



Sukha Wellness - Āyurvedic Medicine

with Elizabeth Cunningham Bossart

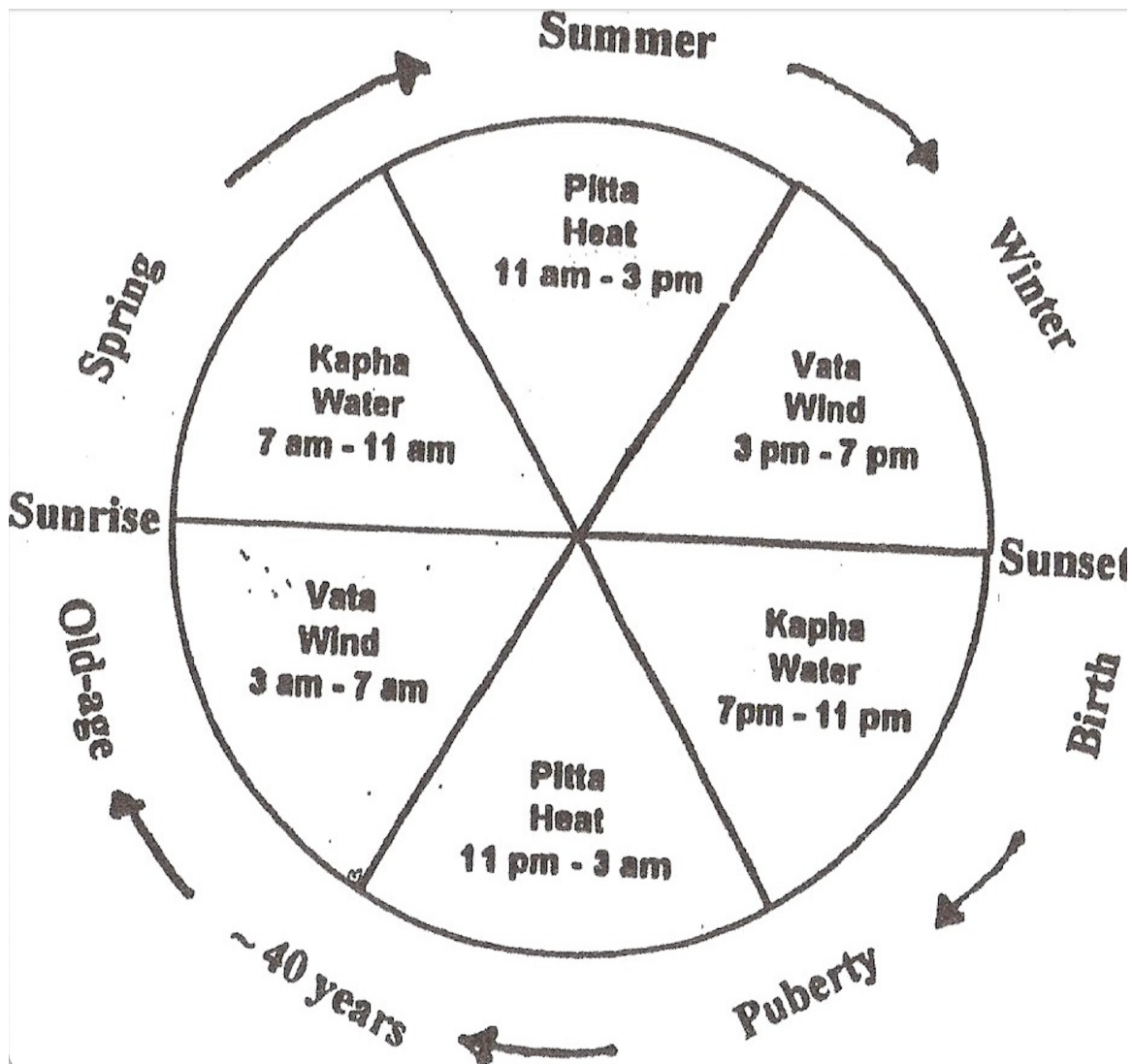
Āyurveda and Women's Health

Day: June 8, 2022

Time: 3:30 pm – 5:30pm PST

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True Nature vs. Current State

True Nature (Prakruti) – The combination of elements and qualities at the time of birth.

Current State (Vikruti) – The combination of elements and qualities at the current time.

Digestive Fire (Agni) – The primary fire in the body that supports the entire digestive process.

7 Tissues / Dhatus

Lymph Tissue (Rasa)

Blood Tissue (Rakta)

Muscle Tissue (Mamsa)

Fat Tissue (Meda)

Bone Tissue (Asthi)

Bone Marrow / Nervous Tissue (Majja)

Male / Female Reproductive Tissue (Shukra / Ārtava)

Female Reproductive System (Ārtava Dhatu)

- last tissue (dhatu) in the body
- the menstrual cycle is an indicator of what is happening in the body

Life Cycle - Menstruation

- A gift of a cleansing process.
- Healthy menstrual cycle: 3 – 4 days of bleeding, free from cramps, clots, moods swings, appetite changes, free of any symptoms.
- Let your menstrual flow happen each month.
- Rest during the cycle. Avoid heavy exercising and heavy exertion.
- No abhyanga, juice cleansing or dieting during your period.
- Avoid synthetic hormones which create aggravated (dushti) blood (rakta).
- IUDs block the flow of blood in a downward direction.

Life Cycle – Preconception

- Preconception Āyurvedic cleansing is recommended for women and men to remove the impurities before conception.
- Start the preconception process 3 to 6 months before conception.
- Avoid smoking, drinking, harsh chemicals in diet and environment.

Life Cycle - Pregnancy

- Nourish the woman during pregnancy.
- Avoid travel and high stress situations.
- Follow your cravings.
- Continue the same exercise / movement from pre-pregnancy.
- Especially important to focus on balancing vāta during pregnancy



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- avoid raw foods.
- avoid fasting.
- avoid staying up late.
- focus on warm cooked easy to digest foods.

Life Cycle – Post-Partum Care

- Implement post-partum care for 42 days after birth. Ayurvedic post partum will benefit the mother for 42 years. It's a time to mother the mother, a time of deep nourishment.
- Receive Ayurvedic massage / abhyangas post-partum.
- Eat Ayurvedic meals post-partum.
- Focus on igniting the agni and balancing what is out of balance.

Life Cycle - Menopause

- Menopause is a natural transition.
- It's a time of moving inward, spiritual time.
- One is moving from a pitta phase of life to a vāta phase of life.
- If there are any symptoms, there is an imbalance.
- Remove impurities (āma), ignite digestive fire (agni):
 - Add kitchari to the diet.
 - Avoid overly heating spices – black pepper, cinnamon, ginger, raw onions and garlic, tomatoes and alcohol.
 - Add cilantro to diet.
 - Drink 1 cup of rose petal tea.



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Kitchari Recipe Servings: 8 VPK =

Ingredients:

1 cup of split yellow mung (moong) dhal
1 cup white basmati rice
1 tablespoon of freshly grated ginger root

1 handful of chopped fresh cilantro leaves

1/2 tsp of turmeric
1/2 tsp of coriander powder
1/2 tsp of cumin powder
1/2 tsp of whole cumin seeds
1/2 tsp of mustard seeds
pinch of asafoetida (hing)
1/2 tsp salt or more to taste
1 to 2 tbsp of olive oil or groundnut oil

ghee

Optional: shredded carrots, chopped kale or arugula

Instructions:

1. Dry roast the rice and mung beans.
2. Then, wash yellow split mung beans and rice until they run clear.
3. In the pan you will be using to cook your kitchari, pour olive oil or groundnut oil.
4. Add the cumin seeds and mustard seeds to the warm oil until they pop. Then, add everything except the turmeric and salt to the warm oil and spice mixture and sauté the spices in the oil for 3 to 5 min.
5. Add mung dhal and rice and continue to sauté and stir for another few minutes.
6. Once it starts to stick, add 8 cups of water. You can add more water also depending on the consistency you want to achieve.
7. Add the salt and turmeric 10 to 20 min before done.
8. Add optional grated carrot, arugula and/or kale 2 to 4 min before done.
9. Cook until it is thoroughly cooked, both dhal and the rice are soft (about 40 mins. or longer)
10. Add freshly chopped cilantro leaves and a small amount of ghee on top of the kitchari and enjoy!.