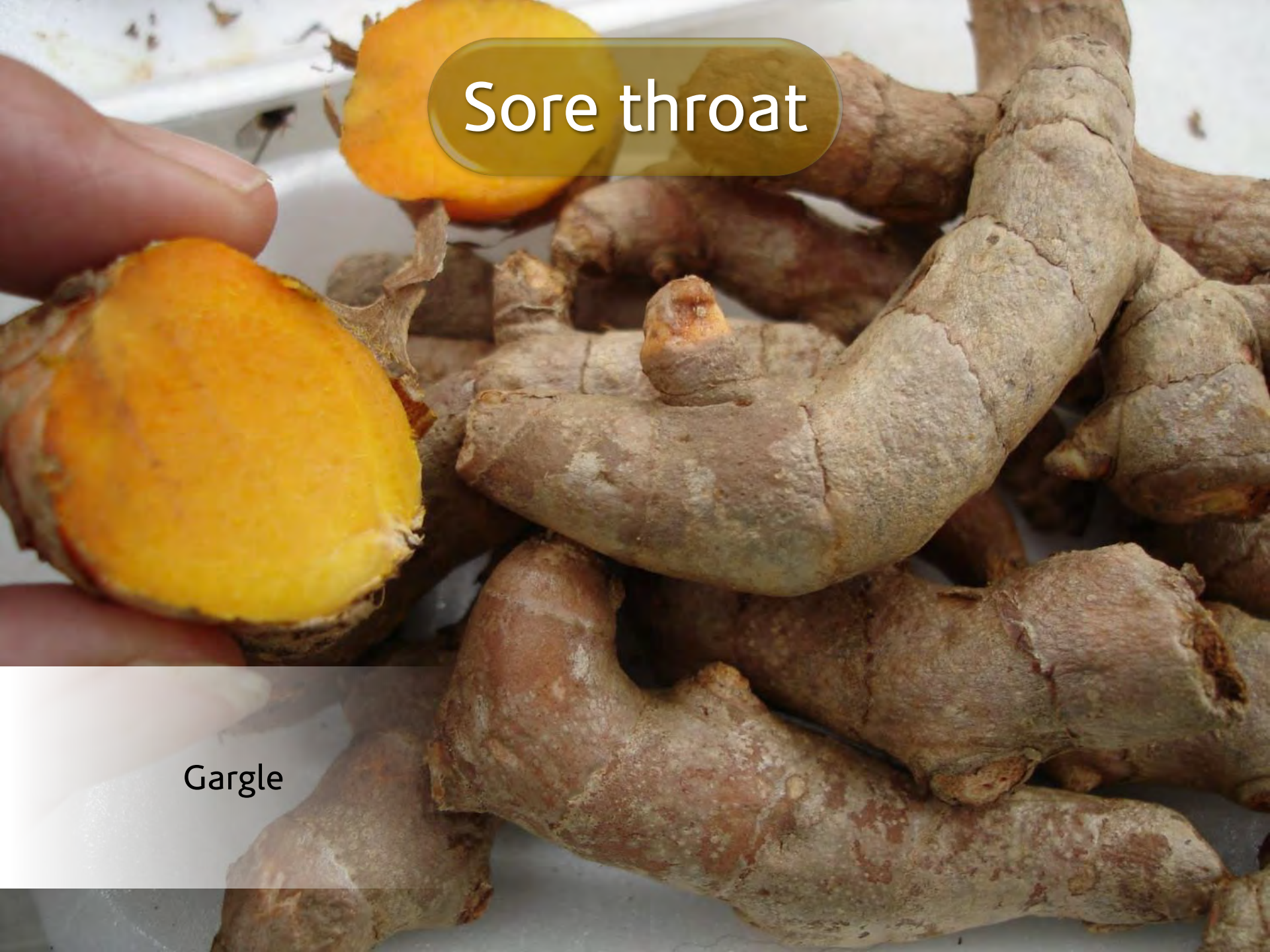
¼ cup cashews

¼ inch fresh, or 1 tsp powdered turmeric

6-7 almonds

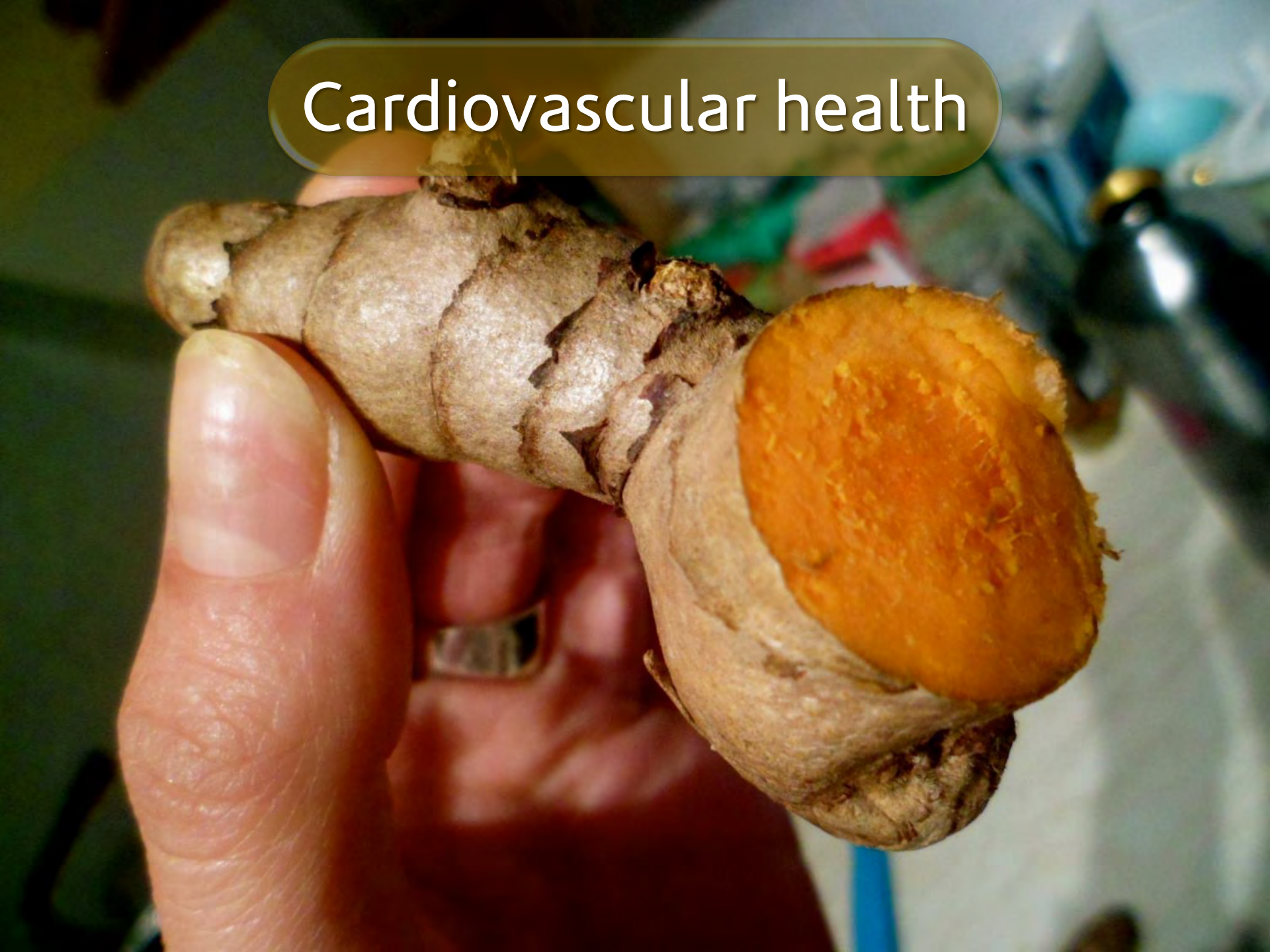
Yogurt, milk, fresh cream or lemon juice

Sore throat



Gargle

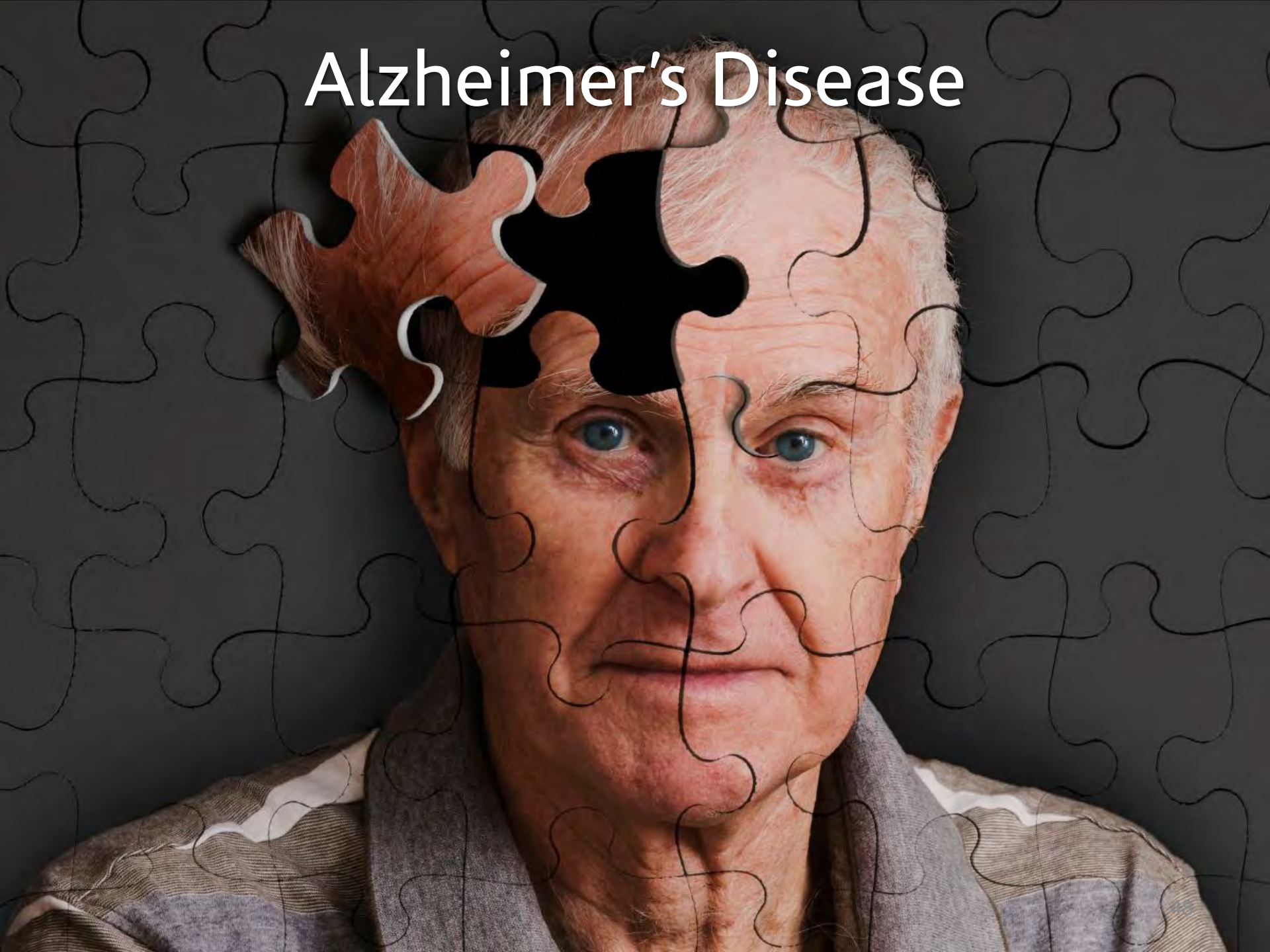
Cardiovascular health



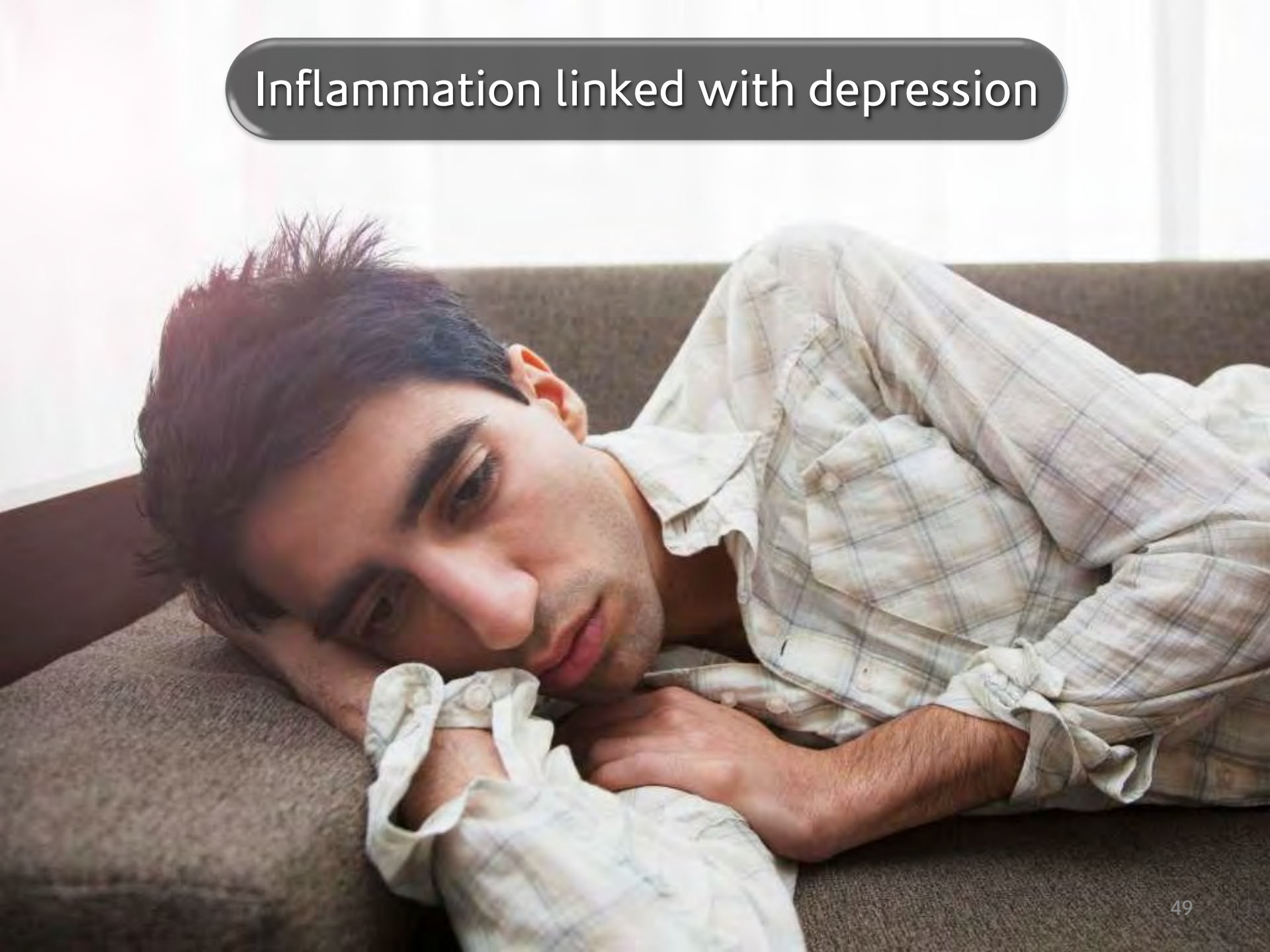
Detoxification

Freshly harvested
Turmeric

Alzheimer's Disease



Inflammation linked with depression



Inflammation & depression

Inflammation in brain linked to depression

Responsible for depressive symptoms

(low mood, lack of appetite, poor sleep)

Research: people with depression higher levels of inflammation in their blood

Treating depression with anti-inflammatory medication, area of future research

(Recent research: curcumin for depression)

Curcumin just as good
PROZAC 20
Fluoxetine
20 mg
PROZAC 20
Fluoxetine
20 mg
Lilly
PROZAC 20
Fluoxetine
20 mg

Turmeric Extract Superior to Prozac for Depression

Randomized, controlled clinical trial, India

Curcumin safe &effective treating serious depression

Diagnosed major depressive disorder (MDD)

Compare with fluoxetine (Prozac)

60 patients diagnosed with MDD

Randomized 6 week treatment fluoxetine (20 mg) and curcumin (1000 mg) individually or combination

Evaluated 17-item Hamilton Depression Rating Scale

Curcumin for depression

Curcumin well tolerated by all the patients. Change in HAM-D17 score at 6 weeks comparable all 3 groups

First clinical evidence curcumin used as effective/safe modality for MDD

Jayesh Sanmukhani, Vimal Satodia, Jaladhi Trivedi, Tejas Patel, Deepak Tiwari, Bharat Panchal, Ajay Goel, Chandra Bhanu Tripathi. **Efficacy and Safety of Curcumin in Major Depressive Disorder: A Randomized Controlled Trial.** Phytother Res. 2013 Jul 6. Epub 2013 Jul 6

Culinary

Curry

Turmeric milk

Golden Milk

Turmeric paste:
¼ cup turmeric
½ cup water

To drink:
¼ tsp. turmeric paste
8 oz. milk
1 tsp. raw almond oil
Honey or maple syrup to taste (optional)

High dose

BANYAN
BOTANICALS
AYURVEDIC HERBS
Turmeric
Supports Digestion and Overall Health and Well-being*
USDA ORGANIC
90 Tablets
Dietary Supplement
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Turmeric

Joint inflammation

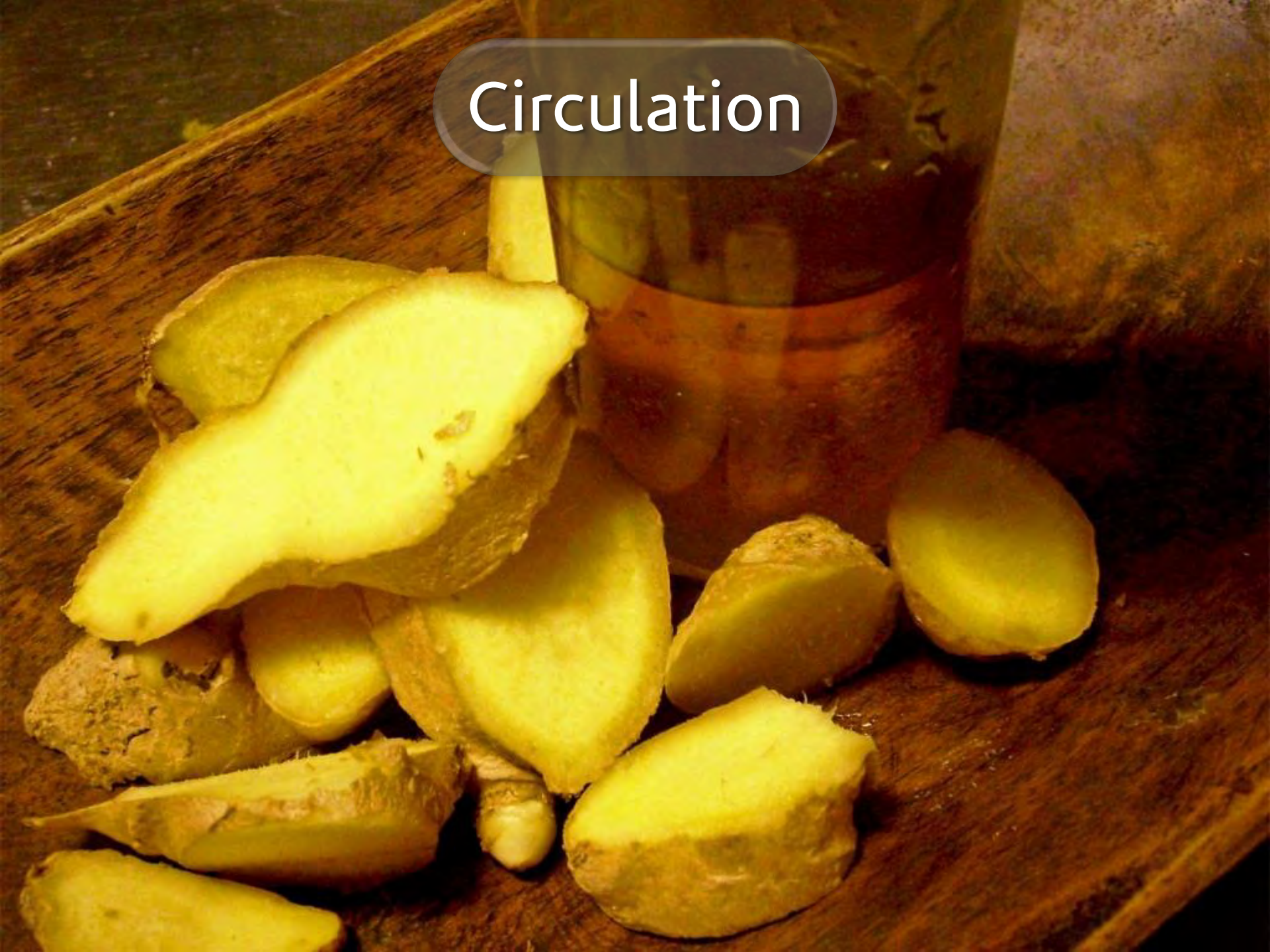
Depression

Cleansing the subtle body, nadis, cultivating feelings and awareness of prosperity

Turmeric mala
Cultivate awareness of
the Divine Mother

Ginger root
Universal medicine

Digestion


Circulation

Joint health
triangle
STAINLESS STEEL

Diced ginger

Ginger powder

Concentrated
For tea

Rejuvenating Drink (especially for after sex)

8-10 oz. milk
1-3 tsp. grated fresh ginger root
1-3 tsp. black sesame seed (or white sesame seed)
1-3 tsp. ghee

Cinnamon and clove to taste. Honey to taste if desired. Warm milk to comfortable drinking temperature. Blend ingredients in blender. Drink after sex, especially men, or daily as a restorative for sexual function

Tridoshic Ginger

Sauté some grated ginger in a tablespoon of ghee and add the mixture to warm milk

Ginger

Warming digestive aid

Opens the sattvic channels of the mind

Clears the blocks to spiritual progress

Ashwaganda root

Ashwaganda

Withania somnifera

Winter cherry, Indian ginseng

"Ashwaganda" combination of the word ashva, meaning "horse" and gandha, meaning "smell"

Root has strong aroma described as "horse-like"

Main tonic for men

Ashwaganda

Nightshade Family

Root

Berries & leaves occasionally used traditionally

Indications and Effects

Calming adaptogen stress & debilitating disease
Hypertension
Anxiety
Impotence
Exhaustion
Normalize sleep patterns
Inflammatory disease
    (RA, Asthma)
Disease of aging
    (memory loss, weakness, pain, depression)

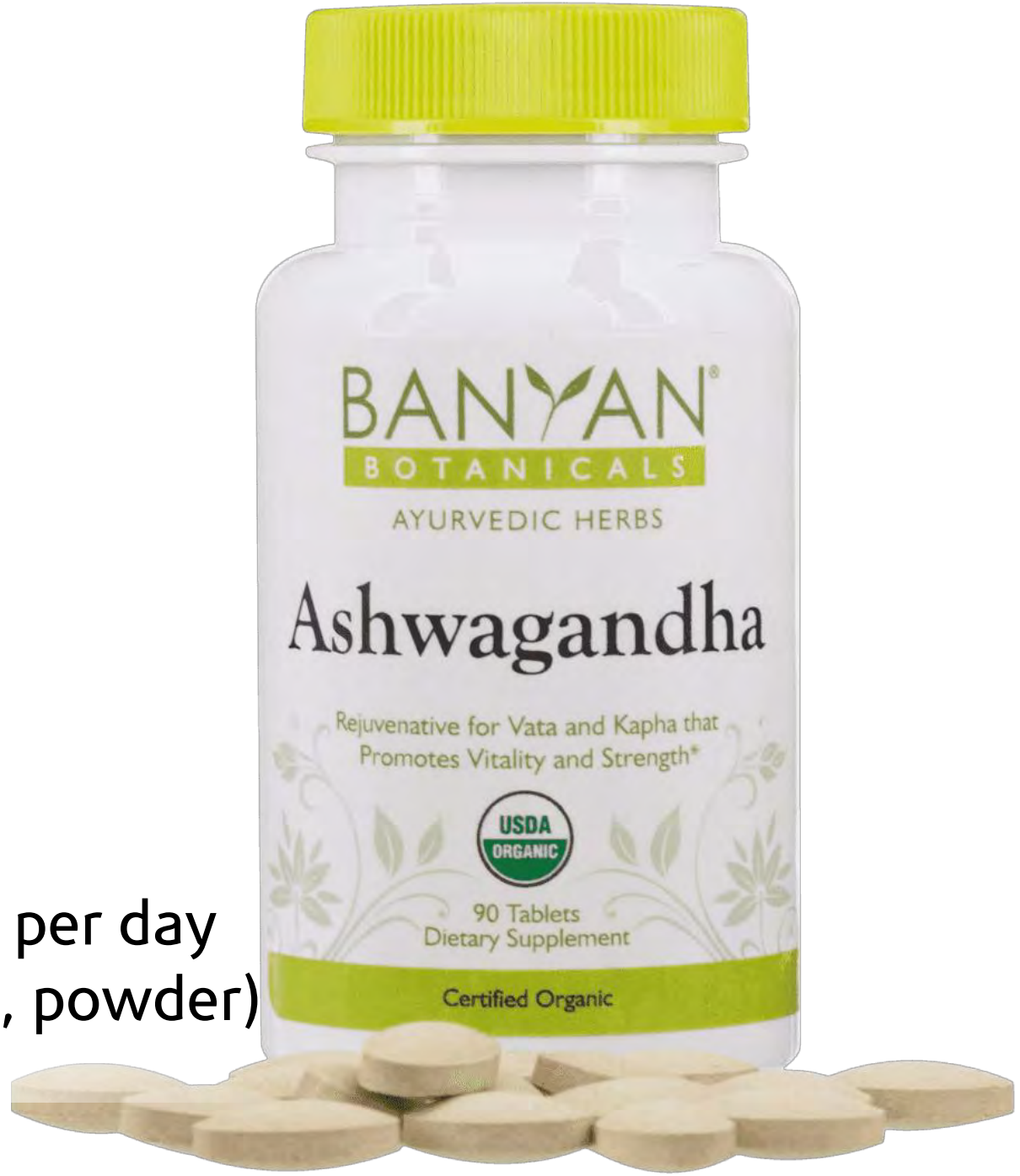
Main herb for men

Stamina

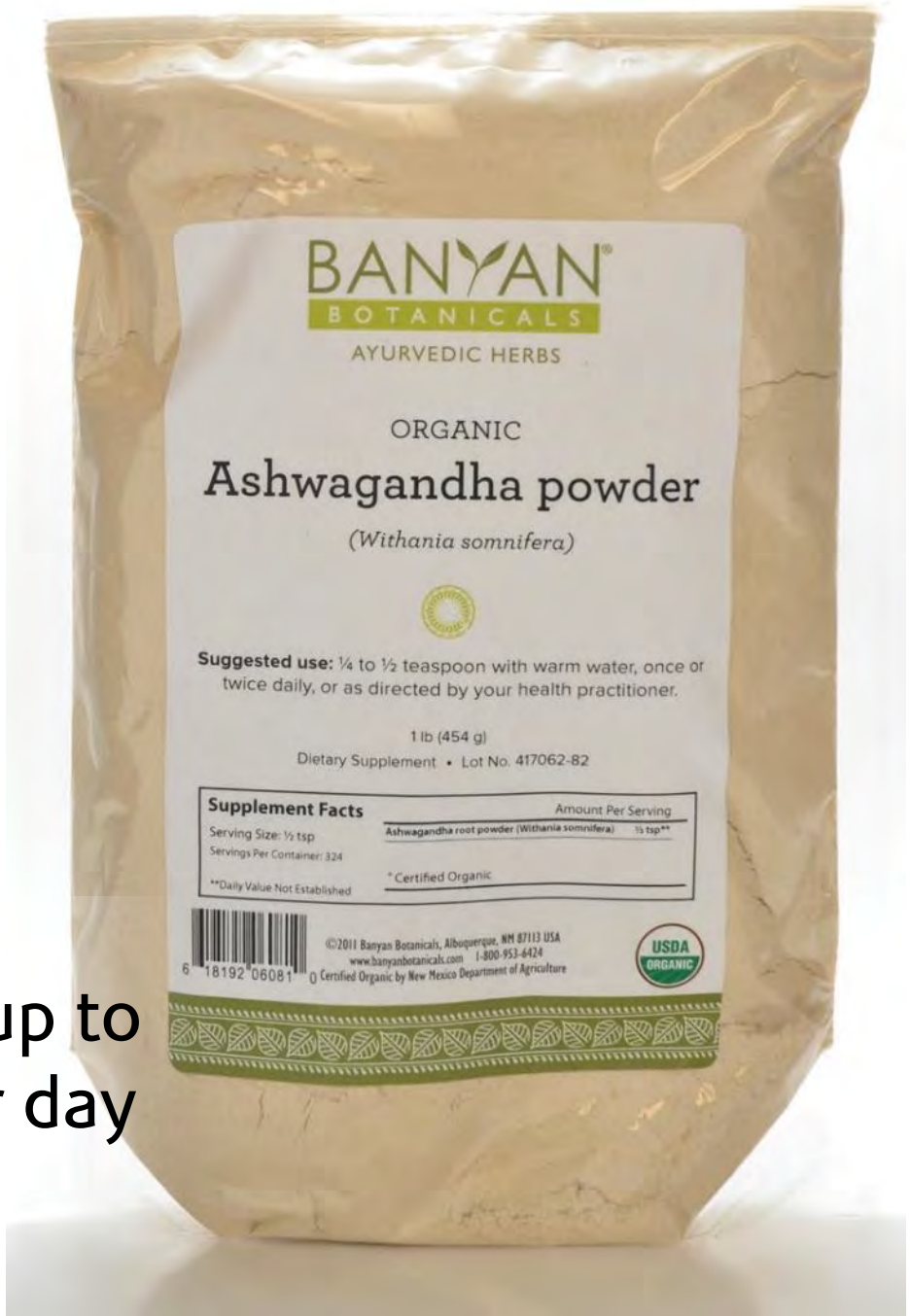
Anxiety

Sleep

Neutral taste
Use powder



3 to 6 g per day
(capsules, powder)



Large doses up to 60 grams per day

Ashwaganda harvest
India

Ashwaganda

Physical stamina

Elevates mood

Promotes spiritual happiness

Shatavari

Shatavari Root

"Hundred husbands"
Major female tonic
Cool, moist

Closely Related to…

Pelvic affinity
Urinary
Lactation, semen
Soothing, coating (GI, urinary)

Capsules, soup,
gruel, smoothie

Shatavari

15 g acute symptoms (hot flashes, bladder infection, etc.)

2 grams
Long-term

Hot flashes

Calm mind

Spiritual energy of the feminine

Gotu kola

Centella asiatica

Sweet, cooling, bitter

Main herbal actions:

Nervine, vulnerary, venous & capillary tonic, peripheral vasodilator, anti-inflammatory, antispasmodic, relaxant, antibacterial, antiviral

Main medicinal uses:

Nerve conditions

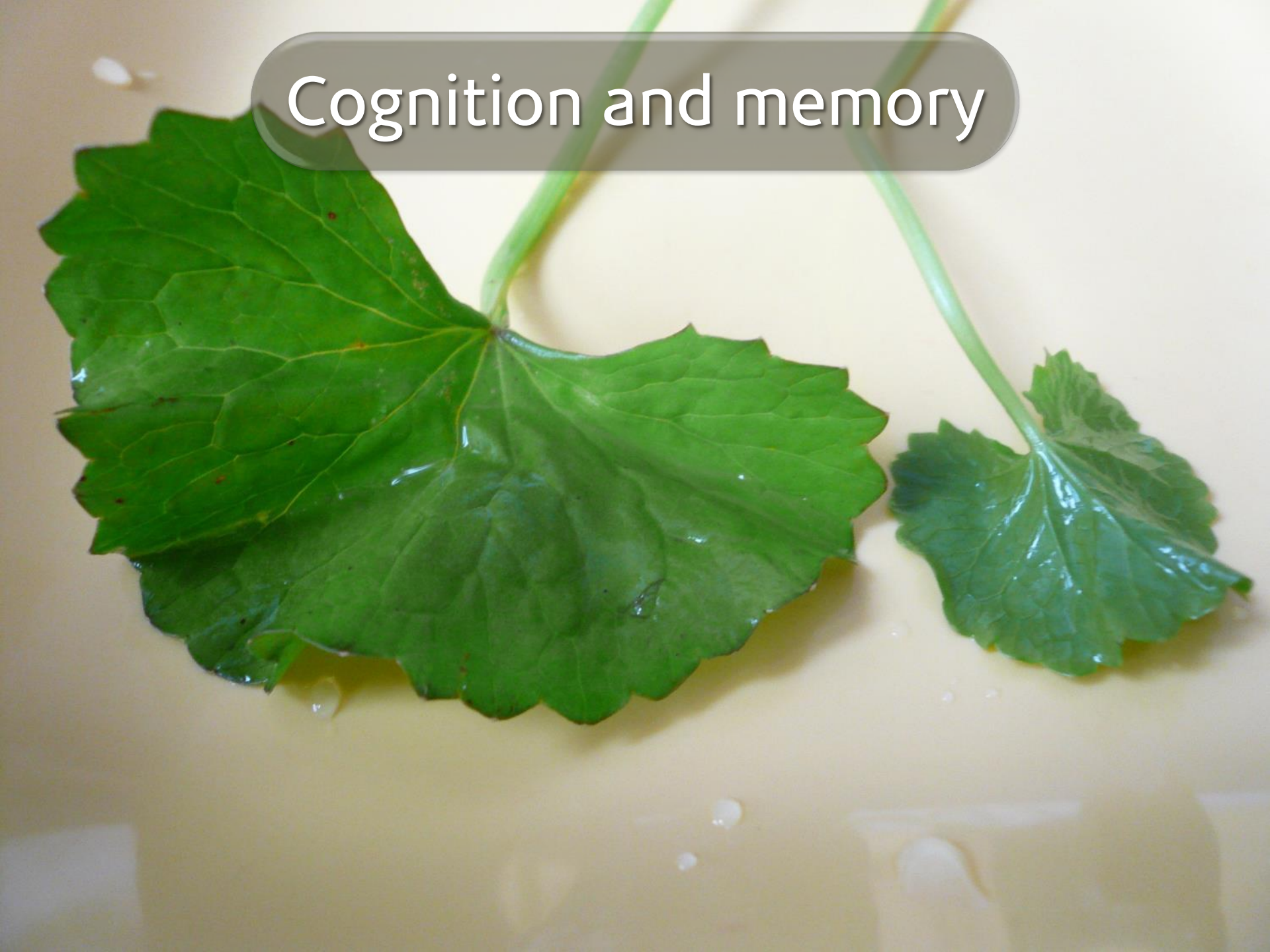
(memory, cognitive, stress, fatigue)

Connective tissue

(eczema, skin ulcer, hair/nails, varicose veins)

Nervine

Cognition and memory



Brahmi
“God-like”

Cognition & mood in healthy elderly

28 healthy elderly participants received plant extract at various doses

Extract enhanced working memory
Improvements of self-rated mood also found

J Ethnopharmacol. 2008 Mar 5;116(2):325-32. Epub 2007 Dec 4. Positive modulation of cognition and mood in the healthy elderly volunteer following the administration of Centella asiatica.

Nerve injury and nerve disease

Structural tissues

Fractures
Bruises
Eczema
Acne

Membrane healer

Chronic Venous Insufficiency

Meta-analysis

13 electronic databases

Centella asiatica significantly improved microcirculatory parameters

People treated with *Centella asiatica* showed significant improvement in CVI signs (leg heaviness, pain, edema)

Evid Based Complement Alternat Med. 013;2013, Epub 2013 Feb 21. A Systematic Review of the Efficacy of Centella asiatica for Improvement of the Signs and Symptoms of Chronic Venous Insufficiency

Gotu kola leaf (“brahmi”)

Centella asiatica

Wounds

Cellulite

Varicose veins

Dermatitis

Stimulates hair/nails

Increases blood supply to connective tissue

Formation connective tissue structural constituents

Promotes skin tensile integrity

Increases keratinization

Scleroderma

Wound healing in vitro

Asiaticoside, an active component of *Centella asiatica*, known for beneficial effects on keloid & hypertrophic scar

Asiaticoside enhanced initial skin cell adhesion

Cell proliferation assays, asiaticoside induced increase in # of normal human dermal fibroblasts

Asiaticoside promotes skin cell behaviors involved in wound healing

Phytomedicine. 2012 Oct 15;19(13):1223-7. Epub 2012 Aug 30. Asiaticoside enhances normal human skin cell migration, attachment and growth in vitro wound healing model.

Wound healing

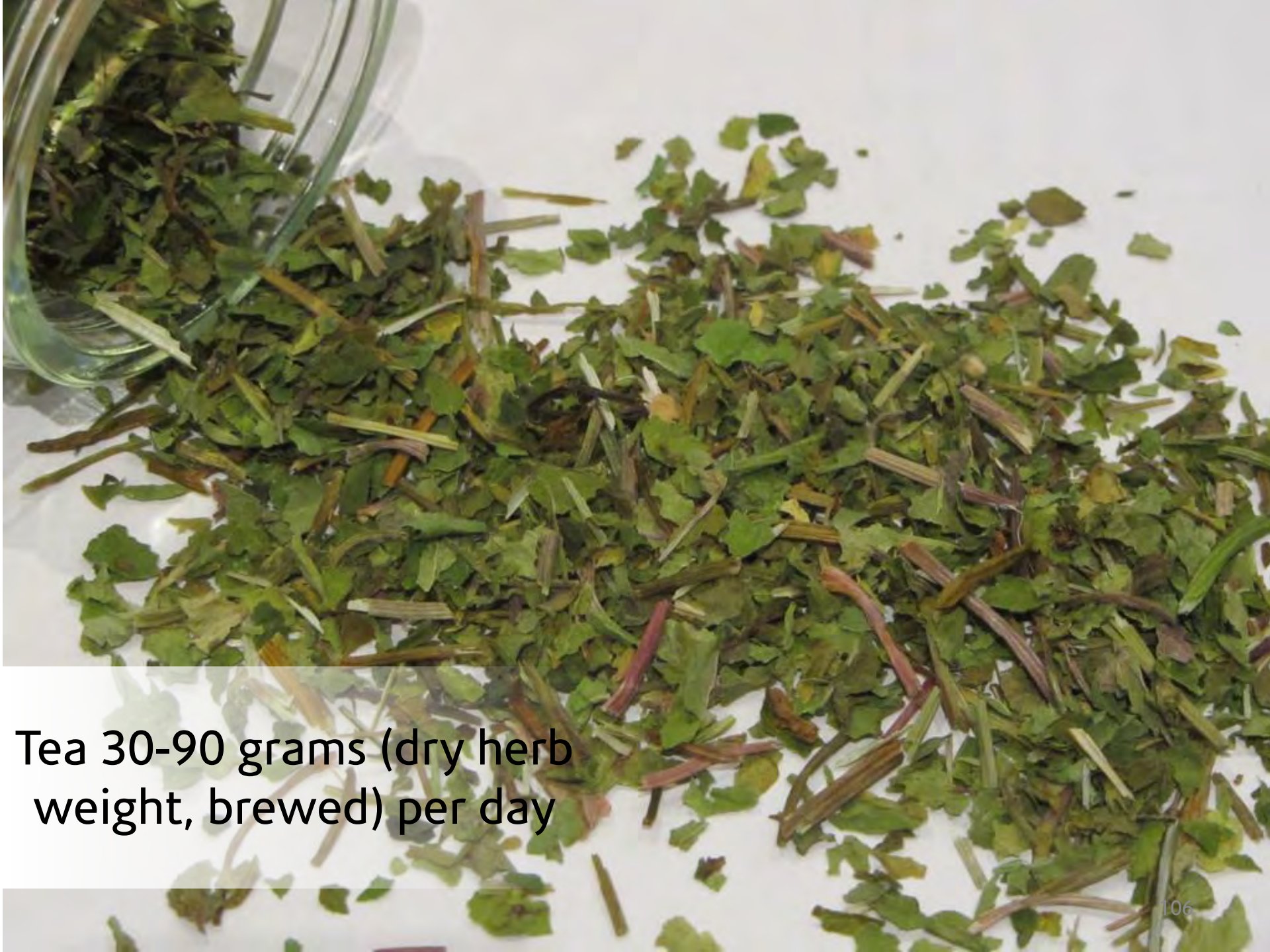
Extracts of *Centella asiatica*

Incision & partial-thickness burn wounds

All extracts of *Centella asiatica* facilitate wound healing process in both incision & burn wounds

Asiatic acid most active component for healing wound

BMC Complement Altern Med. 2012 Jul 20;12:103. Wound healing activities of different extracts of Centella asiatica in incision and burn wound models: an experimental animal study (Thailand)



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

Gotu kola juice

Gotu kola salad

BANYAN
BOTANICALS
AYURVEDIC HERBS
Brahmi/Gotu Kola
USDA
ORGANIC
NET WT 2.23 oz (63g)
Certified Organic

Gotu kola saag
Pureed with spices

Saag

Gotu kola Spinach Purée (Saag)

Serves 2 to 4
Half of a 10 ounce bag curly-leaf spinach, rinsed, or other similar green leafy vegetable (or hydrated gotu kola)
½ lb. Mustard greens, stemmed and rinsed, or other similar green leafy vegetable
2 Tbs. Butter (salted or unsalted), or ghee
½ tsp Cumin seeds
½ tsp Coriander, ground
½ tsp Paprika
¼ tsp Cardamom, ground
1/8 tsp Cinnamon, ground
½ Onion, chopped finely
Salt and pepper
2 garlic cloves, minced
½ Tbs. Ginger, fresh, grated
½ Jalapeño chilie, stemmed, seeded, and minced
3 Tomatoes, medium, drained and chopped coarse
¼ cup Roasted cashews, chopped coarse
½ cup Water
½ cup Buttermilk
2 Tbs. Cilantro, fresh, chopped

Gotu kola

Heals membranes

Increases memory

Herb of enlightenment

Guduchi

Guduchi

Tinospora cordifolia

Root, stem, leaves and starch

Alkaloid (berberine), bitter principles

Cooling

Immunostimulant, bitter, stomachic, hypoglycemic, antibacterial

anti-inflammatory, analgesic, hepatoprotective

"Giloe"

Immune support

Guduchi

Acute cold/flu

Rasayana
Rejuvenative, Anti-aging

Clearing srotamsi of the brain

Powder
2-10 grams

Aborts flu

Cleans the channels of the mind

Cosmic nectar

Gokshura

Gokshura

"Cow scratcher"

Gokshura seed (fruit)

Stamina
Mental clarity
Depression

Gokshura

Kidney/urinary

Sex tonic

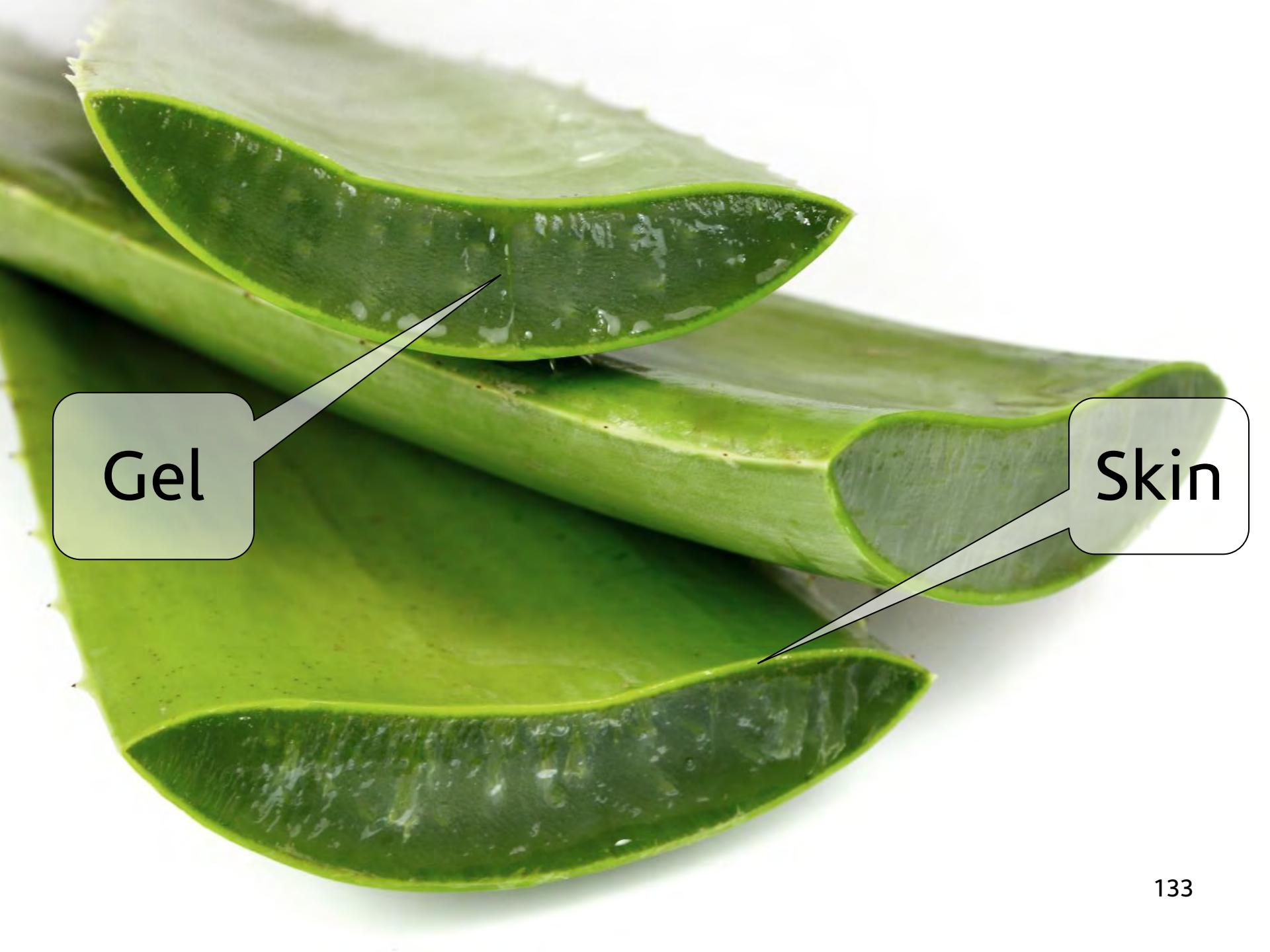
2-10 grams per day

2-10 grams per day

Aloe gel

Nourishes rasa dhatu
to become rakta

Grows healthy
new cells


Gel
Skin

Demulcent

Internal demulcent
(gastritis, ulcer)

Major female tonic
“kumari”

1-16 ounces
per day

Healing food

Aloe sabji

Aloe gel

Aloe

Tissue healer

Mental rejuvenation

Kumari (goddess)

Neem

Azadirachta indica
Bitter, cold
Bark, leaves, branches, seeds, latex, fruit, flower

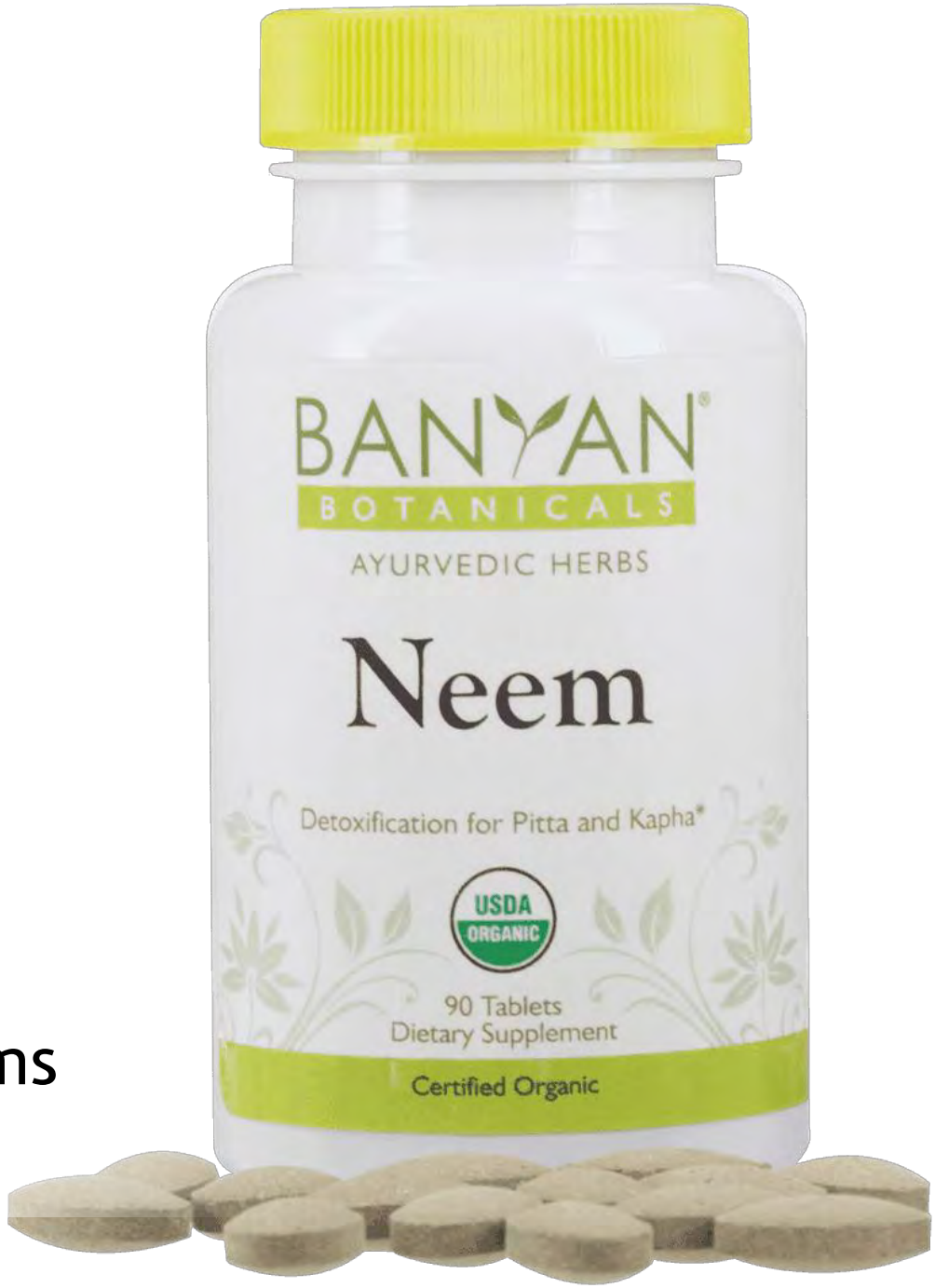
"Village pharmacy"

Neem

Bitter
Digestive
Fever
Broadly antimicrobial
Parasites
Detox

Cold and flu

5 grams


BANYAN
BOTANICALS
AYURVEDIC HERBS
Neem
Detoxification for Pitta and Kapha*
USDA
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90 Tablets
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Neem seed

Fixed oil
Strong smell

Apply
Rashes, bug bites,
infection

Bodywork
Reduce pitta
Skin, whole body

Neem

Flu

Cleanse the mind

High in ether element (spiritually elevating)

International Integrative Educational Institute

www.internationalintegrative.com
www.kpkhalsa.com