



European Ayurveda Resort
Sonnhof

Ayurveda HANDBOOK

NAMASTÉ
FROM THE EUROPEAN AYURVEDA RESORT SONNHOF



To welcome you to the Sonnhof, we have put together some thoughts and information for you to enjoy and while away a few relaxing and informative hours.

Take time to discover and experience your constitution of happiness – live in accord with yourself and in harmony with nature. Return to the source, and take the path to your innermost roots.

The body and the mind are not discrete entities, but live with and for one another. Therefore we can only truly know ourselves if we can stabilise and harmonise both the spiritual and the physical aspects of our lives. Once that is done, however, we shall grow and so shall our appetite for life.

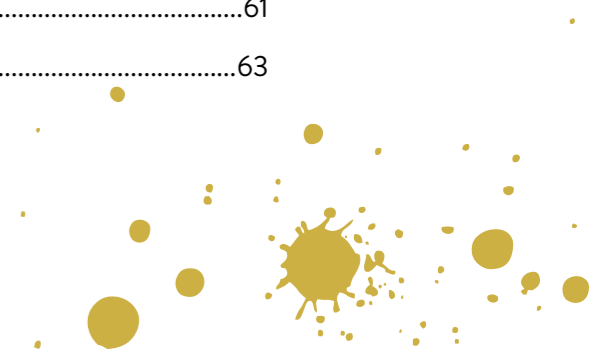
The Ayurveda Resort Sonnhof offers tradition, warmth and geniality. Our gentle mountain panorama is both intriguing and challenging. Sense the natural world. Intensely and consciously. With all your senses.

Mantra of beauty, of abundance, of wealth and positive personality traits – to be recited 3 times a day:

OM, SHRI MAHA LAKSHMYAI NAMAHA.

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THE PRINCIPLES OF AYURVEDIC MEDICINE

Ayurveda is a term from the ancient Indian language of Sanskrit that means ‘science of life’. Ayur means ‘life’ and Veda ‘knowledge’ or ‘science’. Here, ‘science’ also includes religion and philosophy. It is a complete system aimed at promoting happiness, good health and self-development. Ayurveda is a holistic system of medicine that looks at all aspects of life, from conception to death. It is therefore one of the world’s most comprehensive medical systems, both in terms of the physical/material and in a mental/spiritual sense.

THE STRUCTURE OF AYURVEDA

Human beings are considered by Ayurvedic philosophy to consist of various Elements, whereby each Element affects both body and mind. Imbalance of the Elements leads to upsets and diseases of both the body and the mind. Ayurveda therefore aims to restore the balance of Elements to bring about a healthy equilibrium to mind and body. The five Elements are Fire, Water, Earth, Air and Ether (space). Each of these Elements represents certain substances or functions of the body and of the mind. Water unsurprisingly relates to bodily fluids, although on the level of the mind, Water, or rather its excess, represents a cause of indolence. The four human components that are affected by the Elements are the body, the senses, the mind and the spirit.

Ultimately, Ayurvedic healing is about stimulating self-healing in the body, and to help it regain its equilibrium by itself. Your wellbeing lies at the heart of everything we do. At the Ayurveda Resort Sonnhof, we focus on the body’s healthy cells.

PLEASE NOTE:

According to Ayurvedic teaching, disease arises wherever the balance of forces is disturbed; be it within the body, in interpersonal relationships or in the relationship between man and nature.

THE DOCTRINE OF THE FIVE ELEMENTS

An important principle for understanding Ayurveda is the doctrine of the five Elements (Mahabhutas), i.e. the building blocks of life. The entire universe is composed of the five Elements of earth, water, fire, air and ether (= space).

LIFE'S BUILDING BLOCKS



Human beings and the environment that surrounds us are made up of these Elements. Every change in our environment, be it time of day, season, weather or a change of diet, has an effect on our state of health and consequently causes constant changes to the composition of the five Elements within us. Every human being is equipped with an inherent individual composition of the Elements that shapes his or her constitution and temperament. It is what makes us what we are, namely living organisms structured in accordance with a central plan and deep-rooted information: it is the intelligent primal substance that controls the development of each cell in our body.

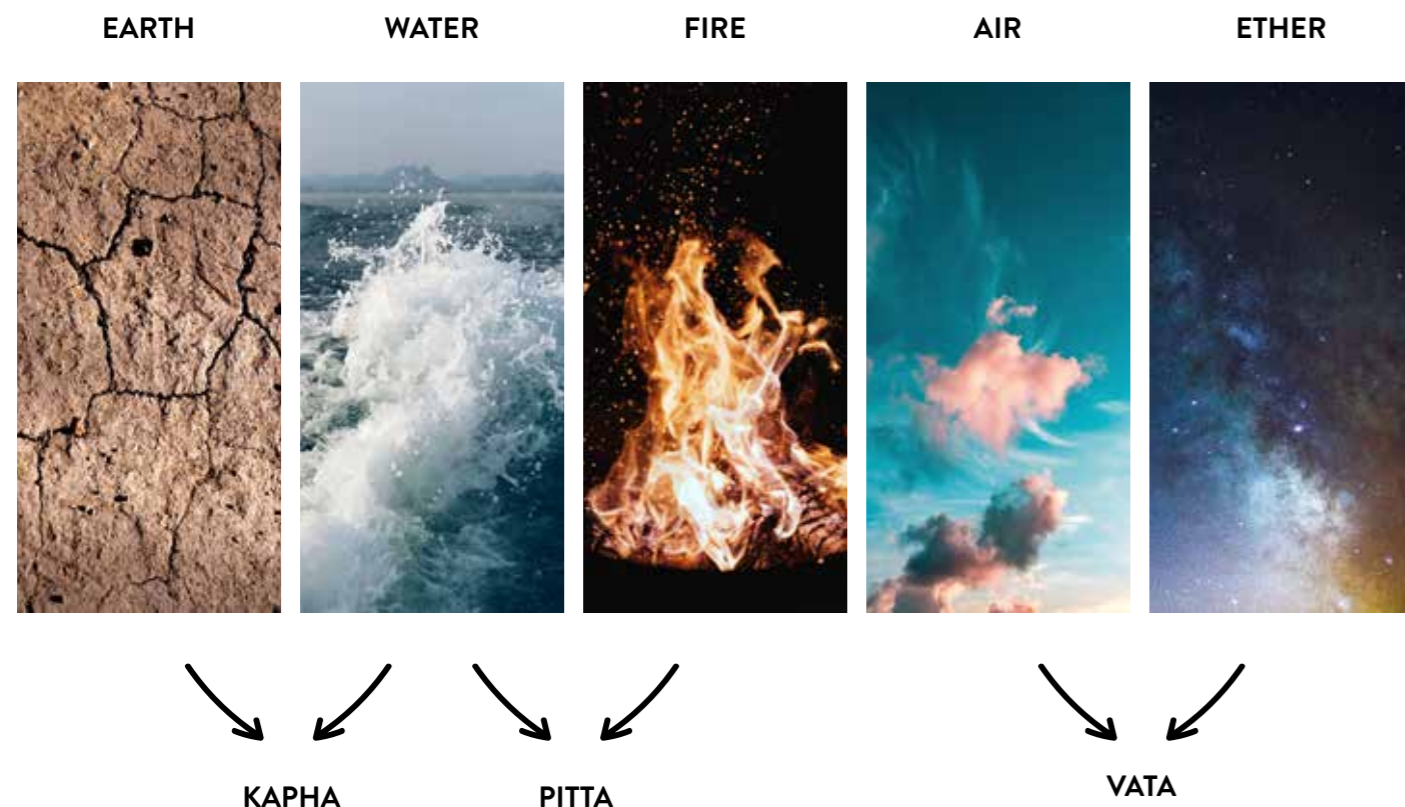
Think of the Earth Element as substance, the Water Element as liquid, the Fire Element as energy, the Air Element as movement, and the Ether Element as the space that surrounds matter.

A word that you will encounter over and over again in the context of Ayurveda is the word *Dosha*. The Doshas, or bioenergies, provide the foundation for understanding Ayurveda, and can be translated as ‘functional or energetic principles’.

Dosha actually means ‘flaw’ (‘that which spoils’). This is because the bioenergies are able to ‘spoil’ the *Dhatus* (tissues of the body) thereby causing the body to become sick. In other words, imbalances or disturbances of the Doshas ultimately lead to disease. The Doshas are derived from the five primal Elements, which in Ayurveda are encapsulated in the three Bioelements of Vata, Pitta and Kapha:

- Ether and air form the principle of movement (Vata Dosha)
- Fire and water form the principle of transformation (Pitta Dosha)
- Earth and water form the principle of structure (Kapha Dosha)

THE DOSHAS & THE FIVE ELEMENTS



THE FUNCTIONS OF KAPHA, PITTA AND VATA

- **KAPHA'S** function is to stabilise, it serves to provide structure and cohesion
- **PITTA** has the function of transformation or conversion (digestion)
- **VATA** has the function of movement and elimination

PLEASE NOTE:

No life could exist without these functions.

THE THREE DOSHAS: VATA, PITTA & KAPHA

The Vata, Pitta and Kapha Doshas are active not only in our bodies but in all of nature, in animals, plants and fruits – in all the bodies of creation and in every cell.

In nature, all the bioenergies work together. The rain gives the earth moisture (Kapha). The sun's warmth (Pitta) ripens the fruit. The wind (Vata) is responsible for fertilising plants. When these bioenergies work in harmony they contribute to life on earth.

Conversely, when these bioenergies are in imbalance, flooding (Kapha) can ravage the land, too much heat (Pitta) can parch the earth and storms (Vata) can cause devastating destruction.

The same is true of our bodies: When Kapha, Pitta and Vata work together in harmony, we are in good health. The Doshas in Ayurvedic medicine are the human body's three basic controlling and regulating systems. The ratio of Vata, Pitta and Kapha defines our personal constitution, and the composition of Doshas determines our strengths, weaknesses, susceptibility to disease and the body's ability to respond.

Once the Ayurvedic therapist knows a person's constitution, he or she can make an appropriate selection from a wide variety of Ayurvedic treatments.

Every Dosha has a principal location in the body and is responsible for certain functions and properties.

VATA CHARACTERISTICS:

dry, light, cold, agile, rough, quick, subtle, not viscous

Vata is located in the bladder, the large intestine, the legs, the head, the chest, the throat, the stomach, the navel, the heart and the circulatory system. Vata is the life force itself and the most powerful of the Doshas. When Vata is out of balance, disorders are quick to follow. It controls the processes of movement, emotions, nourishment (eating, drinking and breathing), retention and elimination, preservation of bodily tissues as well as sensual and mental activity.

PITTA CHARACTERISTICS:

hot, spicy, sour, piercing, light, oily

Pitta is located in the lower third of the stomach, the duodenum, the navel, the blood, the eye, the skin, the liver, the heart, the head and the spleen. Pitta is mostly determined by the Element of Fire. It regulates the metabolism and controls the activities of the digestive system, body temperature, skin pigmentation and the intellect. A person’s emotional expression and presence are also controlled by Pitta.

KAPHA CHARACTERISTICS:

heavy, oily, slow, stable, smooth, solid, slow

The seat of Kapha is in the head, the chest, the stomach, the tongue, the mouth and in the joints. Kapha ensures cohesion and stability in the body. It is responsible for growth and regeneration, for strength, stability, body weight, the skin’s radiance and the body’s ‘lubrication’.

HOW DOES THIS RELATE TO US?

We find the energies of the Doshas in our body and mind where they have the following functions:

DOSHA	PRINCIPLE	FUNCTION
VATA	MOVEMENT	Agility, alertness, separation of nutrients and waste products, excretion, breathing, bloodstream
PITTA	METABOLISM	Digestion, vision, heat production, hunger and thirst, intellect, elasticity
KAPHA	STRUCTURE	Stability, strength, patience, virility, suppleness, leniency, courage and generosity

THE CONSTITUTION

A person’s constitution is composed of the three Doshas. They characterise a person’s physical and mental characteristics:



The Doshas are different in every human being. Whichever Dosha is dominant will determine a person’s ‘constitutional type’. In Ayurveda we distinguish between ten different constitutional types:

1. Vata

2. Pitta

3. Kapha

4. Vata-Pitta

5. Vata-Kapha
6. Pitta-Vata

7. Pitta-Kapha

8. Kapha-Vata

9. Kapha-Pitta

10. Vata-Pitta-Kapha

First, we distinguish between single Dosha types (1-3) – although these are atypical. People generally tend to have two dominant Doshas (4-9). It is very rare to find constitutional types (10) in whom all the Doshas are equally dominant.

Genetic and evolutionary factors determine a person’s constitution, there are no good or bad constitutional types. Every person has his or her own individual balance. This balance is not static, but in constant flux. While equilibrium means good health, ongoing imbalances disturb the Doshas’ functions in the body, and therefore result in a range of clinical complaints.

In Ayurveda we differentiate between **PRAKRITI** (basic constitution, present from birth) and **VIKRITI** (constitutional type, current state).

HOW DO WE DETERMINE A PERSON'S CONSTITUTIONAL TYPE?

It is worthwhile first of all to take a look at the typical properties of 'pure' Dosha types in equilibrium and in imbalance.

THE VATA TYPE

dry, light, cold, agile, rough, quick, subtle, not viscous

BODY TYPE AND GENERAL APPEARANCE:

Either very tall, slim or thin, or very small and petite with an unimposing appearance. Vata types have flat and narrow chests (can be funnel-chested). Their bodies are not highly developed, they are slim, and their weight tends to be low. In Vata types we find little strength and endurance. Their movements are nervous and can be shaky, but they are excellent sprinters.

SKIN:

Skin is thin, dry, rough and can be cracked. They sweat easily and feel the cold. The skin tone lacks lustre and is dull, dark and often tinged with grey.

HAIR:

The hair is sparse, dry, coarse, wavy and often brittle.

HEAD AND FACE:

The head is small, thin and long, and the face is elongated, oval, narrow, small, often furrowed and expressionless. Cheekbones can be very pronounced. The complexion of Vata types tends to be dull, their eyes small. The nose can be small or long, narrow, usually aquiline or irregular in shape (hook nose). The mouth is narrow, and we often find dry and chapped lips and crooked teeth.

NECK AND SHOULDERS:

The neck is long, narrow and sinewy. We may also note a prominent larynx. The shoulders are very narrow and small with flat shoulder blades, and they are often hunched.

ARMS, HANDS, FINGERS, LEGS AND FEET:

Arms are slim and sinewy, and either very long or very short. Hands are small and narrow, cold, rough and cracked, restless, with long, thin fingers. Fingernails are small, thin, rough and brittle. Nail biting is a characteristic of Vata types. Legs are slim, and either longer or shorter than average. The feet are narrow, long or small, with dry, rough and cracked skin, and they are rarely still (Vata types talk with their hands and feet).

CARDIOVASCULAR SYSTEM:

Circulation is irregular and often leads to circulatory disorders. Vata types are prone to palpitations. The pulse is fast and erratic, but can also be thin and weak.

DIGESTION, METABOLISM AND APPETITE:

The appetite, metabolism and digestion of Vata types tends to be irregular, and they are prone to weight loss. They find it hard to put on weight, and need to have three meals a day. Vata types often eat too fast and do not chew their food sufficiently. This is why they often suffer from flatulence and constipation.

DEMEANOUR, CHARACTER AND EMOTIONS:

Vata types are imaginative, spontaneous, cheerful (happy-go-lucky), flexible and sensitive. Thanks to their sensitivity they are able to get into the spirit of any situation. However, they also tend to be unreliable and over-cautiously hesitant. They like to shuffle off responsibility and their handwriting is spiky and untidy. They are often inattentive, forgetful, unpredictable, rebellious, impatient, arrogant, nervous (fidgety), worried and anxious. Their emotions are unstable.

INTELLIGENCE AND MEMORY:

Vata types are quick-witted and their minds are highly spontaneous and adaptable. They are quick of comprehension but can't convert their understanding into sustained action. Vata types have a weak memory – they are quick to understand, but just as quick to forget.

DISEASES, DEFENCES AND VULNERABILITIES:

Sensitive to cold and wind. Vata types are prone to suffer from stress, cramps, allergies, pain, osteoarthritis and diseases of the nervous system. They have a weak immune system and are vulnerable to disease. However, they react quickly to medication and therapy, and only need low doses, although they often exhibit unexpected side effects. Vata types tend to forget to take their medication.



Vata

LIFE IN GENERAL:

Vata types love being on the move and therefore enjoy travelling. They are spirited jokers and storytellers, and happiest in artistic and creative occupations. They love the theatre and acting, but they can also be quite eccentric. They like the countryside and parks, and seek sunshine and warmth. Because they are erratic and unreliable, they rarely have many friends.

IN HARMONY:

- Slight body type, finds it difficult to put on weight
- Creative, flexible, eloquent, innovative – a creative anarchist
- Lively and alert
- Their ideal travel destination would be somewhere warm and humid
- Aversion to cold weather
- Erratic appetite and digestion

WHEN UNBALANCED:

- Tends to start projects but insufficient stamina to follow through
- Can be easily distracted, lack of concentration, slightly absent-minded
- Fidgety and restless when asleep
- Hands and feet are cold
- Nervous and fearful
- Tends to overdo things, overexertion
- Typical symptoms of disease:
 - Digestive problems
 - Headache, tinnitus

TIP:

- Sonnhof Vata Tea – for inner peace & harmony
- Sonnhof Vata Spice
- Beneficial oils (for internal and external use) such as apricot oil, almond oil, etc.
- Avoid fasting

Vata



Pitta

THE PITTA TYPE

hot, light, fluid, agile, mildly oily, piercing/sharp

BODY TYPE AND GENERAL APPEARANCE:

Pitta types are of average height and weight. Their chests are flat and rarely muscular. Movements are quick and dynamic.

SKIN:

Pitta types have shiny, smooth and warm skin, they perspire often and easily. Their main features are freckles, pimples, acne, reddish birthmarks and wrinkles. Their skin colour is red, pink or yellowish. Pitta skin is prone to sunburn.

HAIR:

Hair is fine, wispy, silky, soft, smooth and moderately thick. Pitta types tend to go grey at a young age, and also exhibit early hair loss and baldness.

HEAD AND FACE:

The Pitta type head is medium in size with a rounded shape. Pitta type faces are round or oval, of average size, and often bear striking features. Their complexion is pink, red and luminous. Red cheeks are a characteristic of Pitta types who also blush easily. Nose is medium in size, with a sharp bridge and tip. The mouth exhibits standard-sized teeth and gums are prone to bleeding. Lips are of average size, soft and very red.

NECK AND SHOULDERS:

The neck is of medium strength, and shoulder width is average.

ARMS, HANDS, FINGERS, LEGS AND FEET:

Pitta type arms are of medium sturdiness and length, and the muscles tend to be soft. Medium-sized hands are soft, moist and warm with pink skin. Fingers are medium in size with soft, pink and not very large nails. The Pitta type handshake is firm and warm. Their legs are of average sturdiness and length, and feet are medium in size, soft, moist and pink.

CARDIOVASCULAR SYSTEM:

Good circulation results in a warm body that is well supplied with blood. The pulse is strong.

DIGESTION, METABOLISM AND APPETITE:

Pitta types can digest large quantities of all types of food without putting on much weight. Their metabolism is good, but they need to be careful with spicy and sour foods. They like to eat well, a lot, and often, and have a strong thirst. Pitta types require three regular meals a day and are unable to tolerate hunger. They prefer cool dishes and drinks.

DEMEANOUR, CHARACTER AND EMOTIONS:

Pitta type personalities are brave but safety-conscious, determined, helpful, astute, self-confident, cheerful, enterprising and ambitious. However, they can also be resentful and bear grudges (often for a long time), be irascible, impatient, hot-headed, argumentative and destructive. They are quick to anger and just as quickly placated, kind to subordinates and strict in the face of dissent. Pitta types are not easily persuaded, but they are inquisitive, and happy to try out new things. They love their freedom and don't like to be tied down.

INTELLIGENCE AND MEMORY:

Pitta types have fast and perceptive minds. They are intelligent, critical, and consistent, with questioning and analytical minds that are not easily satisfied. Their memory is excellent, sharp, and discriminating.

VULNERABILITIES, DISEASES AND NATURAL DEFENCES:

Sensitive to heat and sun, Pitta types are prone to inflammations, infections and febrile diseases. Their resistance to disease is average, their response to medication equally so, and they require standard doses of medication.

LIFE IN GENERAL:

Pitta types love sport, games, hunting and competitions, but they also enjoy dancing, parties and politics. They do not shy away from challenges and like to be at the centre of things, be it at a party or in battle. Pitta types prefer a cooler climate, and in the summer heat they should try to stay in the shade as much as possible. Since they can be quite stubborn, they easily overestimate their limits and energy potentials, and therefore have a slight tendency to experience burnout. Pitta types are workaholics and don't like to delegate work they have already begun. They are also reluctant to interrupt their work. Pitta types are highly self-opinionated, autocratic and short-tempered. They love and defend their freedom, and are subject to sudden mood swings.

IN HARMONY:

- Medium build
- Highly intelligent, perceptive and ambitious
- Good speaker
- Likes new challenges and is willing to accept leadership roles
- Highly developed organisational skills
- High energy levels
- Lively appetite

WHEN UNBALANCED:

- Prone to premature greying and hair loss
- Prone to irritability, anger and jealousy
- Aversion to heat
- Tendency to spread themselves too thinly
- Typical symptoms of disease:
 - Inflammations, especially of the eyes
 - Hot flashes, stomach ulcers and heartburn

TIP:

- Sonnhof Pitta Tea – cooling
- Sonnhof Pitta Spice
- Coconut oil also has a cooling effect
- Warm energy drink with mint (no ginger)
- Rosewater with water and ground cardamom (200ml water, 4 tbsp rosewater, 1/2 tsp ground cardamom)

Pitta



THE KAPHA TYPE

heavy, cool, soft, viscous, slow, solid, smooth, oily, corporeal

BODY TYPE AND GENERAL APPEARANCE:

The Kapha type body is stocky, thickset, large and often chubby, although generally well proportioned. The body has heavy, strong and sturdy muscles and bones, which endows it with great strength and endurance. However, Kapha types are prone to excessive weight gain. Their movements are slow and sluggish.

SKIN:

The skin is thick, damp/oily, shiny, elastic, soft and smooth. Thanks to their insulating layer of fat, Kapha types don't feel the cold. Their skin tone is lighter and paler than average.

HAIR:

Hair is healthy, strong, curly or kinky, often stiff, but soft. We rarely find hair loss and never see baldness in Kapha types.

HEAD AND FACE:

The head is large and square. The face is round and large with a pale complexion. The forehead is broad and fleshy; the eyes are large, clear, round, open and often protruding, with a gentle, calm gaze. The nose is large, thick and wide (bulbous nose). The lips are usually thick and soft.

NECK AND SHOULDERS:

The Kapha type neck is strong and thick, and the head often sits directly on the shoulders, which are wider and chunkier than average.

ARMS, HANDS, FINGERS, LEGS AND FEET:

The arms are strong, long and sturdy but well formed, with large, strong, firm and generally cool hands. Fingers are thick and large with thick, firm yet flexible, light-coloured fingernails.

CARDIOVASCULAR SYSTEM:

Kapha type circulation tends to be slow and constant; the Kapha pulse is slow, steady and regular.

DIGESTION, METABOLISM AND APPETITE:

Digestion is slow and sluggish although the metabolism is efficient. Kapha types need little food, put on weight quickly, and rarely lose weight.

PERSONALITY, BEHAVIOUR AND EMOTIONS:

Kapha types love harmony and are quiet, content, patient, kind, gentle, forgiving, tolerant, tender, affectionate, respectful toward older people, reliable and sentimental. However, they are prone to attachment, mental rigidity, envy and greed. They can also lack drive, be hesitant, inflexible, and often appear lethargic.

INTELLIGENCE AND MEMORY:

The Kapha mind is slow to sluggish, but very highly developed. Kapha types are quite indecisive and like to take their time to consider things. However, once they have made a decision, it will be well thought out and executed. Their memory is very good, especially their long-term memory.

DISEASES, DEFENCES AND VULNERABILITIES:

Kapha types are sensitive to the cold. They are prone to weight gain, fatigue, oedemas, mucus congestions (especially of the respiratory tract), depression and lack motivation. However, they have a very strong immune system and therefore rarely become ill. They react slowly to medication and therapy, and require higher than average doses.

LIFE IN GENERAL:

Kapha types love water. They need sun and heat, and they like bright flowers, colours, pleasant fragrances and cosmetics. They are good with money and generally make talented and successful businesspeople. They enjoy robust good health and high life expectancy. Although popular as friends thanks to their reliability and easy-going nature, Kapha types are not good enemies to have as they can be vindictive and unwilling to change an opinion once set.



Kapha

IN HARMONY:

- Robust and heavy body
- Methodical, patient and persistent
- Likes to work meticulously and make plans, organised
- Balanced personality, a 'tower of strength'
- Enjoys routine
- Moderate hunger, enjoys the taste of food
- Sleeps long and deep
- Experiences heat as soothing

WHEN UNBALANCED:

- Slow digestion
- Tendency to excessive weight gain
- Greedy, envious and avaricious
- Slow and lethargic
- Typical symptoms of disease:
 - Mucus congestions
 - Obesity

TIP:

- Sonnhof Kapha Tea activates the metabolism and promotes blood circulation
- Sonnhof Kapha Spice
- Fast day
- Skip breakfast
- A light evening meal (before 6pm)
- Enjoy a Vata or Kapha steam bath
- Drink anise and fennel tea

Kapha

Naturally, this is an extremely condensed form of Dosha classification, but it does provide an initial insight.

To determine a person's Dosha, Ayurveda practitioners apply a technique known as pulse diagnosis. They feel imbalances in the pulse from which they can infer a person's disposition and so formulate recommendations.

We shall touch upon how a Dosha imbalance can arise and how to restore equilibrium in the chapters that follow.

IMBALANCE OF THE DOSHAS

What causes Dosha imbalance?

SOME OF THE THINGS THAT CAN CAUSE VATA IMBALANCES INCLUDE:

- Mental and physical overexertion
- Erratic daily routine
- Late nights
- Travel
- Dry, cold, windy and changeable weather
- Excess of raw or dry food

SOME OF THE THINGS THAT CAN CAUSE PITTA IMBALANCES INCLUDE:

- Excessive mental activity (speaking and thinking)
- Time pressure
- Worry
- Alcohol and nicotine
- Heat
- Hot, spicy, sour and salty foods

SOME OF THE THINGS THAT CAN CAUSE KAPHA IMBALANCES INCLUDE:

- Lack of exercise
- Excessive rest and sleep
- Wet and cold weather conditions
- Heavy foods (especially fat, cold and sweet foods)

DOSHA TREATMENT

The purpose of Ayurveda is to maintain or restore balance between the three Doshas. An excess of one Dosha causes an imbalance, i.e. disease.

VATA CAN BE REDUCED BY:

- Enemas (Basti): warm and oily with sesame oil, massages with heated oil (Abhyanga)
- Sesame oil is the best means for curbing Vata, both internally and externally
- Medication with ghee or warm milk
- Warming foods and preparations with a sweet, sour or salty flavour; appetizers and tonics (Rasayana)
- Mild laxatives for constipation
- Soothing thoughts, cheerful conversations, listening to fairytales and stories, laughter
- Plenty of rest, relaxation, meditation, and early nights (bed before 10pm)
- Ease, comfort and contentment are vital ingredients for successful healing
- Moderation and regulation of all activities
- Seated or recumbent activities and exercises
- Soothing and balancing fragrances: rose, lavender and orange
- Colour therapy: dark, calming and warm colours, especially blue and red

Vata

PITTA CAN BE REDUCED BY:

- Purgatives (Virechana): sweet and cold
- Ghee (clarified butter) is the best remedy for excess Pitta
- Foods and remedies with a sweet, bitter or tart flavour; cool or cold milk
- Cooling remedies such as camphor and sandalwood paste
- Cold baths, quiet conversation, tenderness, moonlight, cool winds, wearing pearls, moonstones and red coral (wear rubies to strengthen Pitta)
- Cooling breathing exercises: Shitali/Sitkari
- Fragrant substances and floral fragrances: rose, jasmine, geranium and sandalwood
- Colour therapy: dark and muted colours, especially blue and purple
- 'Taking one's time' and slowing down – e.g. eating slowly and walking with mindfulness

Pitta

KAPHA CAN BE REDUCED BY:

- Vomiting (Vamana), cleansing of the stomach or digestive tract (Dhauti), nasal cleansing with Nasya oil (pungent, tart, stimulating) or powders
- Honey; both as a sweetener and as medication (the best remedy for Kapha)
- Foods and remedies with a sour, spicy, bitter or tart flavour, or whose properties are dry and hot; old wine (tart/sour)
- Staying up late, reducing sleep, avoiding naps during the day, enjoying stimulating company and conversation, plenty of exercise and sexual intercourse
- Compensating for a sedentary lifestyle by running or walking
- Fasting, or strict dieting if obese
- Fragrances that are stimulating and revitalising, such as bergamot, lemongrass and cinnamon
- Colour therapy with bright and stimulating colours, especially red, yellow, green and purple
- Kapalabhati Pranayama, also known as Skull Shining Breath

Kapha

AYURVEDA AND NUTRITION

Nutrition plays a major part in Ayurveda. It offers an inexhaustible source of our physical good health and emotional contentment that provides a daily compass for taking responsibility and adjusting how we live our lives. The principles of Ayurveda can be summed up as ‘You are what you eat’, and ‘If you don’t have the time to look after your health, you’ll need much more time to look after your illness’. These are probably familiar ideas, but few of us can say that we truly pay attention to these and other important principles for living. Ayurveda is simple, inexpensive and easy to integrate into anyone’s daily routine, and the time has maybe come to dispense with faddish diets, dogmas and other excuses. One of Ayurveda’s vital life forces is digestive fire (metabolism), and inefficient digestion results in toxic residue, excess weight and disease. We list below a few principles that will help you achieve your true beauty, health and longevity.

- Practise mindfulness as you eat, and do so in a calm and pleasant atmosphere without distraction; do not work, watch TV or read as you eat
- Never eat your fill (3/4 rule)
- Chew and insalivate your food thoroughly
- Early in the morning, drink a cup of ginger water or hot lemon in winter, or a cup of mint tea in summer
- Perform breathing exercises or enjoy a stimulating activity before you eat
- Eat at regular meal times, and make lunch your main meal
- Eat at a moderate pace, but not too slowly
- Never eat when agitated (avoid anxiety, anger etc.)
- Avoid cold and dry foods
- Don’t have cold drinks with your food
- Eat regularly and allow sufficient time for digestion between meals (4-5 hours is ideal)
- You should leave at least 3-4 hours between your last meal and bedtime
- Take notice of your body; it generally wants what’s good for us. However, most of us have become so used to eating foods that aren’t good for us, we have forgotten to listen to our bodies. We can also experience cravings for unhealthy foods when our Doshas are imbalanced.
- Use seasonal and regional products

GRATITUDE PRAYER:

‘May this food give me nature’s goodness, fill me with energy and keep me healthy.’

TIP:

- Agni Spice – stimulates the metabolism, boosts digestive fire
- Trikatu Spice – boosts digestive fire
- Liver Detox Tea – assists the liver during detoxification
- It is best not to drink anything with meals, but if you have to have anything, opt for juice (so as not to reduce digestive fire)

UNHEALTHY EATING HABITS:

- Overeating
- Not leaving enough time between meals
- Snacking between meals
- Drinking too much water during meals
- Drinking ice cold drinks during meals – or at any time
- Eating at the wrong time of day
- Eating too much heavy food
- Eating fruit or drinking fruit juice during meals
- Eating when you’re not hungry
- Eating when certain emotions arise
- Eating incompatible foods

FOOD COMBINING

Over thousands of years of Ayurvedic practice, we have learnt that certain foods should never be combined. A variety of diseases are considered by Ayurveda to be caused by the wrong combination of foods. These are deemed to hamper digestion and ‘pollute’ the blood.

INCOMPATIBLE FOODS:

- Never combine milk with sour or salty foods, meat, fish, garlic, radishes, pomegranates, leafy vegetables, mustard, sesame seeds, basil or bananas
- The following foods *are* compatible with milk: mangoes, grapes, honey, ghee, butter, ginger, pepper, sugar, rice flakes, barley and amla
- Farmed meat and meat from animals that live in wetland areas should not be combined with honey, sesame, milk, radishes or sprouts as this can lead to a range of nervous disorders
- Never combine fish with bananas, yoghurt or buttermilk
- Never mix equal proportions of honey and ghee or honey and water
- Do not combine fresh fruits with cooked foods
- Do not mix animal proteins with each other, and generally avoid combining with very sweet foods (carbohydrates)

LIVING IN HARMONY WITH THE SEASONS

LIVING IN HARMONY WITH THE SEASONS

The seasons have a major effect on physical and mental wellbeing. Depending on our personal constitution we react differently to changing weather conditions and develop disorders according to type. To compensate for these disorders, Ayurvedic medicine provides many guidelines for different times of the year. According to classical Ayurveda, the seasons' phases follow astrological and astronomical laws and provide precise descriptions of climate related Dosha influences. If we want to be successful in our application of Ayurvedic nutrition in our own countries, we have to make adjustments to suit the different climate. Hence, there is a difference between living on the rugged North Sea coast or in the mild climate of Lake Constance. The seasons can vary from place to place depending on geographical differences. If we transfer this ancient knowledge to the West European system of seasons, we would say that from an Ayurvedic point of view Kapha is particularly pronounced at the cold and damp time of year (late winter and spring), Vata increases in the dry, windy and cold seasons like late autumn and winter, and Pitta dominates in the hot summer and warm early autumn.

EARLY AND LATE WINTER

Early winter begins in October and ends in December. During the early winter our metabolism (Agni) is very strong, because it is supported by contact with the cold wind. Hence, early winter is the ideal season for losing weight. The pounds seem to come tumbling down all on their own with the help of a Kapha-reducing diet. The breakdown of body tissues stops in late winter. In the last week of December, the body starts to build up Kapha in order to protect itself against cold and depletion. The increased Kapha also strengthens the immune system. Spring, which, according to Ayurveda, begins in late February, is the ideal time for detoxing and weight loss. That's because the accumulated Kapha in the body begins to 'liquefy'. This disturbs Agni and can lead to typical Kapha disturbances like colds, flu and springtime lethargy. It is also very common for Vata to become unsettled during the cold and harsh winter season. This can be contained with the help of regular oil massages, Yoga, meditation, warm clothes, constancy and by relinquishing cold food and beverages.

RECOMMENDED WINTER DIET:

At this time of the year it is best to eat sour, salty, sweet and oily foods such as nuts, seeds, dried fruits and all fats that form an ideal basis for a stable metabolism during the winter season. A large proportion of meals should contain these foods as well as cereals like buckwheat, millet and wheat. Pulses, dairy products and potatoes are also recommended. Herbs and spices like turmeric, hing, cinnamon, cloves and long pepper strengthen disease resistance and boost digestive fire in the winter. Hot water or even wine (in moderation!) are recommended.

TIP:

- Sonnhof Vata Tea and Sonnhof Vata Churna
- Trikatu Spice

SPRING

From the Ayurvedic perspective, spring begins at the end of February. As the frozen winter snow begins to melt in the spring, the Kapha that accumulated in late winter can start to be removed from the body. This is a perfect time for detoxing; maybe with a Panchakarma treatment.

Sleeping after lunch or at any time during the day should be avoided under all circumstances. Instead, we recommend frequent exercise and stimulating massages to activate the metabolism.

RECOMMENDED SPRING DIET:

At this time of year we should mostly eat light foods like asparagus, courgettes, lentils, barley and wheat. We should avoid sweet, oily and heavy dishes as well as yoghurt. A hot vegetable soup in the evening is highly recommended.

TIP:

- Sonnhof Kapha Tea and Sonnhof Kapha Churna
- Spring is the optimal time for detoxifying the liver with bitter substances. We recommend:
 - Heidelberger-7-Kräuterstern
 - BitterKraft® drops
 - Liver Detox Tea

SUMMER

Early summer starts at the end of April and is characterised by heat and dryness. Just as the sun becomes more radiant at this time of year and extracts moisture from our planet, so our internal bodily functions respond.

Summer is mostly dominated by Pitta. An excess of Pitta weakens the digestion, and, on very hot days, there is a notable reduction of hunger. Lighter meals help the system to metabolise food well in spite of the weakened digestive fire. Even in the summer most meals should be eaten hot. If you fancy something cool, it is advisable not to eat anything straight from the refrigerator. Overall, we should opt for Pitta-reducing foods, abstain from extended sunbathing session and avoid any activity that heats the body.

RECOMMENDED SUMMER DIET:

Reduce salty, sour, spicy and very hot foods. Dry and hot foods can weaken the Agni and have a negative effect on mental balance during the summer months. Instead, we should opt for sweet, bitter and tart foods because these have the effect of balancing Pitta. We should only eat when we are actually hungry, and then in moderation, because the digestive system is merely ticking over. We should give preference to light summer dishes that are seasoned with pitta churna and contain cucumbers, courgettes, pumpkins, carrots, asparagus, broccoli, cauliflower, lettuce, sprouts, fresh herbs, rice, yellow mung beans, olive oil, coconut oil, ghee, cottage cheese, almonds and sweet fruits. The following mild spices are suitable: fennel, coriander, turmeric, small quantities of fresh ginger, cardamom, cinnamon and saffron.

TIP:

- Sonnhof Pitta Tea and Sonnhof Pitta Churna
- Drink water at room temperature during this season
- Have cooling and refreshing mint tea instead of ginger tea

AUTUMN

Autumn begins at the end of August. According to Ayurveda, autumn is a very pleasant time of year as the body prepares itself for winter and collects heat. Hence Pitta is greatly increased. Due to the active Pitta, autumn is a very energetic season – and a good time to exercise and purify the body. As Christmas approaches, Vata weather gradually begins to dominate.

RECOMMENDED AUTUMN DIET:

At this time our Agni is very strong and so able to digest even heavy food. Therefore, good quantities of good quality food should be consumed to fuel Agni, which would otherwise consume the body's own tissue.

Autumn is the season when sweet, bitter and astringent spices and dishes are particularly highly recommended.

As winter approaches, we should increasingly adjust our diet to balance Vata (e.g. hot meals and drinks).

On cold and windy days we should above all avoid bread, raw vegetables and salads.

TIP:

- Trikatu Spice – supports the metabolism

AYURVEDIC TREATMENTS

BEFORE:

any treatment, we ask you to spend some time in the heat cabin (approx. 10-20 mins).

Drink a glass of water prior to entering the heat cabin. Please take a lukewarm shower afterwards and have another drink of water.

AFTER:

treatments and while your body is still nicely oiled, you will need to spend 20-25 minutes in the sauna specified in your treatment plan (swedana heat therapy). Please do not use shower gel at the Ayurveda Resort Sonnhof. Moreover, it is very important to drink something after the treatments to allow toxins to be excreted.

ABHYANGA is a full-body massage using oils during which therapists work with strong strokes from the extremities to the centre of the body thereby releasing Doshas and Ama in the tissues and guiding them back to the digestive tract. The massage helps the oil to be absorbed and increases peripheral perfusion, which allows the oil to penetrate the deeper tissue.

AKSHI is a treatment for which a tank of flour paste is made around the eyes. Ghee is then poured into the tank. Netra basti can be applied as an eye tonic and as a treatment for itching, burning, redness or scarring of the eyes, problems with vision, tension headaches and the early stages of cataracts and glaucoma. After this treatment you should not be exposed to direct sunlight and should also relax for an hour or so with your eyes closed.

GARSHAN is a dry massage using gloves made of raw silk. This massage activates the metabolism as well as the lymphatic and connective tissues and stimulates blood flow. This pleasant form of peeling refines the skin's texture.

JAMBIRA-PINDA-SVEDA is a hot stamp massage, which combines the therapeutic application of heat with poultices made of cotton bags filled with herbs. This treatment stimulates blood flow and expands the channels, which allows the release of Doshas and Ama from the tissues. It stimulates lymphatic drainage, reduces swelling and water accumulations in the tissues and also has a soothing effect on painful joints and muscles. It can be applied to reduce fat and tauten the skin (anti-cellulite), and acts as a general beauty and regenerative treatment for the skin.

KHADI VASTI is a dough made of chickpea flour, which is shaped into a ring, placed on the area to be treated and filled with warm Ayurvedic herb oil. The heat and weight allows the oil to work deep into the tissue and relaxes the muscles. The treatment releases deep tension and harmonises the Chakras. Trust and stability, especially, are strengthened. The treatment is equally profound on an emotional level.

NASYA relieves complaints that affect the head and back of the neck. The treatment removes accumulated metabolic end-products, Ama, mucus and excess Doshas, opens the vessels of the head, enhances the uptake of Prana, clears the mind, improves memory and concentration, cleans and strengthens the sensory organs and rejuvenates the nervous system. Nasya can be used to treat coughs, colds, congested sinuses, earaches, headaches, allergies and hair loss. The treatment begins with a facial massage around the nose, forehead and eyes, and a scalp massage. You should rest after this treatment (but do not sleep). For a few hours, avoid washing your head or face, engaging in long conversations, blowing your nose, and exposure to wind, drafts, or air conditioning. Prior to this treatment you should not take a shower, you should not drink anything, and you should not go into the steam room. This prevents your body cooling down.

PADABHYANGA has a relaxing, regenerating and vitalising effect. This treatment harmonizes Vata in particular and improves sleep.

SHIRODHARA is a 20-minute treatment during which a warm, oily liquid is gently poured over the forehead. This flowing oil head treatment relieves headaches, tension, anxiety and insomnia, reduces high blood pressure and improves concentration and mental clarity. It has a calming effect on the nervous system and promotes a healthy level of hormonal secretion. As well as enabling mental and emotional detoxification, shirodhara also helps you to relax physically and to let go. After this treatment you should rest for half an hour before having a sauna, and you must not speak or read.

SHIROMARDANA is an Ayurvedic head massage, which has a rejuvenating and soothing effect on body and mind. This Ayurvedic beauty treatment leaves the skin soft and attractive and nourishes the structures and organs in the head as well as the senses. It also has a soothing, invigorating and clarifying effect on the mind.

SWEDANA is a heat treatment that causes perspiration. It causes tissue to become supple and extends the blood flow channels to facilitate the evacuation of dissolved toxins to the digestive tract. Swedana also improves peripheral blood supply, alleviates pain, heaviness, stiffness and muscle cramps and promotes flexibility and suppleness. You can support the process of swedana by closing your eyes and visualising your body opening and releasing the toxins.

We recommend spending time in our **PITTA, VATA AND KAPHA** saunas, as well as the **HEAT CABINS** for this.

UDANAVATA: During an Udanavata treatment excess Vata (principal location: the colon) is removed from the abdominal area which deal with any blockages. Udanavata also regulates digestion. The essential oils have a balancing effect on the psyche as well as the body.

UDVARTANA is a treatment with crushed barley, special herbs and oils. This treatment dissolves and eliminates Ama blockages, and reduces any Vata and Kapha that adheres in the tissues. In addition, this treatment has a fat reducing and skin tightening effect.

UPANA is a Himalayan coarse salt & oil scrub that boosts blood-flow and stimulates the body. Upana brightens and refines the skin and has a detoxifying, purifying and astringent effect. The salt also has a thoroughly cleansing effect on our energy field.

VISHESH is a deep tissue massage. Although similar to Abhyanga, it is executed with greater pressure and at a faster pace. This treatment benefits the joints and has a stimulating and vitalising effect on the mind, body and metabolism.

TREATMENTS TO CHANGE YOUR LIFE

Self-help for transformation

Positive conduct in accordance with Ayurvedic principles is very important to achieve sustained harmony of body, mind and spirit. The sacred Vedic texts refer specifically to the following ethical aspects: truthfulness, how we behave towards our fellow human beings, a commitment to love and compassion, kindness in speech and thought, inner peace, self-control, tolerance and cleanliness...

„THE CHARIOT IS THE BODY, THE DRIVER OUR INTELLECT, THE FIVE HORSES ARE THE FIVE SENSES, AND THE PASSENGER OF THE CHARIOT IS THE SOUL.“ (KATHA UPANISHAD)

MINDFULNESS – NEGATIVE EMOTIONS

Fear, pride and doubt impair the immune system and therefore affect the treatment programme, so it's best for them not to arise. All these feelings stem from the ego.

Maintaining a pure mind and spirit helps us to start our journey along a new path, and we can achieve this by chanting mantras, praying, meditating, Yoga and Pranayama.

POSITIVE PERCEPTION

Consciously appreciate all the positives that surround you, for instance the beauty of nature, the sunrise, the kind and friendly people around you... Consciously ask yourself what the positive aspects of a rainy day might be – e.g. 'I can rest and do nothing at all'.

TIP:

One-to-one Mind Detox Coaching with Elisabeth Mauracher

PATIENCE

Everything takes time. It takes around three weeks for the metabolism to adjust. The same is true of the mind. Patterns of thought and behaviour that were established over many years cannot be changed in a matter of a few days. This too takes time. Decide to make changes and follow your path assiduously. Be patient with yourself and others.

A CULTURE OF OPEN COMMUNICATION

This primarily concerns MYSELF. Be authentic and stay true to yourself. An open and respectful culture of dialogue should also be maintained within partnerships and the family.

LEARN TO LET GO

It is vital to let go of burdensome feelings whose origins lie in the past in order to minimise Ama (undigested material in body and mind). Unprocessed emotion is one of the main causes of Ama. According to Ayurveda, Ama is a breeding ground for diseases.

Letting go is easier said than done. It takes a great deal of courage. This is because letting go of feelings requires us first to fully accept and feel them. Only when we have felt, then forgiven (ourselves and others) can we let go.

THERE ARE ONLY THREE REASONS FOR OUR SUFFERING (BYRON KATIE):

- I quarrel with reality
- I want to be in the right
- I am immersed in the affairs of others

DIGITAL DETOX:

Spend time away from mobile phones and social media; treat yourself to the luxury of being offline.

*'Ample wilderness
and woods with
very little Wi-Fi'*

AYURVEDA PLUS

DR ALAETTIN SINOP – MEDICAL QUALIFICATIONS AND HOLISTIC CONCEPTS

GP and specialist in naturopathic medicine

Dr Alaettin Sinop is a specialist in acupuncture, modern Chinese and Ayurvedic medicines, as well as manual medicine and kinesiology in all its facets. Dr Sinop advocates a meaningful combination of both conventional and biological medicines. His medical expertise and holistic approach complement the Ayurveda Resort Sonnhof's team of therapists.



NATUROPATHIC SERVICES:

- Acupuncture/TCM
- Ayurvedic medicine
- Manual medicine/Chirotherapy
- Neural therapy/Homeosiniatry
- Neurocybernetic massage therapy

CONVENTIONAL MEDICAL SERVICES:

- General medicine/Emergency medical care
- Medical check-up
- Non-invasive diagnostic methods (sonography, ECG)
- Laboratory tests

New to European Ayurveda is the combination of Ayurvedic therapies with acupuncture, kinesiology and manual therapy. This supplement to Ayurvedic treatments has been conceived and continuously refined by Dr Sinop, a long-standing active practitioner of biological medicine.

AYURVEDA PLUS ACUPUNCTURE

Acupuncture is an ancient treatment method and a key component of traditional Chinese medicine (TCM). The theory of acupuncture is based on the assumption that qi (vital energy) flows through channels known as meridians. Disturbances of this energy flow lead to disease and pain, and can be caused by a number of factors including poor diet, environmental factors, emotional distress and physical strain.

Stimulating acupuncture points with needles, pressure or moxa can balance disturbances in the energy flow. The aim of acupuncture is to achieve health and energetic equilibrium.

Combining Ayurvedic therapy and acupuncture further strengthens the body's regulatory powers and leads to an enhanced integration of individual treatments.

AYURVEDA PLUS MANUAL THERAPY

Manual medicine treats blockages of the spine and joints, by means of palpation.

Gentle manipulation of the cervical spine to remove blockages is an effective supplement to the traditional methods that are applied to enhance Ayurveda's healing effect. The aim of this special form of treatment is to free the flow between head and torso, thus achieving harmony between mind and body.

AYURVEDA PLUS NEUROCYBERNETIC MASSAGE THERAPY

Neurocybernetic massage therapy involves the kinesiological assessment of disturbances in various functional and control circuits in the body, followed by a manual intervention to correct them. This releases hidden blockages and distortions, stimulates the excretion of toxins (drugs, vaccines, anaesthetics etc.), locates and disengages stressors that cause function blockages, and triggers emotional resolution. The treatment is akin to a physical and emotional 'reset', and reinforces the effects of the Ayurvedic treatment programme.

Acupuncture, manual medicine and neurocybernetic massage therapy are therefore ideal extensions to your Ayurveda treatment and enrich Ayurveda's therapeutic 'orchestra' by a number of 'instruments'.

INDICATIONS FOR AYURVEDA PLUS

Toxicity, exhaustion, sleep disorders, chronic back and joint problems, allergies, susceptibility to infections, general immune deficiency, asthma, inflammatory bowel disease, food intolerances, digestive disorders, heart and circulation problems, menopausal problems, headaches, etc.

Dr Sinop's treatments are available as supplements to all of our treatment programmes as they have a positive impact on detoxification and physical adjustment. These are therapeutic services for which you will be issued an invoice that you may be able to submit to your private health insurance provider.

WHAT IS YOUR WHY? A NEW START

This following chapters explain the treatment stages for each programme in detail. This allows you to understand their significance and to support your own process actively, which will result in the best possible outcome for you and your health.

THE START OF YOUR TREATMENT PROGRAMME AT THE AYURVEDA RESORT SONNHOF

'Break' – a thought-provoking word. What breaks out or open? What can, should, or must be broken? Why does something or someone break away? Where are we breaking out to? Who breaks out? These questions focus our attention on various meanings of the word and its many challenges to our lives.

WHAT BREAKS OUT OR OPEN?

A bud, a ripened fruit, a wound that has almost healed... but so do spontaneous joy, repressed experiences or stifled anger that keep rising up and may threaten interpersonal relationships. All these examples are about an inner energy that is looking for an outlet and whose effects can range from an unfolding of self to an eruption of self. And there is more: just as a bud only opens when the time is ripe, so too does the energy for joy or anger require a certain maturity before it can arise.

WHAT CAN, SHOULD OR MUST BE BROKEN?

Ingrained habits, limiting relationships, worthless or harmful dependencies, decrepit structures, bad behaviour... all the way down to the famous 'vicious circle' of a situation that should be penetrated or broken. If we take into account that life is constantly changing, then old ideas, structures and habits that served us well for a particular situation or period need to be broken. Only then does the new acquire space, is able to mature, develop or be created. Both steps, breaking the old and nurturing the new, require time, patience and a purposeful sensitivity.

WHY DOES SOMETHING OR SOMEONE BREAK AWAY?

The reasons for this lie in each respective situation, in its conditions and the people involved. As already pointed out, a situation may be 'ripe' for breaking. However, we might also realise that believing 'things can't go on like this' and 'I have reached a dead end!' lead to change. Or a new situation, e.g. children leaving the nest, a new job, fear, illness... a crisis such as divorce, the death of a child or a parent... As a rule this is the question that motivates us to leave, to change, to venture something new. That, however, should not be the end of the matter.

Reflective practice:

WHY THIS TREATMENT PROGRAMME? SHUT YOUR EYES AND IMAGINE HOW YOU HOPE TO FEEL DURING AND AFTER THE PROGRAMME.

WE ALL KNOW THAT ENERGY FLOWS TO WHERE WE PLACE OUR FOCUS.

WHERE TO?

This is the question about our purpose, the path we are taking and life's meaning. This question is particularly pertinent today. According to Viktor Frankl, it is a characteristic of our time that many people do not recognise any significant perspective in their lives. He calls it 'existential frustration', in other words a feeling of meaninglessness and emptiness, which expresses itself in boredom, lack of initiative, feeling drained and an overriding desire for possession. Frankl does not consider these to be signs of physical or mental disease, but healthy signals that need to be properly understood. The situation, life itself, sends these messages and challenges us to overcome our sense of futility by experiencing meaning. It is a call to break away, to find our way and discover the meaning in our life. And so we come to our last question:

WHO BREAKS OUT?

You, I, we all are invited to break out again and again, to set off on our way and deal with the questions that life throws at us; for instance, ‘who am I really?’, ‘what mask do I wear?’, ‘do I know my true self?’, ‘where do I stand?’, ‘where am I hiding?’, ‘what is the point of my worries, joys, tears, laughter, work and leisure?’, ‘what do I want?’, ‘what purpose does my life have?’, so many questions... It is not an everyday occurrence, but at some point in our lives, maybe when a chapter of our life closes, before a major decision, in a crisis situation or after a life-changing experience, we feel that we should not (and cannot) keep avoiding these questions. They encourage us to deal with our existence, with our way of life, habits, desires, needs and relationships with the environment, other people and God. They invite us to find meaningful answers and ways of living by seeking, asking, thinking, discovering, testing, developing, failing and yet continuing, and also to experience our weaknesses, strengths, boundaries, hopes, continuity and change.

Manifold experiences teach us that it is only by engaging with the process of being on a journey with all the ups and down of successes and setbacks, feelings and insights, hopes and stumbling blocks, encounters and flowers on the way, that we are able to 'come home'. An Ayurvedic treatment programme combined with a consciously spiritual 'treatment journey' offers the opportunity of profoundly addressing these questions and taking wings with mind, body, and spirit. This also opens up opportunities for seeking the meaning of life in its current phase, to find it, create it and to transform ourselves autonomously.

PREPARED FOR THE NEW, YOU LET GO OF THE OLD

There is always something appealing about embarking on ventures new. However, we know from experience that the promises of the new are often received with some scepticism and that they can also fizzle out given the realities of everyday life. This tension between scepticism towards all things new and the promise inherent in the new can be helpful, but also quite burdensome. The latter is particularly true when distrust of the new suppresses any willingness to set off, to question oneself or to engage with new opportunities. This scepticism shies away from risk and passes responsibility to society and the environment. Its hallmarks are a fear of the new and a withdrawal into the familiar, even if this constitutes an obstruction to life. The desire and willingness to change are cloaked by fear.

Conversely, there are people who allow themselves to become exuberantly enthused by the promise of the new, but neglect the realities of everyday life and so are often all the more disappointed or hurt when they revert to their old ways of behaving. Neither fear nor overwhelming enthusiasm is an adequate precondition for dealing with the issues we have touched upon.

Our 'crutches', whatever form these may take, can be restrictive, limiting. Becoming free of these crutches is a long process. However, the journey always starts with a gamble and a question, which is: how do I deal with my crutches? Do I let them go, learn to deal with them differently, discard them, break them or have someone break them for me? Our Ayurvedic treatment programmes open up opportunities for initiating this liberation.

Reflective practice:

WHAT DO I WISH TO LET GO OF?

WHAT CAN I CHANGE IMMEDIATELY?

WHAT ARE MY OBJECTIVES?

HOW WOULD I WANT TO LIVE IF ANYTHING WAS POSSIBLE?

[illegible]

OUR AYURVEDIC DOCTORS

EXAMINATION BASED ON AYURVEDIC AND WESTERN MEDICINE

The treatment begins with a thorough examination, which serves to determine a patient's constitution and to assess any disorders on the basis of Ayurvedic and western criteria. Ayurvedic pulse diagnosis forms a vital element of the examination. It provides the experienced Ayurveda therapist with information about a patient's symptoms and their individual constitution. This is the basis on which a personalised therapy can be planned, and is carried out by our qualified Ayurvedic consultant physicians Gaurav Sharma and Rajat Vashisht as well as our Ayurveda specialists Christina Mauracher and Malini Häuslmaier.

The examination is not just a prerequisite for successful treatment, it is also an initial constituent of the therapy itself. The conversation you have with your Ayurvedic therapist provides you with new insights into your physical and mental functions. The combination of lectures on Ayurveda, pulse diagnosis, successful treatment and final consultation will lead you to gain a growing understanding of the relationship between your way of life and your physical and mental wellbeing.



GAURAV SHARMA

- Trained as a specialist Ayurvedic physician (Indian Bachelor of Ayurveda, Medicine & Surgery, BAMS)
- State certified Ayurvedic practitioner



RAJAT VASHISHT

- Trained as a specialist Ayurvedic physician (Indian Bachelor of Ayurveda, Medicine & Surgery, BAMS)
- State certified Ayurvedic practitioner

TRADITIONAL PULSE DIAGNOSIS

According to Ayurvedic medicine, the ratio of the three Doshas determines how healthy we are. Pulse diagnosis is therefore used to determine a patient's Dosha combination by applying index, middle and ring fingers to the inside of each wrist to feel the pulse with varying amounts of pressure. In addition to a detailed analysis of dietary habits, digestion, sleep behaviour and general way of life, pulse diagnosis provides information about the condition of and interaction between a patient's body, mind and emotions. Disturbances help the practitioner draw conclusions about the person's health. All the information gained in this way enables the practitioner to categorise a person as a Vata, Pitta or Kapha constitutional type and to draw up an appropriate personalised treatment and nutrition programme. Pulse diagnosis is an essential component and foundation of many Ayurvedic treatments and is carried out by our Ayurvedic consultant physicians Gaurav Sharma and Rajat Vashisht as well as Ayurveda specialist Malini Häuslmaier.



Nowadays, we see far more Vata types, i.e. people who are constantly in motion, as well as anger-prone Pitta types. This is due to the extreme hustle and bustle of everyday life, as well as rising pressures – especially at work. Plus, the increased heat produced by global warming is also leading to an upsurge in Pitta.'

Gaurav Sharma, Ayurveda consultant

MORNING ROUTINE

1 • WAKE UP BEFORE THE SUN

The hours before sunrise belong to the subtle energy of Vata. So, wake up before sunrise to ensure that you are filled with pulsating power throughout the day. After sunrise, it's Kapha's turn to rule, bringing a heavy, earthy energy that makes us more sluggish.

2 • HAVE FAITH IN GOODNESS

Elisabeth Mauracher recommends making positive statements throughout the day, such as: 'All that is positive and good can come to me and my day passes with ease.' Be grateful for each new day.

3 • QUICK AND EARLY WARM UP

Perform this exercise in bed: Tap along your body's meridians – start on the outside of the feet, then the inside, then the soles. Then gently tap the abdominal zone, lower back, chest area, hands and shoulders, head and face. Finally treat yourself to an ear massage. Imagine that all the cells of your body are waking up and saying 'good morning'.

4 • DAILY CLEANSING

The tongue is the mirror of the viscera. Set the rounded end of a tongue scraper at the back of the tongue and slowly pull it forwards towards the tip of your tongue. Repeat several times until you have scraped the entire surface of your tongue. This frees the tongue of unwanted particles, improving your sense of taste and stimulating detoxification of the gut.

5 • OIL PULLING

Ideally, tongue scraping is followed by oil pulling: an uncomplicated method of detoxification. Put a tablespoon of sesame oil in your mouth, then swish it around for five to ten minutes. The oil extracts toxins from the oral cavity, eliminates caries-causing acids, nourishes the gums and prevents gingivitis, receding gums and bad breath.

6 • DRINKING ACTIVATES DIGESTION

Have a drink before brushing your teeth. Stir the juice of half a lemon in a cup of hot water. You might also like to add a teaspoon of honey and a pinch of rock salt. This flushes the kidneys and the gastrointestinal tract, and strengthens Agni (digestive fire).

7 • MASSAGE AND SHOWER

Especially in the autumn and winter months, Elisabeth Mauracher recommends brief full-body massages, preferably using warm sesame oil, which calms the nervous system and stimulates blood flow. Take a shower afterwards and imagine the water purifying your thoughts, body and energy field.

8 • CLEANSE YOUR THOUGHTS

Put up a sign in the bathroom with your objective. For instance: 'I step into today feeling calm and serene, in the knowledge that I will also take time for myself.'

9 • SHORT MEDITATION

Five to ten minutes of meditation a day offer the best nourishment for the mind and spirit.

10 • SMALL STEPS FOR ADDED ENERGY

At first, one or two of the exercises will be plenty. Make notes about your energy level and state of mind for a week. Then add more rituals, and observe your drive and strength.

TIP:

All the products are available from our online Ayurveda Shop.

THE PANCHAKARMA PROGRAMME

INITIATING CHANGE – YOUR PATH TO PHYSICAL HARMONY

1. The beginning of your treatment
2. Ghee
3. Meal times
4. Drinking during the programme
5. Waiting area
6. Treatment plan
7. Spa area
8. Telephone and Internet
9. Activity programme
10. Self-motivating for change

1. The treatment begins in the evening with dinner (a digestive drink and soup, or, on Tuesdays and Fridays, a vegetarian main course) and continues in the morning with ghee. Massages are scheduled in the treatment plan.
2. Your treatment plan is issued at the evening meal. The plan is tailored to your needs.
3. Ghee: The first few days of your treatment programme start with ghee. Ghee is clarified butter and dissolves toxins in the body, and you take it in Treatment Room 1 as scheduled in your treatment plan (between 7 and 8am).
4. Panchakarma meal times:
Morning: as described in treatment plan
Noon: light, 3-course lunch
Evening: Agni drink and nourishing soup, or, on Tuesdays and Fridays, a vegetarian main course
5. Please drink between 1.5 and 2 litres of hot water, tea or ginger water per day during the course of your treatment programme. Thermos flasks of hot water have been provided for you in the restaurant area.

6. You will find the massage waiting area on the first floor of the spa. Out of consideration and appreciation for our guests we kindly request that absolute silence be maintained in the massage waiting area.
7. The AyurvedaCentre is open daily from 8am until 7.30pm. The saunas are switched on at 9am, and turned off at 7pm.
8. We kindly request that you avoid using mobile phones and computers during your health retreat. Reduce your 'work thoughts', direct your attention to your SELF, and be aware of your body's signals.
9. Make use of our exercise programme to support your healing process. Consider this a golden opportunity to enjoy silence and doing absolutely nothing.
10. 'Be the change that you wish to see in the world.' Mahatma Gandhi

With our best wishes for your very best health.
The Mauracher family

Our treatments and food support your healing process, but your own positive attitude is the most important factor.

PANCHAKARMA HAS TWO MAJOR EFFECTS:

- Cells, tissues and organs are gently cleansed of metabolic deposits and toxins. Although the more common forms of detox can only reach water-soluble waste materials, Ayurveda has developed procedures that can also free the body of fat-soluble toxins, which are much more important to our wellbeing. These include substances that are created within the body itself and are deposited in the cells as well as most environmental toxins, heavy metals and pharmaceutical drug residues.
- Ayurvedic treatments stabilise the vegetative nervous system and restore harmony between body and soul. After just a short time, the nervous system switches itself into calm mode and thus initiates profound regeneration.

Cleansing the physiology and stabilising the nervous system benefit each other. However, depending on the conditions that are present, the focus of Panchakarma treatments can be weighed differently. Short treatments and inhalatory applications are conducive to stress reduction, relaxation and regeneration. There is not so much focus on profound purification.

The cleansing measures can be intensified for treatments lasting ten days or more. More toxins are eliminated, and the overall success of the treatment is deeper and longer lasting.

A complete Panchakarma treatment is divided into several stages linked by a clear internal logic. Within this fixed framework there are many possible ways of adapting the treatment to suit a person's constitution, their health and the time available.

The following pages provide an overview of the individual treatment stages and offer important advice on how you can help make your Panchakarma treatment as pleasant and effective as possible.

THE PANCHAKARMA PROCESS

FIRST PHASE OF PURIFICATION

For the first few days you will take ghee early in the morning on an empty stomach. When ghee is administered at a time when your system is still 'tired' and your appetite not yet strong, ghee can penetrate the body's deep tissues without hindrance. Then you can go back to your room and enjoy a liver compress.

The ghee that you ingest has several important functions: it acts as a transport medium for Ama-removing herbs and enables them to access deep-lying tissues directly. It softens and smoothes the whole body thereby facilitating the removal of toxins and excess Doshas (Vata, Pitta and Kapha). It also lubricates and protects all the tissues prior to the cleansing process and stimulates secretions that help direct the toxins into the general bloodstream and then to the gastrointestinal tract so that they can subsequently be eliminated. When the ghee starts to work, circulating Doshas and Amas can lead to mood swings and produce emotions like fear, anxiety, sadness, irritability etc. Feelings of restlessness and agitation may also occur. This is a normal phase in the Panchakarma process, and shows that the ghee is beginning to work. The circulating Doshas can also cause the symptoms of past diseases to return for a short time.

As indicated above, this is absolutely normal. However, it is important that you tell us of any such occurrences so that these problems can be treated properly. Contacts: Ayurvedic doctor Gaurav Sharma, BAMS, and Ayurvedic doctor Rajat Vashisht, BAMS.

As a rule, the body becomes saturated and sufficiently 'lubricated' with ghee after a few days. Toxins and Doshas are circulating through your system and moving towards the intestine. At this point the process requires additional support (from Ayurvedic treatments) to guarantee that all of the old accumulated waste matter is excreted.

DIET DURING THE FIRST PHASE OF PURIFICATION

On the days when ghee is administered you skip breakfast altogether. Hence your first meal will be lunch. However, you should only eat lunch if you are actually hungry. Before lunch you will be served a cocktail (Agni drink) that encourages your metabolism to support the detoxification of body tissues. During your Panchakarma treatment programme you are placed on a Tridosha diet which uses spices that are particularly beneficial to metabolic function and help the detoxification process. Avoid eating between meals, and absolutely no raw fruit or vegetables!

Panchakarma

VIRECHANA – SECOND PHASE OF PURIFICATION

Virechana is a key component of Panchakarma therapy. The metabolic waste that was set free as a result of the administration of ghee and massages collects in the intestine. At this stage of the treatment, the entire body is cleansed by purging the waste through the intestines.

EFFECT:

Virechana frees the cells from the waste material and toxins that were released during the first phase of purification. This is why you will feel so much better after this day. Any complaints that may have arisen during the ghee days as a result of the body's heightened reaction to detoxification will tend to diminish significantly. You will experience a feeling of lightness and an increased zest for life. Evacuating the bowel also allows the digestive tract to regenerate itself. At the same time the liver is relieved and the lymphatic system activated. Within the scope of Ayurveda, Virechana specifically regularises Pitta. Disorders that are based on surplus Pitta are therefore particularly responsive to purging.

DIET DURING VIRECHANA

The body's ability to digest is considerably weakened by purging. This is why your first meal will be a special rice soup. Dinner on the day of purging also consists of rice soup. Reverting to a normal diet after purging must be done slowly and gently. You will not be given any 'metabolic cocktails' during the purging stage.

INFORMATION:

Purging causes the body to lose a lot of fluid, electrolytes and trace elements. After the day of purification, we therefore serve you an energy drink. You should also ensure that you drink plenty of hot water. Virechana is key to the whole treatment's effectiveness. This is why it is so important to allow yourself enough rest on this day so that your body can gently adjust.

ENERGY DRINK

Ingredients:

- 1 pinch salt
- 1 pinch pepper
- 1 tbsp honey
- A dash of lemon juice
- 1 tsp finely chopped ginger (in winter)
- 1 tsp mint (in summer)

To prepare:

Place all the ingredients in a cup, add hot water, stir - and you're done.

THIRD PHASE OF PURIFICATION

The third stage of the treatment is extremely pleasant and makes Panchakarma such an unforgettable experience. Each individual step has a profoundly harmonising, purifying and healing effect.

In Ayurvedic terms, the main oil treatments have a calming effect on Vata. The third phase of purification is divided into full-body massages, head massages, heat therapies and bowel treatments.

DIET DURING THE THIRD PHASE OF PURIFICATION

During the third phase of purification you can have breakfast if you feel hungry: spelt or quinoa porridge, coconut & oat porridge, kitchary or stewed fruit. Have some herbal and spiced tea, hot water, or lemon and honey water with your breakfast.

An Ayurvedic menu is served for lunch and dinner. Before lunch, you will be served another 'metabolic cocktail' (Agni drink).

Your appetite and the power of your digestion may still be reduced during the course of the third phase of purification. If this is the case for you, refrain from eating dessert, bread or fruit. During meals always be guided by your subjective feelings and try to stop when you are satisfied.

During the day you should drink hot water throughout the treatment programme. According to Ayurveda, hot water is a powerful purifier and stimulates the metabolism, thereby providing ideal support when detoxifying the body. In the summer, you can also drink water at room temperature.

During the course of the treatment you will not have any cheese or other dairy products, and of course there will be no animal products whatsoever! Alcohol, tobacco and sweets also have no place in the Panchakarma treatment programme.

INFORMATION:

Ayurvedic treatments support the detoxification process and pamper you during all three phases of purification.

Panchakarma

THE RASAYANA INTENSE REGENERATION PROGRAMME

INITIATING CHANGE –

YOUR PATH TO PHYSICAL HARMONY:

1. The beginning of your treatment
 2. Fortifying tonic
 3. Meal times
 4. Drinking during the programme
 5. Waiting area
 6. Treatment plan
 7. Spa area
 8. Telephone and Internet
 9. Activity programme
 10. Self-motivating for change
1. The treatment begins in the evening with the Rasayana menu, and continues in the morning with fortifying tonic. Other massages are scheduled in the treatment plan.
 2. Fortifying tonic: The first few days of your treatment programme start with fortifying tonic (aloe vera drink) to give your immune system a boost.
 3. Rasayana intense regeneration programme meal times:
Morning: As described in treatment plan
Noon: Light, 3-course lunch
Evening: Ayurvedic Menu
 4. Please drink between 1.5 and 2 litres of hot water or ginger water per day during the course of your treatment programme. Thermos flasks of hot water have been provided for you in the restaurant area.
5. You will find the massage waiting area on the first floor of the spa. Out of consideration and appreciation for our guests we kindly request that absolute silence be maintained in the massage waiting area.
 6. Your treatment plan is issued at the evening meal. The plan is tailored to your needs.
 7. The AyurvedaCentre is open daily from 8am until 7.30pm. The saunas are switched on at 9am and turned off at 7pm.
 8. We kindly request that you avoid using mobile phones and computers during your health retreat. Reduce your 'work thoughts', direct your attention to your SELF, and be aware of your body's signals.
 9. Make use of our exercise programme to support your healing process. Consider this a golden opportunity to enjoy silence and do absolutely nothing.
 10. 'Be the change that you wish to see in the world.'
Mahatma Gandhi

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The Mauracher family**

Our treatments and meals support your healing process, but your own positive attitude is the most important factor.

RASAYANA INTENSE REGENERATION PROGRAMME AND ITS EFFECTS:

- An important part of Ayurveda is Rasayana or rejuvenation. Rasayana literally means 'method for achieving excellent Dhatus'. This part deals mainly with teachings that refer to adopting a holistic lifestyle for physical renewal and a long and healthy life.
- The main objective of the Rasayana intense regeneration programme is to restore the body's and the mind's depleted reserves of strength. Rasayana treatments make use of herbs, spices, food, cleansing procedures, methods to modify digestive fire and relaxation techniques.
- Targeted treatments, gentle exercise, and a finely tuned diet bring about long lasting balance to body, mind and spirit.

THE RASAYANA INTENSE REGENERATION PROGRAMME

FIRST PHASE OF PURIFICATION

For the first few days you will take a mildly detoxifying and fortifying tonic early in the morning. Then you can go back to your room and enjoy a liver compress.

DIET DURING THE FIRST PHASE OF PURIFICATION

Breakfast is your first meal of the day. You should have a hot meal for breakfast, i.e. porridge made with spelt, quinoa, coconut & oats, kitchari, or stewed fruit. At lunch you enjoy a 3-course meal. Before lunch you will be served a cocktail (Agni drink) that encourages your metabolism to support the detoxification of body tissues. During the Rasayana intense regeneration programme you will be placed on a Tridosha diet, which uses spices that are particularly beneficial to metabolic function and help the detoxification process. Avoid eating between meals! In the evenings you are served the Ayurvedic Menu.

INFORMATION:

Ayurvedic treatments support the detoxification process and pamper you during all three phases of purification.



VIRECHANA – SECOND PHASE OF PURIFICATION

Virechana is a key component of the Rasayana intense regeneration programme. The metabolic waste that was broken down collects in the gut. Purging the waste through the intestines cleanses the whole body.

EFFECTS:

Virechana frees the cells from waste material and toxins. This is why you will feel so much better after this day. You will experience a feeling of lightness and an increased zest for life. Evacuating the bowel also allows the digestive tract to regenerate itself. At the same time the liver is relieved and the lymphatic system activated. Within the scope of Ayurveda, Virechana specifically regularises Pitta. Disorders that are based on surplus Pitta are therefore particularly responsive to purging.

DIET DURING VIRECHANA

The body's ability to digest is considerably weakened by purging. This is why your first meal (lunch) will be a special rice soup. Dinner on the day of purging also consists of rice soup. Reverting to a normal diet after purging must be done slowly and gently. You will not be given any 'metabolic cocktails' during the purging stage.

INFORMATION:

Purging causes the body to lose a lot of fluid, electrolytes and trace elements. After the day of purification, we therefore serve you an energy drink. You should also ensure that you drink plenty of hot water. Virechana is key to the whole treatment's effectiveness. This is why it is so important to allow yourself enough rest on this day so that your body can gently adjust.

THIRD PHASE OF PURIFICATION

The third stage of the treatment is extremely pleasant and makes the Rasayana intense regeneration programme such an unforgettable experience. Each step has a profoundly harmonising, purifying and healing effect.

In Ayurvedic terms, the main oil treatments have a calming effect on Vata. The third phase of purification is divided into full-body massages, head massages, heat therapies and bowel treatments.

DIET DURING THE THIRD PHASE OF PURIFICATION

During the third phase of purification you can have breakfast if you feel hungry: spelt or quinoa porridge, coconut & oat porridge, kitchary, stewed fruit, with herbal and spiced tea, hot water, or lemon and honey water. An Ayurvedic menu is served for lunch and dinner.

During the course of the treatment you will not have any cheese or other dairy products, and of course there will be no animal products whatsoever! Alcohol, tobacco and sweets also have no place in the Rasayana intense regeneration programme.

INTENSIVE AYURDETOX PROGRAMME

INITIATING CHANGE – YOUR PATH TO PHYSICAL HARMONY

1. The beginning of your treatment
2. Day of purification
3. Meal times
4. Drinking during the programme
5. Waiting area
6. Spa area
7. Telephone and Internet
8. Activity programme
9. Self-motivating for change

1. The treatment begins in the evening with dinner (a digestive drink and soup or, on Tuesdays and Fridays, a vegetarian main course) and continues in the morning with a fortifying tonic and your first treatment. Other massages are scheduled in the treatment plan.
2. Day of purification: A purifying cocktail has a laxative and cleansing effect on your gut. You should take plenty of rest on this day. Our tip: Let go of everything!
3. Intensive AyurDetox programme meal times:
Morning: As described in treatment plan
Noon: Detox Menu
Evening: Agni drink and alkaline soup or, on Tuesdays and Fridays, a vegetarian main course

4. Please drink between 1.5 and 2 litres of hot water, tea or ginger water per day during the course of your treatment programme. Thermos flasks of hot water have been provided for you in the restaurant area.
5. You will find the massage waiting area on the first floor of the spa. Out of consideration and appreciation for our guests we kindly request that absolute silence be maintained in the massage waiting area.
6. The AyurvedaCentre is open daily from 8am until 7.30pm. The saunas are switched on at 9am and turned off at 7pm.
7. We kindly request that you avoid using mobile phones and computers during your health retreat. Reduce your 'work thoughts', direct your attention to your SELF, and be aware of your body's signals.
8. Make use of our exercise programme to support your healing process. Consider this a golden opportunity to enjoy silence and do absolutely nothing.
9. 'Be the change that you wish to see in the world.'
- Mahatma Gandhi

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Our treatments and meals support your healing process, but your own positive attitude is the most important factor.

INTENSIVE AYURDETOX PROGRAMME AND ITS EFFECTS:

- Targeted detoxing measures and treatments as well as gentle exercise expel toxins and waste material from your body.
- Intensive AyurDetox programme treatments make use of herbs, spices, food, cleansing procedures, exercise and methods for modifying digestive fire.
- Targeted treatments, gentle exercise, and a finely tuned diet bring about long lasting balance to body, mind and spirit.

THE INTENSIVE AYURDETOX PROGRAMME

FIRST PHASE OF PURIFICATION

On day one you receive a fortifying tonic that gently detoxifies. Then you can go back to your room and enjoy a liver compress.

DIET DURING THE FIRST PHASE OF PURIFICATION

Breakfast is your first meal of the day. You should have a hot meal for breakfast, i.e. porridge made with spelt, quinoa, coconut & oats, kitchari, or stewed fruit. At lunch you enjoy a 3-course meal. Before lunch you will be served a cocktail (Agni drink) that encourages your metabolism to support the detoxification of body tissues. During your Intensive AyurDetox programme you are placed on a Tridosha diet which uses spices that are particularly beneficial to metabolic function and help the detoxification process. Avoid eating between meals! In the evening you will be served a nourishing soup (or vegetable main course every Tuesday and Friday).

Ayurdetox

VIRECHANA – SECOND PHASE OF PURIFICATION

Purging causes the body to lose a lot of fluid, electrolytes and trace elements. After the day of purification, we therefore serve you an energy drink. You should also ensure that you drink plenty of hot water. Virechana is a key component of the Intensive AyurDetox programme. The metabolic waste that was broken down by the herbs and the oil massages collects in the gut. Purging the waste through the intestines cleanses the whole body.

EFFECTS:

Virechana frees the cells from waste material and toxins. This is why you will feel so much better after this day. You will experience a feeling of lightness and an increased zest for life. Evacuating the bowel also allows the digestive tract to regenerate itself. At the same time the liver is relieved and the lymphatic system activated. Within the scope of Ayurveda, Virechana specifically regularises Pitta. Disorders that are based on surplus Pitta are therefore particularly responsive to purging.

DIET DURING VIRECHANA

The body's ability to digest is considerably weakened by purging. This is why your first meal (lunch) will be a special rice soup. Dinner on the day of purging also consists of rice soup. Reverting to a normal diet after purging must be done slowly and gently. You will not be given any 'metabolic cocktails' during the purging stage.

INFORMATION:

Purging causes the body to lose a lot of fluid, so please make sure you drink plenty of hot water. Virechana is key to the whole treatment's effectiveness. This is why it is so important to allow yourself enough rest on this day so that your body can gently adjust.

DIET AFTER VIRECHANA (DAY OF PURIFICATION)

After Virechana, your food intake is gradually increased. That is, on the first day following purification we recommend you have some stewed fruit. Over the next few days you will be able to add to your breakfast with spelt or quinoa porridge, porridge, kitchari or stewed fruit. It is very important that you eat according to your hunger. Have some herbal and spiced tea, hot water, or lemon and honey water with your breakfast. An Ayurvedic menu is served for lunch, and a nourishing soup in the evening. During the course of the treatment you will not have any cheese or other dairy products, and of course there will be no animal products whatsoever! Alcohol, tobacco and sweets also have no place in the Intensive AyurDetox programme.

THIRD PHASE OF PURIFICATION

The third stage of the treatment is extremely pleasant and makes AyurDetox such an unforgettable experience. Each step has a profoundly harmonising, purifying and healing effect.

In Ayurvedic terms, the main oil treatments have a calming effect on Vata. The third phase of purification is divided into full-body massages, head massages, heat therapies and bowel treatments.

DIET DURING THE THIRD PHASE OF PURIFICATION

During the third phase of purification you can have breakfast if you feel hungry: spelt or quinoa porridge, stewed fruit. Have some herbal and spiced tea, hot water, or lemon and honey water with your breakfast.

An Ayurvedic menu is served for lunch and dinner. Before lunch, you will be served another 'metabolic cocktail' (Agni drink).

Your appetite and the power of your digestion may still be reduced during the course of the third phase of purification. If this is the case for you, refrain from eating dessert, bread or fruit. Always be guided by your subjective feelings and try to stop eating when you are satisfied.

During the day you should drink hot water throughout the treatment programme. According to Ayurveda, hot water is a powerful purifier and stimulates the metabolism, thereby providing ideal support when detoxifying the body. In the summer, you can also drink water at room temperature.

INFORMATION:

Ayurvedic treatments support the detoxification process and pamper you during all three phases of purification.

Ayurdetox

STRUCTURING EVERYDAY LIFE FOR OPTIMUM RESULTS

After your treatment programme, the time it takes for your body to adjust can vary. Generally, you will experience a thrust of vitality during the closing days of your treatment. However, we tend to expect the total aftercare phase to last between one and two weeks. During this time you should gradually return to a normal diet, ensure you have sufficient sleep at night, and observe the recommendations you were given during your final consultation. This will help you maintain the positive effects of your treatments and programmes.

In order to gradually rid the body of impurities, we recommend detoxifying once or twice a year (10-14-day Panchakarma treatments are ideal).

POST-TREATMENT PROGRAMME RECOMMENDATIONS

USHNODAKA THERAPY AND GINGER TEA

Drinking hot water regularly is very important in Ayurveda. It washes through the entire system and so has a strong detoxifying effect.

The water should be boiled for at least 15 minutes. This will increase its detoxifying effect, and it acquires a slightly sweet taste that helps to calm Vata.

The water should be as hot as possible and sipped at intervals. The quantity depends on your thirst. Do not force yourself to drink a specific amount. Generally, you only need about half a cup in half an hour. You can prepare a sufficient quantity of water in advance to keep in a Thermos flask.

If you have a weak metabolism and distinct Ama you should add a small pinch of powdered ginger to the hot water. Alternatively, you could prepare some ginger tea by using the fresh root (boil three to four slices in one litre of water for ten minutes). Because ginger is hot and sweet it stimulates the digestion and also has a cleansing effect.

As well as being detoxifying, hot water has many other positive effects, including: Satisfies 'mock' hunger pangs between and helps avoid the side effects of fasting, e.g. nausea, headaches, irritability and fatigue. Sipping the water has a calming and psychologically stabilising effect, which becomes particularly noticeable in nervous and tense people. Intestinal disorders such as belching, flatulence, bloating or constipation disappear. Drinking hot water also alleviates pain.

THE FOLLOWING FOODS SHOULD BE AVOIDED AFTER TREATMENT

Fried, deep-fried, fatty and sour foods, a diet consisting only of raw vegetables, uncooked cereals, pork and beef, yoghurt, cheese, fermented milk products and any kind of sweets. You should also restrict yourself to the three main meals and avoid snacks.

GENERAL TREATMENT PROGRAMME INFORMATION A-Z

THIS CHAPTER CONTAINS ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS

CONTACTS

Gaurav Sharma, Ayurvedic physician (Bachelor of the Faculty of Ayurvedic Medicine and Surgery) and Rajat Vashisht, Ayurvedic physician (Bachelor of the Faculty of Ayurvedic Medicine and Surgery), as well as Ayurveda assistants Sarah Bergmeister, Christine Schneider and Sonja Schwaiger.

BREATHING

The life of any human being begins with the first breath and ends with their last. In between there are millions of breaths that affect all of the body's functions. Exhaling is a natural form of excretion, and the respiratory tract is an important detoxifying organ. The carbon dioxide that is created in the muscles during the hydrogen burning process is transported by the blood to the lungs and exhaled. The exhaled air is full of gaseous metabolic residues. In modern society, we have mostly lost the ability to exhale consciously. However, any breathing disturbance will affect the organism as a whole. Conscious breathing is important and supports elimination. It brings about improvements in posture, freeing the diaphragm and the whole abdominal area of unnecessary pressure. It is not easy to breathe well when we sit badly. Normally, the mucous membranes in our nose, throat and windpipe are self-cleaning. While you are undergoing treatment you should actively support this increased elimination.

BREATHING EXERCISES

- First thing in the morning, stand by the open window or on a balcony or in the garden, breathe in and out, deeply and consciously, and feel the freshness (even the chill) of the morning air.
- Practice the Breath of Fire (Kabalabhati) before breakfast. This breathing exercise clears the lungs, loosens pulmonary alveoli deposits, and increases the blood's oxygen content, thereby cleansing every cell in the body. The Breath of Fire is also restorative, re-energising and rejuvenating. It activates the solar plexus and clears the head.

BREATHE IN AND OUT QUICKLY AND REPEAT UP TO 200 TIMES

Practise alternate nostril breathing every day for around 8-10 minutes.

- | | |
|---|---|
| • Starting position: You can either sit cross-legged or on a chair. | • Close both nostrils with your thumb and ring finger and hold your breath for 4 seconds |
| • Tilt the pelvis forward a little, make sure your back is straight and your eyes are closed. | • Open the right nostril and breathe out through the right nostril for 8 seconds. Empty the lungs (almost) completely |
| • Lift your right hand. Hold the right nostril shut with your right thumb. | • Then hold the left nostril closed and breath in through the right nostril for 4 seconds |
| • Now breathe in through the left nostril for 4 seconds. | • Close both nostrils and hold your breath for 4 seconds. |
| As you do this your belly expands. Fill the lungs to about 3/4 their capacity | • Open the left nostril and breathe out for 8 seconds through the left nostril. Now start again from the beginning... |

EXERCISE DURING YOUR TREATMENT

The treatments break down protein as well as carbohydrates and fats. Exercise is vital to prevent protein breakdown in the muscles. The body only breaks down those substances that it does not need. Not stimulating the muscles during the treatment programme leads to a breakdown of proteins and consequent weakening of the body. Exercise also promotes the excretion of metabolic products. The lungs and skin excrete more toxins thereby cleansing the whole body. The third aspect to consider is that regular physical exercise will affect your mind and spirit. First it increases self-esteem, life satisfaction as well as mental and physical wellbeing, and second it helps relieve stress and anger, reduce anxiety and strengthen the ability to think and concentrate. However, the intensity of exercise should be adapted to suit each individual.

RECOMMENDATIONS:

- You should not practise Yoga in the MORNING during the preliminary treatment or on the day of purification. Rest your body to allow it to detoxify properly
- Take part in our weekly exercise programme
- Go out for a walk every day (min. 20 minutes)

LIVE CONSCIOUSLY FOR A DAY

Try to live with complete consciousness for a day. Every day you can feel happiness in situations that you previously took for granted or hadn't even perceived because your life is so focused on the external, which is what we are taught to do from a young age.

You can feel happiness in the smiling face of the person opposite you or in a friend's laughter. You can feel happiness by walking in the countryside or by observing the night sky. All you have to do is yield to it.

Happiness is a feeling inside that only you can awaken. Open yourself to happiness and allow it to show itself in every moment of your life.

You deserve to be happy, but the key to happiness is you, yourself.

SENSITIVITY DURING YOUR TREATMENT

The body's entire energy system is open during the treatment, so we recommend you abstain from arguments and negativity (e.g. the news on the radio or TV, movies, novels etc.) to avoid adding stress to your body. Similarly your body will thank you if you protect the head's energy centres by wearing a hat or a scarf. Keeping the head covered after a treatment is particularly important. Please wear warm clothes during the treatment programme (especially outside) and beware of drafts. Restrict your use of electronic devices and treat yourself to the luxury of being OFFLINE.

DIET DURING YOUR TREATMENT

During your stay you will be served carefully selected foods that support the process of detoxification. In addition to a conscious selection of food and spices, Ayurvedic dietetics also place great emphasis on dietary patterns and food culture. Digestive power (Agni) can be further strengthened, and thus the utilisation of nourishment improved, by observing the following dietary recommendations.

- Never eat your fill (3/4 rule)
- Chew and insalivate your food thoroughly
- Increased ingestion of saliva prior to eating encourages the formation of digestive enzymes
- Do breathing exercises or stimulating exercises before eating
- Eat at regular meal times, and make lunch your main meal
- Eat in a pleasant atmosphere
- Avoid distractions while you eat
- Eat at a moderate pace, but not too slowly
- Never eat when agitated (avoid anxiety, anger etc.)
- Don't have cold drinks with your food
- You should leave at least 3-4 hours between your last meal and bedtime
- Say a little prayer before a meal, and no snacks (dates, apples etc.) between meals

SPICES

All the food served during your treatment is designed to aid purification and the detoxification process. Feel free to season your food with the Vata, Pitta, and Kapha spices. Spices form part of phytomedicine. **However, please be cautious whenever you use spices. Too much can place undue strain on the body.**

It is possible to experience bloating during the treatment programme. This reaction is normal and means that the spices and herbs are effective, helping your body to release Vata. Please consult one of our Ayurvedic specialists.

The breakfast buffet foods that are recommended for your treatment programme are labelled as follows:

P	PANCHAKARMA	D	DETOX
P+	PANCHAKARMA PLUS	J	FOUNTAIN OF YOUTH
R	RASAYANA		

FOOD DURING AND AFTER THE DAY OF VIRECHANA (DAY OF PURGATION)

It is vital that you only eat as much as is needed to still your appetite on the day following your day of purgation. The Agni is weakened by the cleansing process, so it is normal to feel full, even if you have only eaten a small amount of food. Please take note of how you feel and avoid eating more than you have the capacity for. During the day of Virechana you are served light fare (rice soup) that won't overtax your system. This is, so to speak, a rest day for your bowels and liver. Don't begrudge your body this day off! On the day after the purgation day, your lunch will consist of mung bean dahl. Mung beans are high in vitamins and calcium and have a cleansing effect on the intestine.

On the day after purification you should only eat as much as your hunger dictates!

INFRARED CABIN

- Strengthens the immune system
- Improves blood circulation and gives the metabolism a boost
- Relieves muscle tension and back pain
- Sweating promotes detoxification and contributes to weight loss
- Has a positive effect on the nervous system

WHAT TO DO:

- Daily, for 10-20 minutes prior to any treatments.
- Drink a glass of water before and after each visit to the infrared cabin.
- Regulate the intensity of the radiation to suit how you feel.
- Afterwards, you should refresh your body and soul with a brief, lukewarm shower.

COLD FEET, SHIVERING AND FEELING CHILLY

Shivering and cold feet are typical side effects during the treatment period, because at this time we need more warmth than usual. It is important to ensure that you are warm enough at all times. It's best to use a hot water bottle to warm the feet and tummy or other parts of the body (during application of the liver detox pack for example). Bloodflow and circulation are livened up when you start the day with a hot and cold contrast shower. A warm bath (not too hot, or you will be putting stress on your circulation) or a footbath are warming and restful. Drink hot tea throughout the day, but you can also opt to drink lukewarm water if the weather gets really hot. Naturally, wearing the right clothes and exercising (especially outside in warm clothing) are always good ways to stop the shivers.

THINGS TO AVOID DURING YOUR TREATMENT PROGRAMME

- Loud and/or excessive talking
- Driving and travel
- Excessive walking
- Excessive sitting
- Daytime napping
- Sexual activity
- Eating before the previous meal has been fully digested
- Comparing your own treatments with other people's
- Work
- Excessive Internet and telephone use

HEADACHES

Caffeine withdrawal

Many people suffer transient headaches at the beginning of their treatment. These are chiefly the result of caffeine withdrawal.

Dehydration

A further cause of occasional headaches at the start of treatment is the body's initial loss of a lot of fluids. The body's self-cleansing activities cause waste materials to be rinsed out of the tissues and into the body's circulation system. That is why it is so important to drink at least 1.5 litres of fluids a day.

Insufficient exercise

A lack of oxygen and insufficient exercise can often lead to poor circulation and headaches. Outdoor exercises help, even in bad weather (warm clothing). The whole metabolic process is activated by exercise.

LIVER DETOX PACKS

The liver is of primary importance to the detoxification process, which is why liver detox packs or poultices form a central treatment during fasting. They help increase the liver's effectiveness. This is essential in the first few days of treatment.

HOW DO I MAKE A LIVER DETOX PACK?

Liver detox packs boost the liver's blood flow by 40% and this, combined with a patient's prostrate position, makes for optimal detox support. They strengthen blood circulation in the abdominal area and also prevent intestinal cramps, constipation and diarrhoea. 2/3 fill a hot water bottle and squeeze the air out of the bottle before screwing the plug back on.

Lay down comfortably and place the hot water bottle on the upper stomach area, on the right side and just under the ribcage.

SLEEPING PROBLEMS

Bedtime calming exercise

In the evening, an awareness training exercise will help you process the impressions and events of the past day. The easiest way to perform this exercise is by retracing the day's events in a coherent sequence. The important thing is to have a neutral attitude while observing the events. Sit upright on the floor. Think about your day. Let the events pass through your mind like a movie running backwards. Make a conscious effort to maintain the reverse sequence and observe the various people you have encountered during the day. You will notice how little attention you actually paid to the other people.

This exercise should last about ten minutes and should be repeated on a regular basis. It is a good exercise for the evening because it leads to a more conscious perception of others. The backward sequence order is vital to give the mind a completely different impulse. This exercise has a very positive and healthy impact on sleep. The causes of insomnia very often lie in our fixation on personal wants and desires. If consciousness is strengthened and opened to others, the sleeping difficulties will disappear.

During a treatment programme, many emotional issues may be resolved, which can lead to restless sleep.

SWIMMING DURING YOUR TREATMENT PROGRAMME

You should stay away from the pool for the first few days. Other than that, avoid swimming after a session in the sauna, because the pool's chlorine could penetrate the skin's open pores.

HOW MUCH SHOULD I DRINK?

Drinking forms part of the ritual during your treatment programme. Depending on how tall you are, you should drink between 1.5 and 2 litres a day to support the process of purification. Your doctor will be able to recommend the right amount. There are Thermos jugs of hot water available for you to take from the restaurant at any time. Ginger water is available in the spa area. Please do not drink any ginger water after 4pm because ginger has a stimulant effect and adversely affects sleep. You may also enjoy the various teas we serve in the spa area.

Please do not drink anything in the half hour before and after eating as this would dilute the digestive juices.

Before you eat, you will be served an Agni drink containing herbs and spices to stimulate and support the digestive fire.

SUN SALUTATION



PHYSICALLY

The salutation that we practice at the beginning of the Yoga class is an essential preparation for the Asanas. It stretches and warms the body. Hundreds of muscles are used during the sun salutation. This exercise recharges the solar plexus with energy and stimulates the cardiovascular system.

ENERGETICALLY

The solar plexus is particularly stimulated. The sun salutation is invigorating and energising.

MENTALLY

The practise of this salutation has a harmonising effect and creates self-confidence.

MY TREATMENT GUIDE A PILGRIMAGE

Me-time

As soon as you choose to undergo a treatment, the physical, mental and spiritual process of purification begins. It is, so to speak, a 'reset' at every level. You decide how far and how deep you wish to go. Decreasing your activity (physical, mental and sensual) can release long-repressed emotions and thoughts or cause physical discomfort. Say yes to everything that comes your way. This is the start of your path towards change. Old patterns and beliefs are released, new ground broken. This aims to be your brief guide and companion.

PERSONAL RESPONSIBILITY

The first step is to take personal responsibility. Examine your life for areas in which you take on responsibility for other people, or areas where you place your own responsibility on others' shoulders. Now you need to tidy up your island. By taking responsibility for others you are hopping about on other islands that serve merely to distract you. This hinders you from tidying up your island. By devoting little energy and attention for yourself, you can overlook and 'overfeel' a great deal. You also suppress other people's potential by intruding on their islands. Ask yourself: is taking responsibility for others a protection mechanism or a distraction from myself that saves me from worrying about my own island? What are the conditions on my island (island of the body, of the mind, of the soul)? Have some of my emotions and stories been buried to stop me feeling them? Do I take 100% responsibility for my life?

If you wish your island to be radiant, you must first process and transform all your old, unfelt stories and emotions.

FEELING

Everything is energy. Including emotions. They are neither negative nor positive. We ascribe to them a value and thereby turn them into good or bad sentiments. We can never get enough of the good emotions, and we suppress and unpleasant feelings as quickly as possible, and that's what makes them negative. Every cell has a cellular memory, so it does not matter whether an experience dates back 10 or 20 years. The emotion that was suppressed back then is still there. If too much suppressed energy is bottled up, the body and spirit suffer.

Be prepared to tidy up your island. Where in the body does this feeling reside? If you like, place a hand on this part of the body and become aware of the feeling. Open the heart of every cell – and feel. Say yes to your emotions because by doing so you also say yes to you. We live our lives according to the principles of duality; we think in opposites: light/dark, good/evil, love/hate. Everything has validity. Practise tolerance towards yourself – and feel.

MY DIARY

A PILGRIMAGE

IMAGE

Me-time

ALLOW YOURSELF TO BE GUIDED

We sometimes look back on a particular event and see that it happened for a specific reason: to help us learn and grow. We create our own stage set, are the author, producer and protagonist of our own play. It is not our mothers, fathers or life partners who construct our stage but just us alone. And we have the leading role in our own play. Ask yourself: What caused this situation? Perhaps a buried emotion was begging to be felt, or it was created by the 4-year-old you because he/she still felt guilty, or maybe you simply tapped into negative core beliefs such as 'I'm not good enough'.

Do a little emotional detective work, be tolerant of yourself, and see what unresolved issues are presenting themselves on your stage. Honour every party concerned and think of them as angels of healing – and honour yourself for plucking up the courage to travel along the path of healing.

FOLLOW YOUR PATH

Make a note of occasions when you felt fully alive and joyful.

- Take another, closer look at this list and ask yourself what links all these experiences. Write down the common elements; they indicate what it is that brings you joy. Then ask yourself: What natural aptitudes do I have? What skills and talents? What do I particularly enjoy doing? When am I truly in harmony with myself?

[illegible]

I do
feel
really
good.



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