

03  
Ayurveda

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# Ayurveda

Journal for a healthier life

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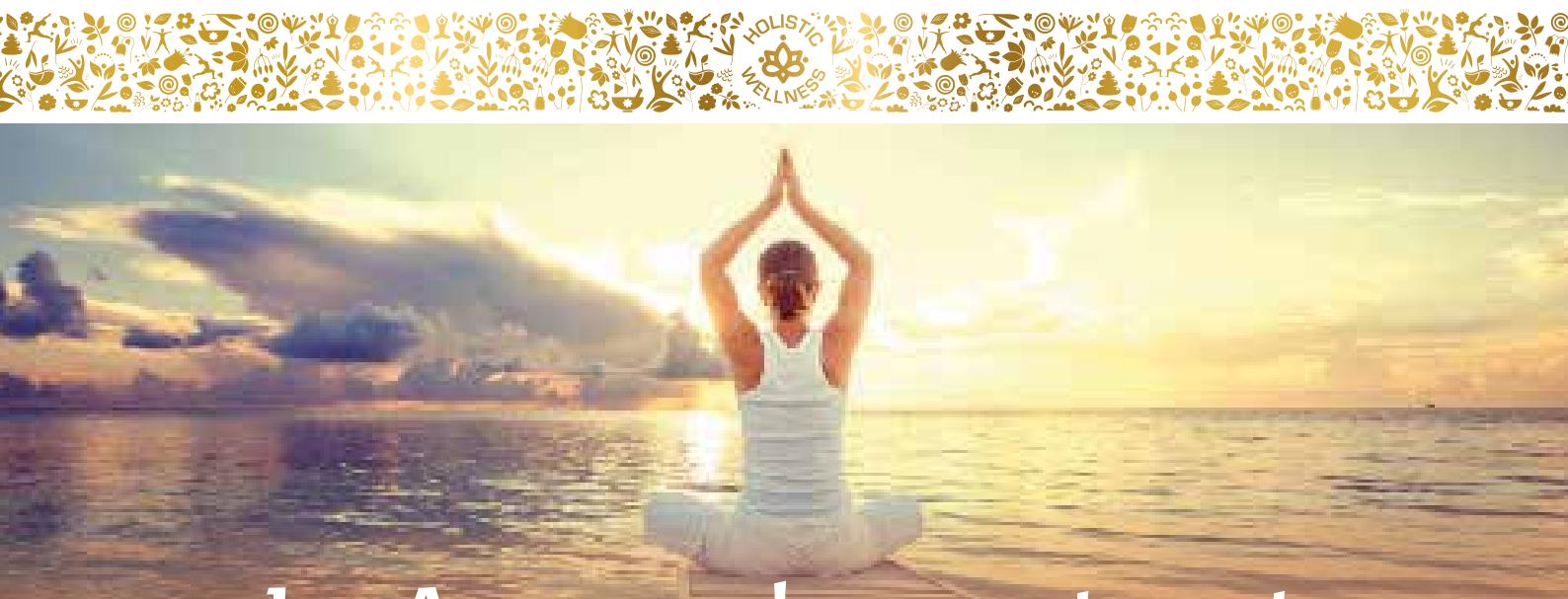
Yoga for  
the joints

The active  
ingredients your  
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spice medicine

With large  
recipe  
section

Healthy Food  
*How to stay young for longer*



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# *Embrace or fight - which do you choose?*

Dear reader,

Let's be honest, the temptation to abolish ageing and stay young forever is great. The latest developments in the eternity market do indeed make you wonder if things could be getting serious. But how happy would life be without an end?

The idea that there is never an end, with experiences repeating themselves ad infinitum, renders the possibility both worthless and empty. What about the consideration that time would never run out? Why do my best today - after all, we have forever to do it. Whatever exists is ephemeral and is therefore worth savouring to the full. So, should we really stay young forever?

But hang on though, we're not there yet! Should everlasting life not be available soon, wouldn't it be good to protect against the risk of ageing?

So before we turn our attention in this issue to the ways in which we can maximise our lifespan and prevent premature ageing, we would like to take this opportunity to speak out in favour of the passage of time. Because happy ageing means not fighting against getting older.

Happy ageing means moving with life and taking good care of yourself. Cosmetics should nourish and feed our skin and give it what it needs to be fresh and full. Our food, both spiritual and physical, should fill us with life energy, which provides us with the best care. Plenty of sleep, loving relationships and daily exercise are just some of the tools that support us in this quest.

Happy ageing begins in a world where it is not seen as a problem or a disease but as gaining in experience, awareness and serenity. It begins in a world in which there are no "anti-ageing products". Because the real secret is in taking the passing of time in our stride and savouring each and every moment as it imparts vitality and meaning.



*Yours, Verena Becker and the whole,  
wonderful Ayurveda Journal team*

*Verena Becker*

*Verena Becker  
Editorial Director  
redaktion@ayurveda-journal.de*

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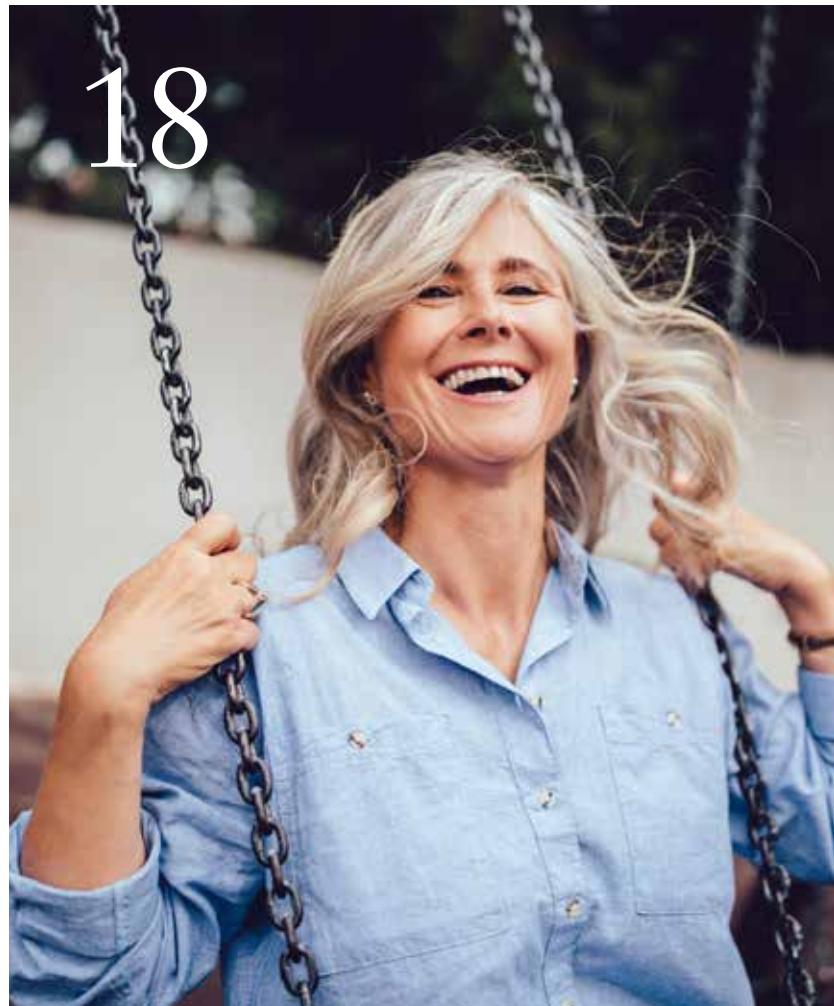
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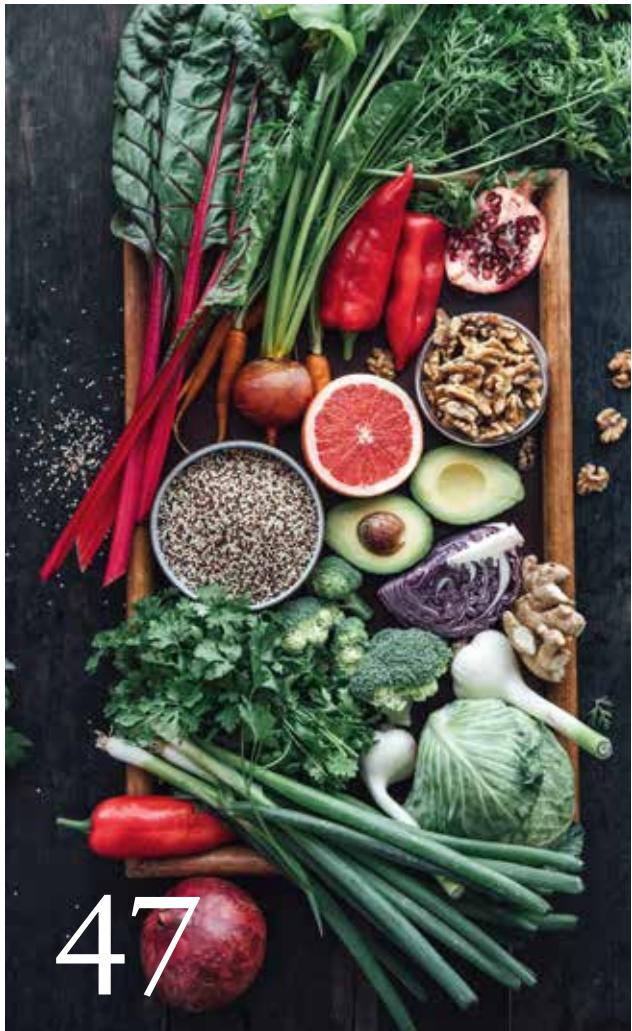
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# Spice medicine do it yourself

## Small recipes with a big impact

by Maria Hufnagl

In the Ayurvedic diet, spices are far more than just flavouring agents and cooking ingredients. Their effective ingredients and properties make them tried and tested remedies. Carefully selected according to individual needs, the dried seeds and roots can provide targeted support for our health. With the right spices, a dish can quickly become a healing dish that promotes the well-being of body, mind and soul.

### Use your own spice pharmacy

However, your spice rack not only provides ingredients for cooking but can also be turned, quickly and easily, into a do-it-yourself "medicinal" spice rack. Pastes, wraps, baths and teas can be prepared in just a few minutes.

You probably already have most of the ingredients in your kitchen and anyone who has, will already have conjured up their own spice medicines.



### SCRATCHY THROAT & MUCOUS IN THROAT

#### *Turmeric and honey paste*

Vata and kapha reducing

*Preparation time: 3 minutes*

#### *Ingredients:*

- 2 tbsp honey (preferably dark forest honey)
- 1 tbsp turmeric
- 1 pinch of pippali or black pepper

#### *Preparation:*

Mix the honey with turmeric and pepper to make a fine paste. Thoroughly stir the paste then pour it into a clean, sealable glass container and store it in a kitchen cupboard.

#### *Application:*

For acute sore throat, take 1 teaspoon every hour. Leave to melt slowly on the tongue.

## FOR TENSION IN THE NECK AND SHOULDER AREA

### *Fennel wrap*

Vata reducing

*Preparation time: 2 minutes  
+ 10 minutes infusion time*

### *Ingredients:*

- ½ tsp fennel seeds
- 200ml water

### *Preparation:*

Crush the fennel seeds and bring the water to the boil.

Then pour the hot water over the fennel seeds, cover and leave to infuse for 10 minutes.

Strain the fennel tea through a clean cotton cloth. Wring it out well so that the compress is not too moist.

### *Application:*

Fold the damp cloth several times, keeping it as warm as possible for the tense muscles. Cover the cloth with a large towel to keep the neck and shoulder area warm. Leave on for as long as the compress is warm. Repeat several times if necessary.



## FOR COLD FEET & RAISED VATA

### *Warming foot bath with cinnamon and chilli*

*Preparation time: 8 minutes*

*Application: 10 minutes*

### *Ingredients:*

- ½ cinnamon stick
- 1 dried chilli pepper
- 500ml water
- 1 tsp salt

### *Preparation:*

Cut the cinnamon stick and chilli pepper into small pieces, add to the salted water and bring to the boil. Boil for 2 to 3 minutes. Cover and leave to simmer for a further 2 minutes, then leave to infuse for 3 minutes.

### *Application:*

Strain the spicey brew into a foot bath. Add cold water to make the temperature comfortable and keep the feet in the bath for as long as the water is warm.



## FEVER & HEADACHE

### *Clove tea as a drink or forehead pad*

Pitta and kapha lowering

*Preparation time: 2 minutes  
+ 10 minutes infusion time*

### *Ingredients:*

- 4 cloves
- 400ml water

### *Preparation:*

Add the cloves to the water and bring to the boil. Cover and simmer for 10 minutes to infuse. Pour into a thermos flask but once poured, leave to cool before drinking.



### *Application:*

In small sips, evenly spaced throughout the day.

For external use:

Soak a small cotton cloth with the clove tea, making sure it's not too hot when applying to the forehead. Leave in place whilst lying down relaxed.

### *Tip*

This tea is used to relieve tension headaches and migraine.

Clove tea has a similar effect to coffee, as it revitalises and improves concentration.



## FOR COLDS & HAY FEVER

*Ayurvedic steam bath, dissolves mucous and expands the bronch  
Vata and kapha lowering*

*Preparation time: 2 minutes*

*Application: 5 minutes*

### Ingredients:

- 1 tsp ajwain (caraway seeds)
- 2 litres of water
- 1 tsp salt
- 1 large bowl
- 1 large towel

### Preparation:

While the water is boiling in the kettle, coarsely grind the ajwain seeds. Add the seeds and salt to the bowl and mix with the boiling water.

### Application:

Carefully move your head forwards over the bowl ready to breathe in the spice vapour deeply. Bend downwards towards the bowl only as far as you find comfortable. Then place a towel over your head and inhale for between 5 and 10 minutes. For persistent mucous, the steam bath can be repeated 2 to 3 times a day.

## FOR RELAXATION, COSINESS & WARMTH

### Ginger bath

Vata and kapha reducing

*Preparation time: 2 minutes +  
bathing time: 15-20 minutes*

### Ingredients:

- 3 tsp ginger powder
- 1 tea bag or old stocking

### Preparation:

Pour the ginger powder into the teabag or fine stocking and simply add it to the warm water in the bathtub. Leave the ginger in the bath whilst you are bathing.

### Application:

Enjoy the bath for as long as you find it pleasant. Wrap up warm afterwards and rest.



## Use spices with care

Spices should never be used according to the "more is better" principle. Instead, careful use is recommended. It makes more sense to use small quantities repeatedly rather than large quantities in one go. This equally applies to do-it-yourself medicine from your own kitchen. Stick to the recipes given and use less rather than more. Use spices that you are comfortable with and enjoy the taste of. Flavours that repel you will hardly produce a positive effect. A spice medicine which you like, unfolds the best effect.

*Maria Hufnagl, certified nutritionist and Ayurvedic nutritional therapist, combines western nutrition and Ayurveda in her nutritional coaching sessions. She is a lecturer and author, gives inspiring cookery workshops and blogs health tips and recipes on her website: [www.ayurveda-ernaehrung.com](http://www.ayurveda-ernaehrung.com)*



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# Micro-nutrients during meno-pause



*Get through this time well with targeted nutrition*

By Ursula Linzer

Many women think that the menopause doesn't apply to them yet. However it does apply because by the time typical menopausal symptoms occur, or the menstrual cycle changes by becoming longer or more irregular, they are already at the end of the hormonal transition. From the age of 35 the progesterone levels in the body mean that women no longer ovulate in every cycle and symptoms such as premenstrual syndrome (PMS) and physical and mental discomfort are just considered normal complaints of a women's monthly cycle. But our hormone system often gets out of balance much earlier than we suspect. Do something about it, act now!

## WHAT UNBALANCES OUR HORMONES

The harmonious interplay of hormones is essential not only to keep all bodily functions in balance but also to respond appropriately to changes. But what if this fragile relationship is out of balance? A targeted diet and (if necessary) supplementation of micronutrients can prevent hormonal imbalance or alleviate symptoms and thus treat it. It is important to recognise the symptom-related, specific needs - for example, bodily hair loss has a different nutrient requirement from hot flushes. Both internal and external stressors have an influence on our hormone health. Often underestimated are environmental hormones, or endocrine disruptors, that we all come into contact with on a daily basis.

## RECOGNISING AND AVOIDING ENDOCRINE DISRUPTORS

In 2012, the WHO published which endocrine disrupting chemicals are categorised as a global threat. Above all is bisphenol A (BPA), the most widely produced chemical in the world. On the one hand, it is used as a

raw material for plastics such as polycarbonate and epoxy resin, on the other, it is added to plastics and synthetic fibres to make them stronger or more tear-resistant. BPA was developed in 1936 by the British biochemists Charles Dodd and Wilfried Lawson when they were looking for a "birth control pill".

Other endocrine disruptors are parabens and phthalates. Parabens are used in colours added to care products and in cosmetics as a preservative. Phthalates are used as plasticisers in packaging materials and in other things such as display goods, wallpaper and pharmaceutical capsules. They also include padimate, a water-insoluble substance which can be found in all waterproof creams, lotions and cosmetic products. Further examples are octinoxate, octocrylene and benzophenone, which are UV filters contained in 90 % of commercially available sun creams.

These substances disrupt our hormone balance considerably. Try to avoid endocrine disruptors whenever possible.

### PROGESTERONE DEFICIENCY – NUTRIENTS YOU NEED NOW

In order to counteract the drop in progesterone levels from the age of 35 and the associated typical symptoms such as impaired conception, shortened menstrual cycle and PMS, we need sufficient vitamin B6, zinc and magnesium. Vitamin B6 (2mg daily) activates progesterone synthesis, zinc (25mg daily) stimulates the release of progesterone. Magnesium (300mg daily) is recommended as necessary for the follicle-stimulating hormone (FSH) and for a balanced ratio between progesterone and oestrogen. But also foods such as cucumbers, strawberries, carrots and sweet potatoes have a progesterone-increasing effect. Monk's pepper is recommended as a spice and medicinal herb.

There is a relative oestrogen dominance due to the falling progesterone level whilst oestrogen levels remain the same. Environmental hormones greatly increase this dominance. Typical symptoms of oestrogen dominance, amongst others, are insulin resistance, allergies, thyroid disorders and Hashimoto's disease but also included are fibroids and endometriosis. Important nutrients are vitamin D (1000-2000 IU daily), which regulates the progesterone-oestrogen metabolism, vitamin B6 (2mg daily), to raise progesterone levels and magnesium (300mg daily). The herbal active ingredient diindolylmethane is particularly recommended (DIM) from cruciferous vegetables, especially broccoli. It regulates the oestrogen receptors so that excess oestrogen is excreted. All fermented foods such as sauerkraut also promote the rejection process.

When we are between the ages of 50 and 60 and enter the so-called "menopause", i.e. at the end of the hormonal transition, the rapid change and drop in oestrogen usually means that

disorders such as endometriosis and fibroids disappear on their own. Instead, many typical symptoms such as hot flushes, hair loss, weight gain, sleep disorders and joint problems then occur.



►



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## OESTROGEN DEFICIENCY – NUTRIENTS YOU NEED NOW

The hypothalamus is located in the diencephalon and is the most important control centre. It controls all vegetative functions in the body. Controlled via receptors in the body, it compares the target and actual value of hormones and other parameters. It regulates the blood pressure, the water-salt balance, the energy and heat balance, digestion, the emotional world and our sexual behaviour.

Due to the falling oestrogen levels the hypothalamus, by producing releasing hormones, now stimulates the pituitary gland to secrete the receptor hormone FSH. But the target organs - the ovaries - do not react. A high FSH level is an indication that the woman is in the menopause. Our top boss is stressed, because the known target value does not materialise. Our entire system is thrown out of kilter and this can lead to a wide variety of symptoms. During this phase, the body needs a particularly high dose of B vitamins to strengthen the mental and physical performances. Vitamin B5 reduces the production of the long-term stress hormone cortisol, vitamin C (100mg daily) lowers the cortisol level and is necessary for the formation of collagen fibres. Magnesium is important for hormone balance, zinc (25mg per day) is required for the absorption of vitamin C.

In addition to the supply of nutrients and with a balanced acid-base, balance and detoxify your body regularly within the framework of a simple fasting cure.

## PLANTS AND FOOD WITH HIGH PHYTOHORMONE CONTENT

Phytohormones are secondary plant substances. They regulate the growth and development of the plant. Some plants in particular can increase progesterone levels as they contain diosgenin, a plant substance which is similar to human progesterone. It is mainly found in cucumber, carrots, asparagus and monk's pepper, and also in Ayurvedic spices such as fenugreek.

Stigmasterol is a precursor of the plant-based progesterone which counteracts oestrogen dominance and supports ovulation. Good suppliers are blackberries, strawberries, lettuce, pistachios and courgettes.

The active ingredient beta-sitosterol is a good oestrogen supplier. It can regulate oestrogen levels by producing an oestrogenic effect in the event of oestrogen deficiency and, in the case of oestrogen dominance, an anti-oestrogenic effect. This means that if there is a lack it increases the oestrogen level but with a dominance, the body can excrete excess oestrogen. It is found particularly in apples and apricots, sea buckthorn and wheat. Fatty dairy products such as butter, cream and mascarpone are rich in oestrogen.

## MENOPAUSE AS AN OPPORTUNITY FOR A NEW BEGINNING

The menopause does not have to be seen as a threat. It is a natural process, like puberty, which gives us new opportunities. It is an opportunity for reorientation and of self-discovery. A time of "hormonal liberation", in which the woman begins to think more about herself and does the things that are really good for her. ■



**Ursula Linzer**

Naturopath, active in private practice since 2004. Over the years, the main areas of practice have become allergies and thyroid diseases, with hormonal disorders, especially, becoming the focus of treatment.

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# Living with Parkinson's

## More well-being with Ayurveda therapies

by Hans H. Rhyner MD & PhD (AM),  
Ayurvedic physician

**P**arkinson's disease is one of the most common diseases of the central nervous system. This is typically the progressive dying off of nerve cells in a specific region of the brain that contains the neurotransmitter dopamine, which not only has an emotional effect, but also triggers motor reactions. For a long time, it was assumed that the main issue was with dopamine but scientists have now realised that it's clearly much more complex than that. Without knowing the reason for the illness, it is not possible to find a cure. Ayurveda can help to alleviate the disease by slowing down symptoms and thus improving the patient's quality of life. significantly improve the quality of our products.

### CAUSES FROM THE PERSPECTIVE OF MODERN MEDICINE AND AYURVEDA

In modern medicine, four causes are recognised:

1. Environmental factors
2. Lifestyle including diet
3. Traumata
4. Genetic predisposition

These four causes are also recognised in Ayurvedic medicine, being mentioned in Ayurvedic literature and clinical practice.

### 1. ENVIRONMENTAL FACTORS

These include anomalies in the seasons, the weather and the climate. Other factors include environmental toxins (neurotoxins) in the air, water and soil (e.g. pesticides or toxins in the workplace) and also electro-smog and endocrine disruptors. Further studies show a connection with viral pathogens from nose or stomach infections which affect the brain via the vagus nerve.

### 2. LIFESTYLE AND NUTRITION

This includes the excessive consumption of food that is dry, light or cold. Also not eating enough or not eating regularly can contribute to the condition. Additionally, the consumption of non-regional food or taking part in activities that do not match the season increase vata. Intensive physical or mental activity, worry, grief, sadness, fear and exhaustion are other factors.

### 3. TRAUMATA

Injuries to vital organs (especially head and spinal trauma for Parkinson's disease), incorrectly carried out medical treatments (but also, in general, every surgical procedure), lengthy diseases and fasting all increase the vata dosha.

### 4. GENETIC PREDISPOSITION

Ayurveda calls this factor "bija", which means seed. 5 to 10 % of Parkinson's disease diagnoses are genetic, according to various studies.

## THE 10 MOST IMPORTANT EARLY SYMPTOMS

It is important that Parkinson's is diagnosed as early as possible. This increases the chances of a therapy being successful - whether conventional or alternative. The later Parkinson's is recognised, the more the brain cells that have already died. Therefore there is intensive research in the area of early diagnosis.



**1. Tremor:** have you noticed tremors of the thumb, fingers, hand or chin when at rest? Of course, the trembling can also be due to the taking of certain medications or be triggered by stressful situations.

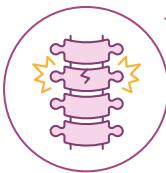
**2. Your handwriting changes:** is your writing smaller and are the letters closer together than before?



**3. Loss of the sense of smell:** you can still smell certain foods such as banana and dill but not liquorice? This can also happen with cold or flu-like infection but once the infection has gone your sense of smell would normally return.



**4. Sleep disorders:** do you constantly move to and from in bed, thrash about in deep sleep or whilst dreaming??



**5. Stiffness:** does it feel like your feet are stuck to the floor or your arms don't swing when you're walking and the stiffness doesn't disappear as you move?

**6. Constipation:** do you have the feeling that your bowel does not move due to constipation or do you have difficulties during a bowel movement?

**7. Quiet voice:** you may believe that the person you are talking to is a bit deaf but in fact you are speaking softly.

**8. Mask face:** it's normal for facial expressions to change when you are happy or sad but your facial expression appears rigid and mask-like. This symptom is called hypomimia.



**9. Dizziness:** if you often feel dizzy after getting up, this could be a symptom of low blood pressure but it could also be from Parkinson's disease.

**10. Bent over:** are you bent forward when standing or walking?

You're able to recognise all these symptoms yourself. You should consult a doctor if they don't go away or if they become worse. From the Ayurvedic perspective, all ten symptoms are due to an excess of vata energy. Parkinson's can therefore be described as a chronic vata disorder. Several organs are associated with vata and they can be dried out when exposed to an excess of it.

## PREVENTION OF PARKINSON'S DISEASE

Avoiding the causes is always the best form of prevention. In the case of genetic predisposition this is not possible. Both environmental factors and trauma can be partially influential but the areas of lifestyle and nutrition offer the best possibilities for taking precautions. Pesticides, heavy metals, moulds or bacteria add neurotoxic risk factors to our food. Fresh food from your region and organically produced food offer a healthy alternative. You should avoid anything that disturbs your vata in the long term. This includes rigorous fasting and irregular eating, which many people have mistakenly been led to believe are beneficial to health.

## AYURVEDIC SELF-TREATMENT FOR PARKINSON'S

Try to reduce or balance vata in all areas of your life. In the early stages of Parkinson's, dehydration has taken place and caused the death of invaluable brain cells. The former can be balanced by a vata-reducing diet, the latter through so-called brain food, i.e. foods that provide the brain with an optimal combination of nutrients. Examples are nuts, fish, pulses, fruit such as apples, pears and bananas, vegetables such as broccoli, peppers and mushrooms and wholemeal products. Also incorporate strongly vata-reducing foods such as meat or fish soups, different types of milk and food in general with a sweet, sour or salty flavour.

A well-known vata restorative is a special garlic paste: 5gms of garlic paste twice a day with 5ml sesame oil. This mixture not only protects against Parkinson's but also alleviates the symptoms of the disease.

Nutritional supplements such as vitamins or Ayurvedic herbal preparations should be taken after consultation with a specialist. Regular full body oil massages for all Parkinson's sufferers are beneficial. Add sesame oil or an ayurvedic vata oil to water heated to 39 degrees, apply all over the body to dry skin, leave the mixture on for half an hour, rinse off with warm water then rest for one hour.

## MEDICAL AYURVEDA THERAPY

In Ayurveda, Parkinson's disease is called kampavata. Other names are vapana, vepathu, spandana or sphurana. They all mean "excessive tremors of the limbs". Ayurvedic therapies have at least three clinical advantages:

1. They counteract the neurodegenerative process
2. They reduce the frequency of and intensity of the symptoms
3. They reduce possible side effects of conventional therapy.

In my practice I have been treating Parkinson's patients for years. The effort an Ayurvedic therapy takes - whether self administered or with regular treatments - is always worthwhile.

General therapy by specialists includes the imbibing of fats and oils (snehana), sweating treatments (swe-dana), medical bowel enemas (basti), massages with medicinal oils (abhyanga), laxatives (virecana) and the instillation of medicinal substances into the nose (nasya).

Among the suggested remedies is mucuna pruriens (atmagupta), which Parkinson's self-help groups have become aware of. The bean of this plant contains 3 - 7% levodopa, the precursor of several neurotransmitters such as dopamine, noradrenaline and adrenaline, whose production is sensitive to disruption by Parkinson's. Traditionally, the efficacy is improved by boiling the beans in milk for 30 minutes. Products available on the market should only be

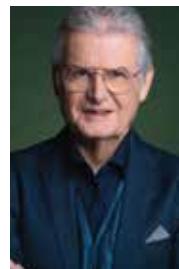
used after consultation with a specialist. In practice, mucuna preparations were prescribed in conjunction with withania somnifera (ashvagandha), tribulus terrestris (gokshura), tinospora cordifolia (guduci) or hyoscyamus reticulatus (khurasani ajwain/henbane), depending on the severity of the symptoms .

I wish you all the best.

**Hans H. Rhyner MD or PhD (Alternative Medicine), NHP Ayurveda**

Hans H. Rhyner is an Ayurvedic physician and is internationally recognised as an Ayurveda expert. He lived for over 25 years in India and was encouraged to learn Ayurveda wisdom from famous vaidyas. He opened his own clinic in Bangalore in the 1990s, where he mainly welcomed European guests for pancakarma. From the very beginning he trained countless Ayurveda therapists in Europe. He looks back on 40 years of clinical experience, particularly in the fields of diagnostics, panchakarma and Ayurvedic medicine. Since 1989, guests and students from all over the world have benefitted from his knowledge and wealth of experience. He treats patients in his practices and day clinics in Switzerland and Austria.

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*"It doesn't matter to give your life more years  
but to give the years more life"*

Alexis Carrel

# Happy Aging

## *The secret to a long, healthy life*

by Verena Becker

**H**ardly anything is more negatively charged in our modern world than ageing. Women in particular feel this pressure early on and many are prepared to sacrifice everything for the dubious ideal of youthful beauty that prevails in our society. Botox, tightening, wrinkle injections and much more is accepted in order to look young - and possibly also to feel that way.

We don't have to go down this path. And we cannot abolish ageing (yet).

It is therefore time for us as a society to realise what these negative stereotypes do to us and how we can face the process of ageing with acceptance, composure and self-confidence. So what you don't get in this article is the Ayurvedic miracle formula for eternal youth and flawless beauty - an ethos à la Silicon Valley, based on the premise "we will find a way to immortality". Even if there is a technology or a pill in fifteen years time which makes ageing superfluous, it would ultimately be good to cover all eventualities. That's why we'll tell you what you can do now to stay healthy and happy for a long time. Right now, we know much more than we make use of. Put it into practice!

### **Turn back biological age – can we really rejuvenate ourselves?**

Most of us think of age in chronological terms, i.e. age as a pure indication of time, defined as the number of years since birth. However, biological age tells us what state our body actually is in and can differ from our chronological age. You can be 60 years old but have the skin or the heart of a 40-year-old, or vice versa. Nowadays the biological age of individual organs and functions can be medically determined. ►





We can't reverse the chronological clock but it is very possible to rejuvenate ourselves biologically with a little Ayurvedic help. Above all, this leads to us staying healthy and fit for longer.

Rejuvenating yourself biologically sounds tempting but the path to success does not lie in swallowing the one miracle pill. Rather it consists of many small steps. Ultimately it's not simply about telling you what's good for you. It's about finding what works best for the individual, for your constitution and your goals - and something which you can maintain.

### Ageing – is it really necessary?

Almost everyone wants to grow old but nobody wants to be old. For many people, old age is primarily associated with loss and illness. But this needn't be. Every biological organism ages. But why actually? Experts agree to disagree on this. There are already many findings and theories indicating that both internal and external factors play an important role in ageing. These include damage to genetic material, cells and tissues that can no longer be repaired and the individual's own lifestyle. There are also external influences such as UV radiation, free radicals and environmental toxins that cause harm in the body. The main causal factors, from an Ayurvedic point of view, are tissue deficiency, metabolic disorders and illnesses, lack of exercise, too little sleep, an inappropriate diet and lifestyle and mental imbalances.

### It all depends on the overall concept

**Nutrition** plays an outstanding role in maintaining health but an ideal diet alone renders you neither happy nor fit. All long-term observations come to the conclusion that there is much more involved.

**Exercise and sport** of the right type and intensity can extend our life span and keep us healthy for significantly longer. There are countless studies that show that sport helps not only to reduce physical decline but also counteracts cognitive atrophy.

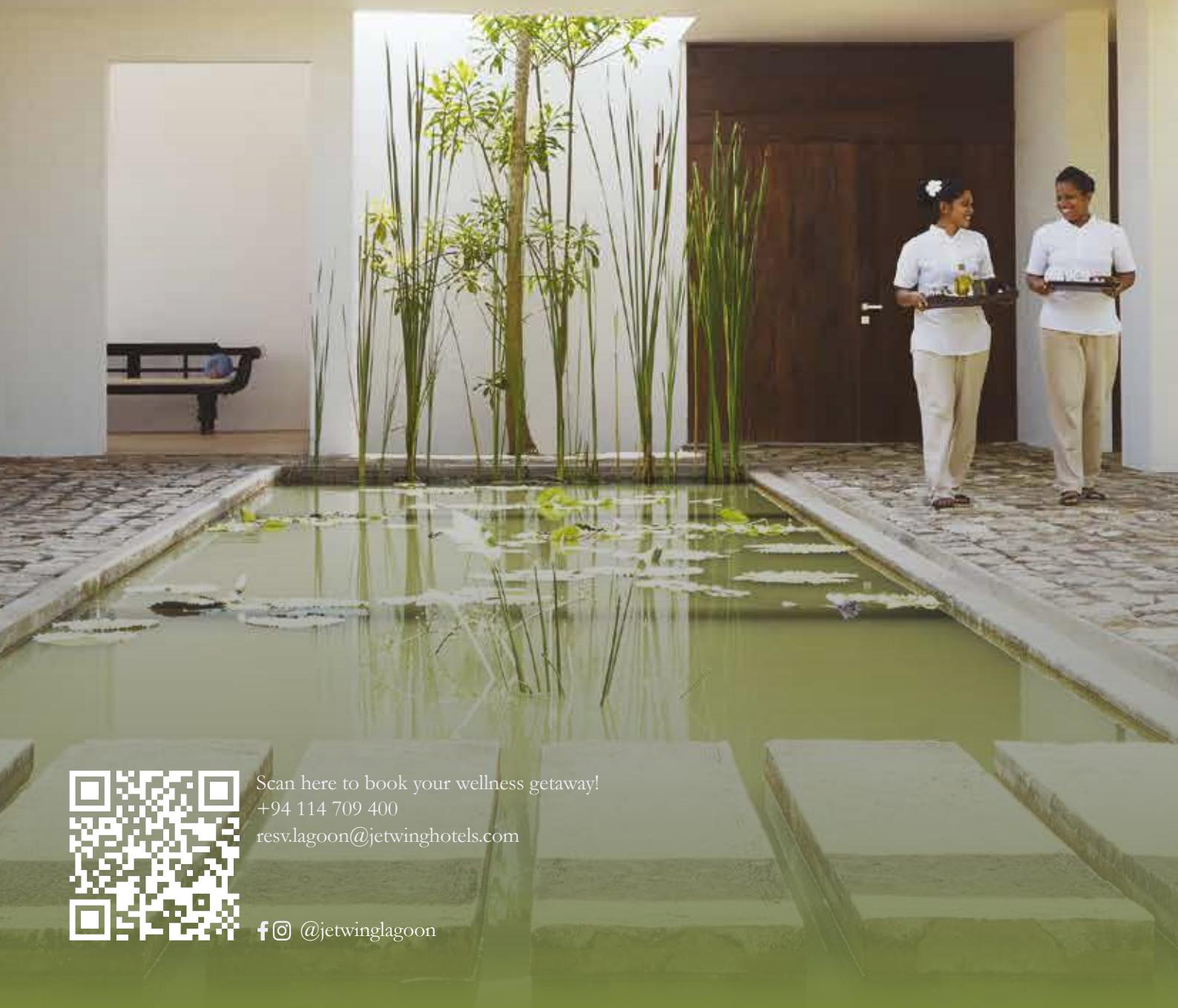
We've all heard that before but the typical blanket recommendation to please "get enough exercise" inspires the same reaction in most people as "drink enough water" and "eat healthily" - in one ear and out the other. We need more specific recommendations that help us to achieve our goals in a safe and effective way. Many are also unaware of the dramatic influence that these factors will have on our future well-being. An exercised musculature not only helps us in everyday life but also increases the resilience and efficiency of various bodily functions, such as the cardiovascular system and the metabolism. With moderate and correctly performed strength training we counteract muscle loss. Endurance training (walking, running, cycling, swimming) enables a fit cardiovascular system. If you have high cardiovascular fitness you will have more energy for everything you do in life. Who wouldn't want that?

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Getting enough sleep (approx. 7-8 hours) of good quality serves to regenerate the entire body, both long and short term. Large quantities of growth hormones are released, which ensures that bones, muscles and organs can renew. It is also one of the best anti-ageing remedies for your brain, because when we sleep, the glymphatic system is particularly active. It "cleans" itself and cellular waste materials are disposed of, like a recycling system.

You wouldn't wish reaching old age on your worst enemy if it was without the joy of life, social contacts or love. **Emotional and mental health** is often greatly underestimated.

*Learning, loving and  
laughing -  
if you cultivate these  
three Ls,  
you have the best chance of  
to grow old happily.*



### Happy Aging – without Extreme!

As soon as the first small signs of ageing become noticeable many people tend to overreact by trying to convince everyone, and themselves, that they can become a marathon runner overnight. Or even change their diet completely.

However, a radical change that is completely different from the current situation is usually condemned to failure. Interestingly, you can often see that people who are struggling particularly hard, through self-imposed restrictions, dogma and rules, are the first to age. Think only of the Danish concept of happiness and living - hygge. According to the "World Happiness Report" of the UN, the Danes are the happiest people in the world. Community, enjoyment and serenity play a major role in this. The glass of wine or the cinnamon buns are just as much a part of healthy living as green vegetables. Health is a complex physical and mental process but it is always based on something positive.

### Rejuvenation with Ayurvedic nutrition

The primary goal of every Ayurvedic rejuvenation therapy is always the optimisation of agni, the fire in the body, which is responsible for digestion and metabolism. If agni burns well, there is good breaking down and absorption of food and therefore nothing in the way of tissue renewal. Then food, herbs and food supplements are used that have an actively rejuvenating effect. They are called rasayanas, a Sanskrit term which translates as "path of essence". Some of these rasayanas have a systemic effect, others are organ-orientated or tissue-specific. They can be used specifically for protection or to stimulate function and regeneration.



Learning, Loving and Laughing -  
Keep to these three Ls and give yourself the best chance of ageing with grace.

## Happy facts about ageing from Ayurveda and science

### Fasting

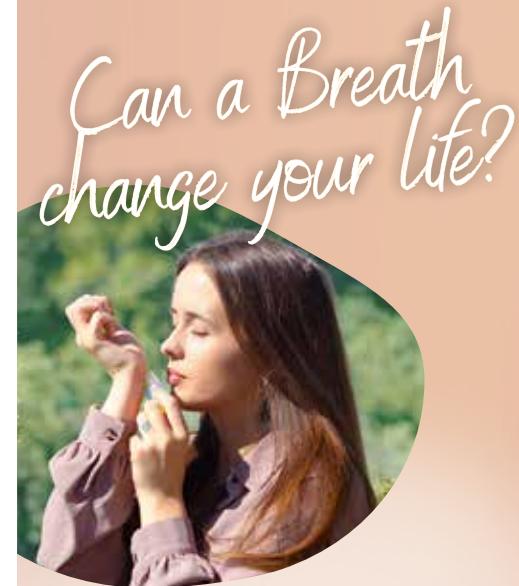
When fasting, the body enters an energy-saving and repair mode. Due to the lack of nutrients, it exhausts its carbohydrate stores and begins to burn fat to gain energy. This triggers recycling in the cells, or autophagy, which decreases during the ageing process. The body can cleanse itself independently, digestive and metabolic residues (ama) and burn off new ones. Gaining energy. Autophagy is essential for life. When it fails completely, the organism dies. It is therefore also known as the "body's own anti-ageing system". Fasting is an effective tool but it must be used carefully and correctly. Individual risks such as malnutrition or muscle atrophy must be taken into account.

### Eat less but better

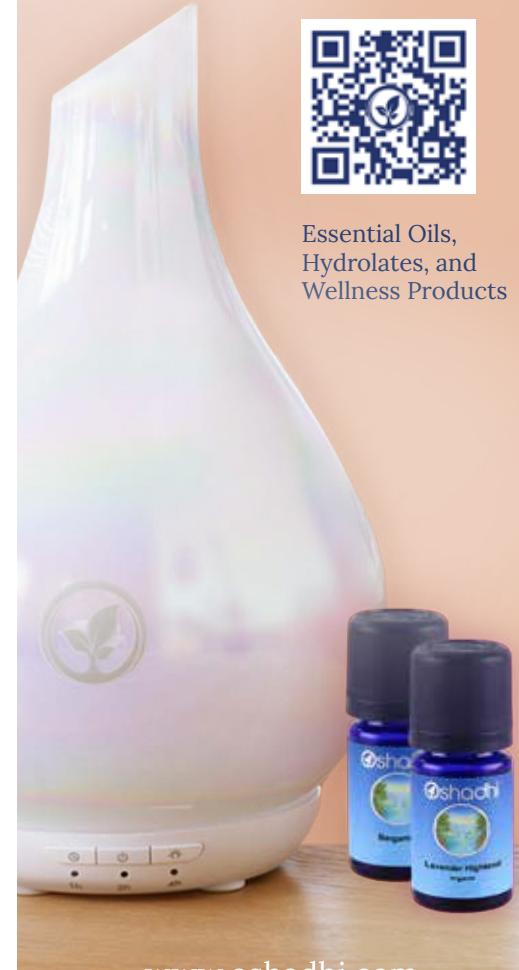
With calorie restriction as part of a balanced diet, which covers all vital substances, it is not about starvation but optimising the amount of energy that our body needs to function well. If fewer calories are consumed, the body is forced to adapt and make better use of available resources. It is quite safe to say that calorie restriction has a positive influence on various biological processes in connection with ageing.

### More proteins

However, make sure you have a sufficient protein intake. An average of 0.8 g/kg body weight per day is recommended. Some studies suggest that the protein requirement increases slightly with age - due to the anabolic resistance that develops. The fact is, protein deficiency encourages ageing processes. Eat meat only rarely and increase plant-based protein sources daily into your diet, e.g. pulses, tofu or plant-based protein powder (a mix of peas and hemp seed is often well tolerated) as a supplement. ►



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## Do you prefer complex carbohydrates?

Depending on your metabolism, your tolerance of carbohydrates is probably different from that of your neighbour. However, irrespective of this tolerance of carbohydrates, the increased fluctuations in sugar levels they cause are harmful. In the long term, these fluctuations are associated with premature ageing and an inclination towards chronic diseases. Avoid simple sugars from white flour products, sweets, fruit juices, smoothies in large quantities and soft drinks, especially in old age. Fresh fruit is not a problem if not overindulged in.

## Healthy fats and oils

Eating the right fats can contribute to balancing the metabolism but they are also important for the health of our brain, which to a large extent consists of fatty acids. In the golden (i.e. last) third of our lives, which is vata dominated, a little more fat may be consumed, preferably from olive oil, ghee, nuts, nut oils, seeds, kernels and avocados.

## Rejuvenating foods

Nourish your body with food that vitalises and rejuvenates you. Sweet fruits such as red grapes, dried fruit (e.g. dates, sultanas, apricots, figs) and nuts, seeds and kernels (e.g. almonds, cashew, pistachio, macadamia, pine nuts) should be part of your diet. Demeter-quality milk and ghee are considered excellent remedies in Ayurveda for the whole organism. Honey, with its enzymes and antioxidants, has a firm place in a balanced rasayana diet.

## 10 dietary supplements for rejuvenation of your biological age

- As an adaptogen, **Ashwagandha** promotes a strong nervous system and vitality, even in old age, and alleviates symptoms of exhaustion and stress. It has a particularly good regenerative effect on disorders of the musculoskeletal system (osteoporosis, osteoarthritis etc.).
- **Amalaki** has a positive effect on skin, hair and nails. The berry can stimulate collagen synthesis and, according to some studies, reduce early greying and hair loss. It has strong antioxidant properties and rejuvenates the whole organism.
- **Chyawanprash** is considered to be an excellent anti-ageing agent, with its nourishing properties it strengthens immunity and promotes a good energy level.





- **Triphala** has a positive effect on intestinal and eye health. Studies suggest that it can reduce blood sugar levels and protect against toxins and free radicals.
- **Guduchi** strengthens the digestive system and ignites the "fire of life". It is excellent for immunodeficiency and renews strength.
- **Brahmi** is a medhya rasayana, which means that it delays the ageing of the brain and supports the regeneration of neuronal tissue. It is also used for memory and concentration problems as well as states of unrest.
- **Shatavari** has a rejuvenating effect on the hormonal system and is often used for support during the menopause.
- **VATACare**, with vata-reducing plant extracts from ashwagandha, guduchi, shatavari, brahmi and more is an all-round package for disorders associated with vata and in the vata time of life.

- **Omega-3 fatty acids** (EPA and DHA) contribute to maintaining normal brain function, supporting the cardiovascular system and the various processes that occur in connection with ageing.
- **Resveratrol** from the grapevine protects the body against free radicals and can contribute to cell protection and strengthening immunity. In Ayurveda it is known as the darakchasava preparation.

These herbs are not intended as cures for or the prevention of diseases. The symptoms described here relate only to ayurvedic-dynamic principles (doshas) in reference to the organs and have no equivalent in western science. They serve exclusively as dietary supplements in order to complement the body's own balance, in the sense of Ayurveda bringing harmony through the dosha teachings.

**Verena Becker** is Editorial Director of the Ayurveda Journal, a PhD student in medical anthropology and has been living and researching in Sri Lanka for three years. As part of her doctorate, she has spent countless hours in Ayurveda hospitals, medical practices and universities, followed hundreds of patients and gained a deep understanding of the Ayurveda medicine of Sri Lanka.  
[www.verenabecker.com.de](http://www.verenabecker.com.de)



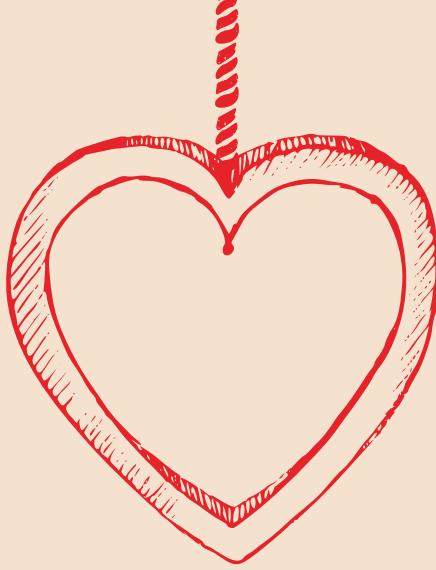
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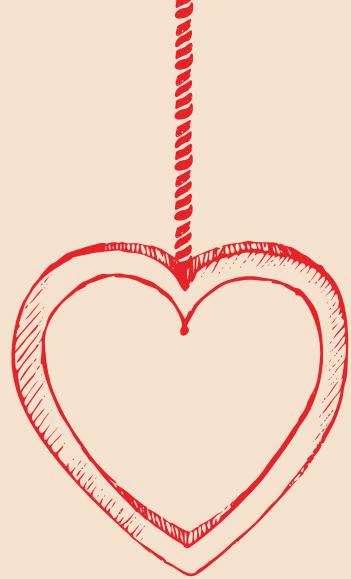
*Grete & Hans H. Rhyner*



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# MAIN COURSE

## *Chickpea patties with sweet potato mash and yoghurt sauce*



### **Chickpea patties:**

- 200g chickpeas
- 1 carrot
- 1/2 small red onion
- Chilli powder
- 1 egg
- 75g feta
- 10g coriander green
- 25g rice flour
- Rock salt as required
- 1/2 tsp pippali
- 1 pinch of asafoetida
- Ghee for frying

Put the chickpeas in a sieve, wash thoroughly and drain. Then crush.

Peel and grate the carrots and crumble the feta. Wash and finely chop the coriander. Mix the carrots, diced onion, chilli powder, feta and coriander with the chickpeas, eggs and rice flour. Season well with rock salt, asafoetida and pippali.

Add the ghee to a frying pan and heat to a medium temperature. Add the batter, shape into tablespoon-sized patties and fry for approx. 3 minutes on each side. Cook until golden brown. Then drain on a rack.

### **Yoghurt sauce:**

- 150g natural yoghurt (min. 3.5 % fat)
- Paprika (optional)
- Rock salt
- Pepper

Heat the yoghurt in a pan (do not boil), season with salt and flavour with pepper. If you wish, you can also peel and finely dice the peppers, sauté and stir in.

### **Sweet potato mash:**

- 1 sweet potato
- 50g ghee
- Spice preparation e.g. Classic Ayurveda® Flying Potatoes

Peel and dice the sweet potatoes and boil for approx. 20 minutes. Drain the potatoes, mash with ghee and season with potato spice.



# STARTER

## Beetroot carpaccio with sheep's cheese and nuts

- 1 beetroot (vacuum-sealed)
- 50g sheep's cheese, crumbled
- 25g nuts of your choice

### Dressing:

- 1 apple
- 2 tbsp olive oil
- 1 tbsp light balsamic vinegar
- 1 tsp honey
- 1 tsp mustard
- 1 pinch of rock salt
- 1 pinch of pippali

For the dressing, cut the apple into small cubes, mix with the other ingredients and flavour with rock salt and pippali. Cut the beetroot into wafer-thin slices and shape into small florets. Chop the nuts and fry lightly in a pan, without fat, until they are fragrant. Spread the dressing over the beetroot and sprinkle the nuts on top. Serve with feta cheese.



# DESSERT

## Baked espresso crème brûlée

- 165ml whipping cream
- 35gms sugar (e.g. sharkara®)
- 2/3 tbsp espresso powder
- 1 teaspoon coffee spice e.g. Classic Ayurveda® Coffee Spice
- 2 egg yolks (medium)
- 1 tbsp coconut blossom sugar
- 2 tbsp pistachio kernels (shelled)
- 1 or 2 tbsp pomegranate seeds

Also: 6 ovenproof ramekins (9cm Ø, 5cm high), kitchen blow torch

Stir together the cream, sugar, Magic Coffee Spice and espresso powder, bring to the boil briefly and leave to cool slightly. Pour the egg yolk into a bowl and slowly stir in the warm espresso cream. Then pour the mixture through a fine sieve into the ramekins.

Place the ramekins in a casserole dish and pour in hot water until it is 2cm below the rim of the moulds. Bake in a preheated oven at approx. 80

degrees centigrade (fan setting) on the middle shelf for approx. 1 hour. Leave to set by removing the ramekins from the oven and allowing to cool completely.

Sprinkle the crème brûlées in the ramekins with sugar then burn the sugar until it is golden brown and caramelised. Leave to cool, allowing a sugar crust to form. Top with 2 tablespoons of pistachio kernels and/or 2 tablespoons of pomegranate seeds.

*Enjoy your meal!*



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by Dr. Susanne  
Erment-Roth

# Timelessly beautiful

*The active ingredients  
your skin really needs*

## The dream of eternal youth

Since time immemorial, it has been mankind's dream to be young, beautiful and healthy. But time leaves its fingerprint on our skin. We can't change the fact that we age but we can influence how we age and steer the process in a positive direction. You will find out in this article which products and active ingredients have a lasting effect on your skin, including those for healthy skin care, smoothing out fine lines and treating for moisture and firmness. It also mentions which ingredients you'd best avoid, so that the dream doesn't become a nightmare.

## Causes of skin ageing

Both external and internal factors are taken into account for being responsible for the ageing of our skin.

*External factors include:*

- Excessive UV radiation
- Unhealthy lifestyle (smoking, alcohol consumption, stress, lack of sleep, unhealthy nutrition that unbalances the doshas or contributes to the

increase of digestive residues and metabolic metabolites, harmful or excessive cosmetics, care and cleaning)

- Particulate matter

*Internal factors include:*

- Genetics
- Hormone changes
- Saccharification of the skin (glycation)

You have no influence over some factors, including, for example, your skin type, which is genetically determined. But with the help of a healthy lifestyle and care, adapted appropriately to your Ayurvedic constitution and lifestyle, you can slow down the ageing of your skin.

## Rejuvenating the skin with Ayurveda

Ageing well is about serene acceptance of the natural ageing process combined with the possibility of proac-

tive measures to improve skin health and quality of life. The holistic principles of Ayurveda offer effective and personalised methods and routines to enjoy the ageing process and slow down skin ageing somewhat. The efficacy of these measures may vary from person to person, which is why an individually customised approach is always the most effective.

## The ABC of the most important anti-ageing agents

This list does not claim to be exhaustive. The order is alphabetical, not based on the value of the individual preparations and is strictly not purely ayurvedic.

- AHA fruit acids, such as those found naturally in grape seed extract, improve the skin structure by removing dead skin cells and increasing skin moisture.
- Aloe vera is effective due to its antioxidant vitamin C content, is moisturising and soothes the skin.
- Amla has an antioxidant effect due to its vitamin C content, while its tannins have an anti-inflammatory effect and the flavonoids and polyphenols ensure that your skin is protected from UV and environmental influences.
- Ashwagandha, as an adaptogen, reduces stress and has an antioxidant effect due to withanolides. Ashwagandha, due to its retinol-like properties, enables the beta-carotene effect which reduces wrinkles due to the proliferation of skin cells.
- Brahmi has positive properties for stress reduction and sleep, containing saponins and flavonoids which are effective as antioxidants.
- Coconut oil not only provides the skin with vitamin E but also offers lots of moisture which has a soothing, wrinkle-reducing effect. It also protects against light UV.
- Guggulu has antioxidant properties due to the effect of guggulsterone which stimulates blood circulation.



- Certified natural cosmetics (BDIH & COSMOS)
- Unique ayurvedic skin care concept
- free from mineral oils, parabens, silicones and PEG
- without chemical-synthetic fragrances, colorants and preservatives
- produced without animal testing
- with ingredients from organic cultivation

## Effective facial care for mature & dry skin (Vata)



- Ginger stimulates the circulation and contains gingerol, zingerone and shogaol, which have an antioxidant effect.
- Jojoba oil has a moisturising effect which, thanks to the antioxidant vitamin E, contributes to skin regeneration.
- Liquorice has an anti-inflammatory effect due to glycyrrhizic acid and through licochalcone A, and glabridin which is an antioxidant.
- Manjistha is characterised by quercetin and anthraquinones which have antioxidant properties and a detoxifying effect, leading to a healthy and radiant complexion.
- Neem works through carotenoids and quercetin which are both antioxidants. It is moisturising and reduces fine wrinkles.
- Rose oil plays a role in skin tightening and calming and, thanks to its high vitamin C, flavonoid and polyphenol content, has antioxidant effects.
- Sesame oil has antioxidant effects due to vitamin E and is well suited for sensitive skin.
- Shatavari helps to maintain the hormone balance and supports your skin during the menopause.
- Shea butter has an antioxidant effect due to vitamin E. Also, due to stearic and linoleic acid, it is a moisturiser and wrinkle reducer.
- Triphala has antioxidant properties due to vitamin C, has a skin-lightening, detoxifying effect and is an aid to digestion.
- Turmeric, due to curcumin, has strong antioxidant and anti-inflammatory properties.

These Ayurvedic preparations are available in different dosage forms. Please note that every skin type is unique and that the effects of the medicines can vary from individual to individual. Use them with caution in your skin care routine, especially if you have sensitive skin or allergies. The best thing to do is to have an Ayurveda medicinal or dermatological consultation in order to find the right products and applications for your personal needs.

These products are part of a holistic skin care programme and can be part of a healthy lifestyle but not replace it. Daily Ayurveda routines such as skin brushing, gentle cleansing, a beneficial nourishment regime, sun protection, stress management, sleep hygiene and detoxing can support your skin health and rejuvenation.



### What you should avoid

Many beauty substances with chemically synthesised active ingredients may improve your skin superficially and temporarily but should be handled very carefully so that they do not harm or age it prematurely.

These include:

- Products with plasticisers, microplastics, paraffins, PEGs
- Chemical preservatives (parabens)
- Aggressive products: use only under supervision and for certain conditions

Ensure when choosing Ayurveda cosmetics that they are appropriate and of high quality. Use the best, professionally certified, natural Ayurveda cosmetics (BDIH, Cosmos Natural & Cosmos Organic, Natrue, Ecocert), customised to your skin type.

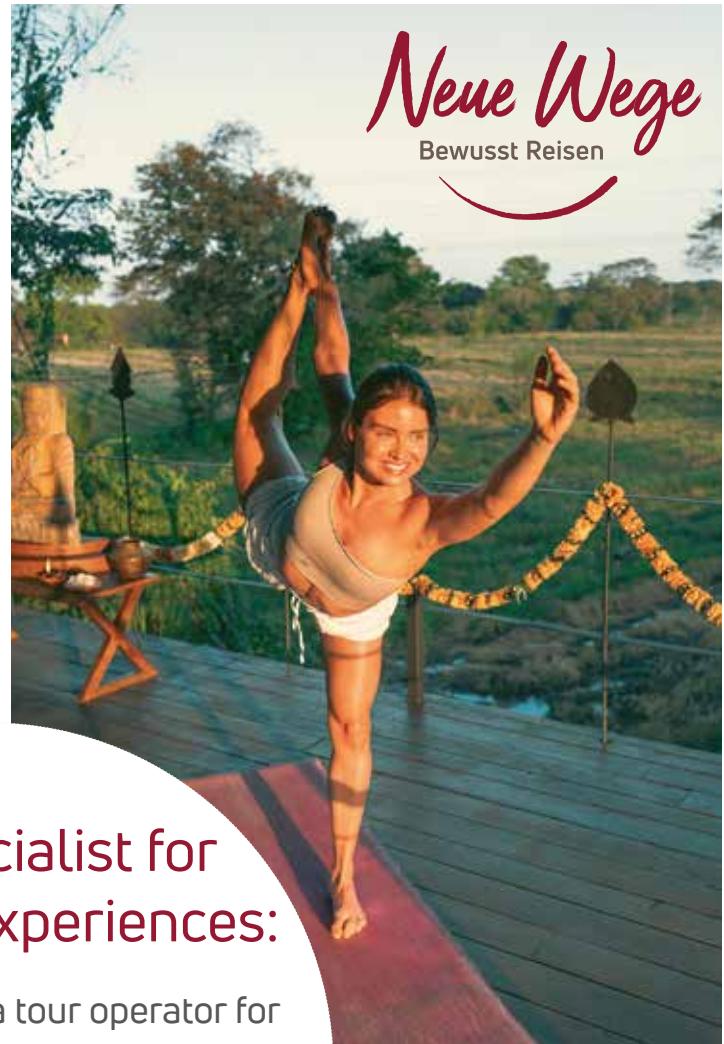
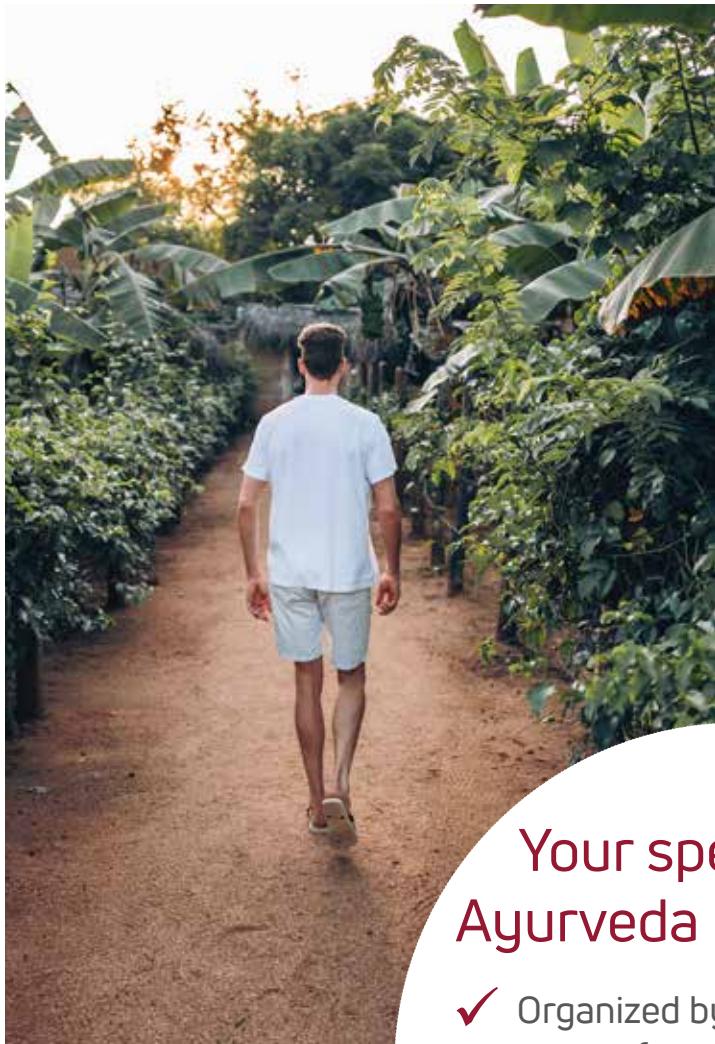
### Age calmly

Ageing well is the realisation that we can look forward to our increasing age and the wisdom, even the laughter lines, that it brings. The holistic approach of Ayurveda promotes our health and our well-being and helps us to feel timeless and be accepting - without having to chase the ephemeral ideals of beauty and unrealistic youth mania.



**Dr. Susanne Ermert-Roth** is a dermatologist and Ayurveda lifestyle coach. It is her particular concern that people feel comfortable in their own skin, understand it and so help themselves.

[www.drsusanneermertroth.com](http://www.drsusanneermertroth.com)

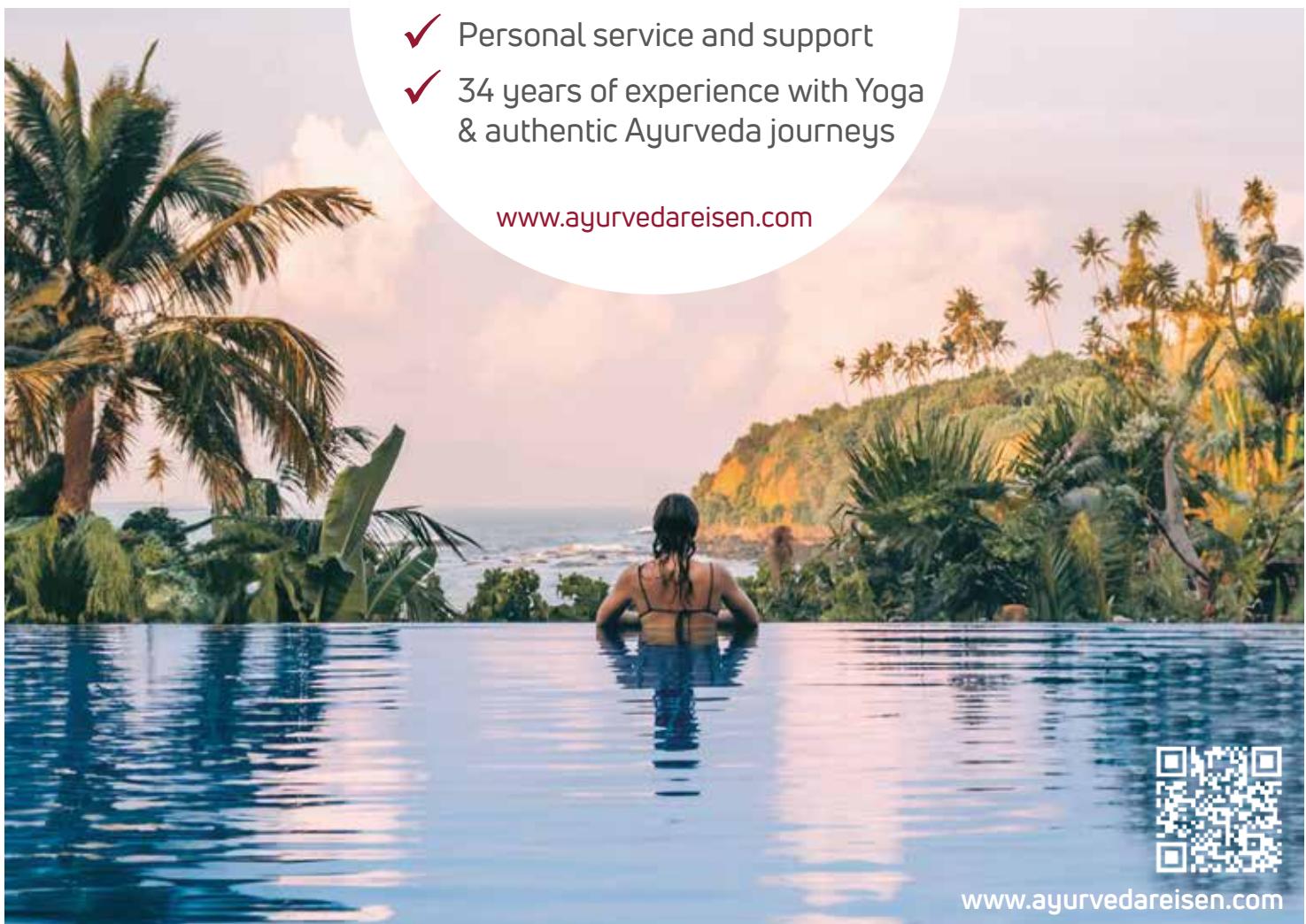


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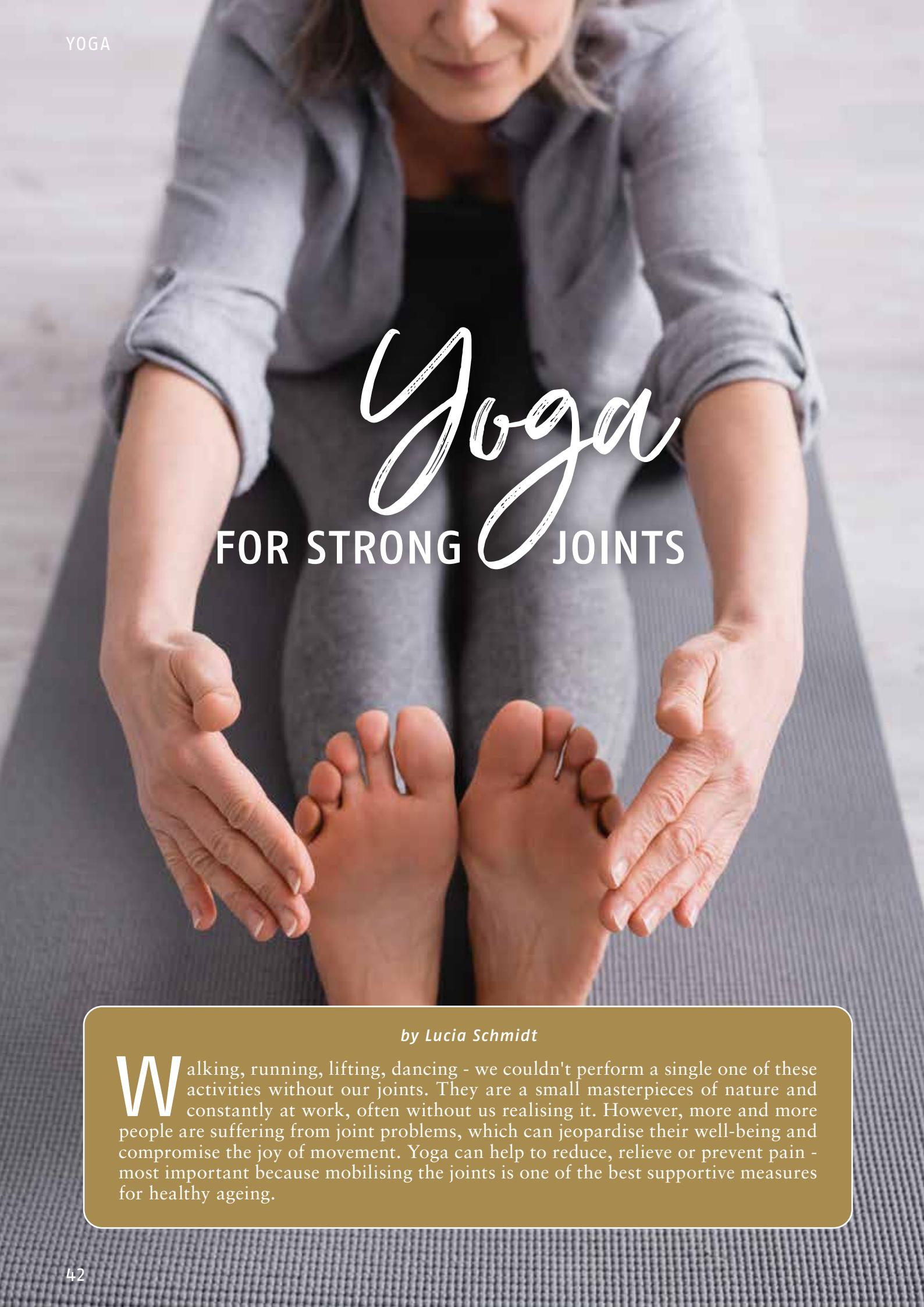
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# *Yoga* FOR STRONG JOINTS

*by Lucia Schmidt*

Walking, running, lifting, dancing - we couldn't perform a single one of these activities without our joints. They are a small masterpieces of nature and constantly at work, often without us realising it. However, more and more people are suffering from joint problems, which can jeopardise their well-being and compromise the joy of movement. Yoga can help to reduce, relieve or prevent pain - most important because mobilising the joints is one of the best supportive measures for healthy ageing.

## THE MOST COMMON FORMS OF JOINT DISEASE

Osteoarthritis is the progressive degradation of articular cartilage, so that any movement results in bone rubbing on bone. As the disease progresses, it typically causes pain when first moving after resting for a while. As soon as the joint is moved gently, the pain eases or disappears. The next stage is to experience a dull or stabbing pain and swelling when the affected joint is under stress. Further progress causes the same symptoms when at rest.

For rheumatoid arthritis is an inflammatory disease of the joints and is one of the autoimmune disorders. Women are three times more likely to be affected by rheumatoid arthritis than men. Some studies suggest that postmenopausal women could be more susceptible to diseases involving pain and inflammation that may be attributable to hormonal changes.

## WHY DO MORE AND MORE PEOPLE HAVE JOINT PROBLEMS?

Joint diseases have always existed but why are more and more people suffering from it? What has changed?

Contrary to the widespread notion that it is a matter of fact that joint problems are a normal sign of wear and tear in old age, we now know that hormonal, genetic and metabolic factors can play a role in its development.

Many women suffer from joint pain during the menopause and studies show that the drop in the hormone oestrogen could be the cause. On the one hand, oestrogen has an anti-inflammatory effect and protects the joints, on the other, it regulates moisture in our body tissue. So not only do the skin and the mucous membranes become drier but also, inside the body, the elasticity of the fasciae decreases. This means that the tendons, ligaments and joint capsules, for many, become more brittle and stiff.



Obesity and lack of exercise can have a very large influence on this.

## HOW LACK OF EXERCISE CAN DAMAGE JOINTS

In contrast to our organs, the joints are not directly connected to blood circulation. The cartilage is lubricated by the synovial fluid, which is supplied with nutrients. Through exercise, waste materials are squeezed out by this nutrient-rich fluid in the joint space. Without movement, the cartilage is downright "starved". The human body is therefore dependent on sufficient exercise to remain functional and stay healthy for a long time. It is important that any exercises are developed appropriately and targeted for each individual.

Yoga is an excellent way to improve joint health. It also brings body and mind into balance and helps to cope with the various physical and emotional changes brought about by ageing.

## HOW YOGA CAN IMPROVE AND SUPPORT JOINT HEALTH

### 1. Release of tension in the fasciae

With a lack of movement and therefore stimulation, the tissues surrounding the joints, muscles and fasciae no longer function. These can harden, become inflamed and turn into real pain generators. Yoga can help to release tension and alleviate discomfort.

### 2. Mobility

In the first phase of joint problems there often is a lack of free movement. With yoga you can retain the existing mobility, or even improve it, and often the pain also subsides.

### 3. Stretches

The joint is relieved by stretching the surrounding muscles and connective tissue regularly. ►



## YOGA AS A SOLUTION

### 4. Better posture

Yoga strengthens the muscles and contributes to a better posture. This can minimise the risk of injuries and incorrect loading.

### 5. Improved blood circulation and nutrient supply

Yoga improves blood circulation and nutrient supply to the joints.

## Tips for everyday life with joint problems

- Exercise regularly, but gently - with plenty of varied movements and without straining heavily. Hand and foot exercises are important to improve joint mobility as well as to promote strength and endurance.
- Practise regularly, preferably daily and briefly. Mix the exercises with your daily routines, for example, whilst waiting at the supermarket checkout or sitting on the bus.
- Suitable forms of movement are therapeutic yoga, gentle gymnastics, water gymnastics, swimming, cycling, walking and hiking on level ground.
- A physiotherapist, occupational therapist or an appropriately trained yoga teacher can provide individualised tips on how the muscle connective tissue around the joint is optimally trained.
- It is recommended to accompany the above with breathing exercises from yoga, meditation or methods such as autogenic training, which promote stress reduction.
- Physical procedures such as infrared and UV light, heat or cold treatments, massage etc. can provide support. Please be sure to discuss this with a specialist to establish which is most appropriate for you.
- Alternative therapies such as magnetic field therapy or acupuncture have a pain-relieving effect for many sufferers.
- Avoid being overweight, do eat an alkaline and anti-inflammatory diet and keep hydrated.
- Improve your stress management. Stress releases the hormone cortisol, which can promote inflammation.

To achieve the full benefits, it is important to include in your lifestyle the regular practise of yoga. Even short daily exercise sessions can have positive effects on joint health.

Many of us are familiar with pain. For some the attendant pain is only brief but for others, it can last for years. That can be gruelling, as I know only too well. With hindsight, I can only say that this path and all the experiences and emotions that were connected to it, have given me important insights into myself. They were essential in the healing process. For me, the most important remedies are mairtri (love), karuna (compassion), mudita (joy) and upeksha (forgiveness). The summary is "be conciliatory and loving towards yourself and thus you will be to others".

I wish you all the best!

**Lucia Schmidt** is a yoga teacher, breathing therapist and healer. She is one of the pioneers of modern yoga in Germany, Austria and Switzerland. She has been involved in adult education since 1993



and a sought-after lecturer within the various yoga teacher training programmes. She gives workshops, is a multiple book author and creates yoga exercise films and music for yoga. [www.body-mind-spirit.ch](http://www.body-mind-spirit.ch)

Youtube Channel BodyMindSpirit Zürich

### Books:

- *The Back Healing Book for Women*
- *The Hand Healing Book*
- *Fascia Yoga for Shoulders, Neck and Wrists*
- *Fascia Yoga*
- *Breathe - Now*
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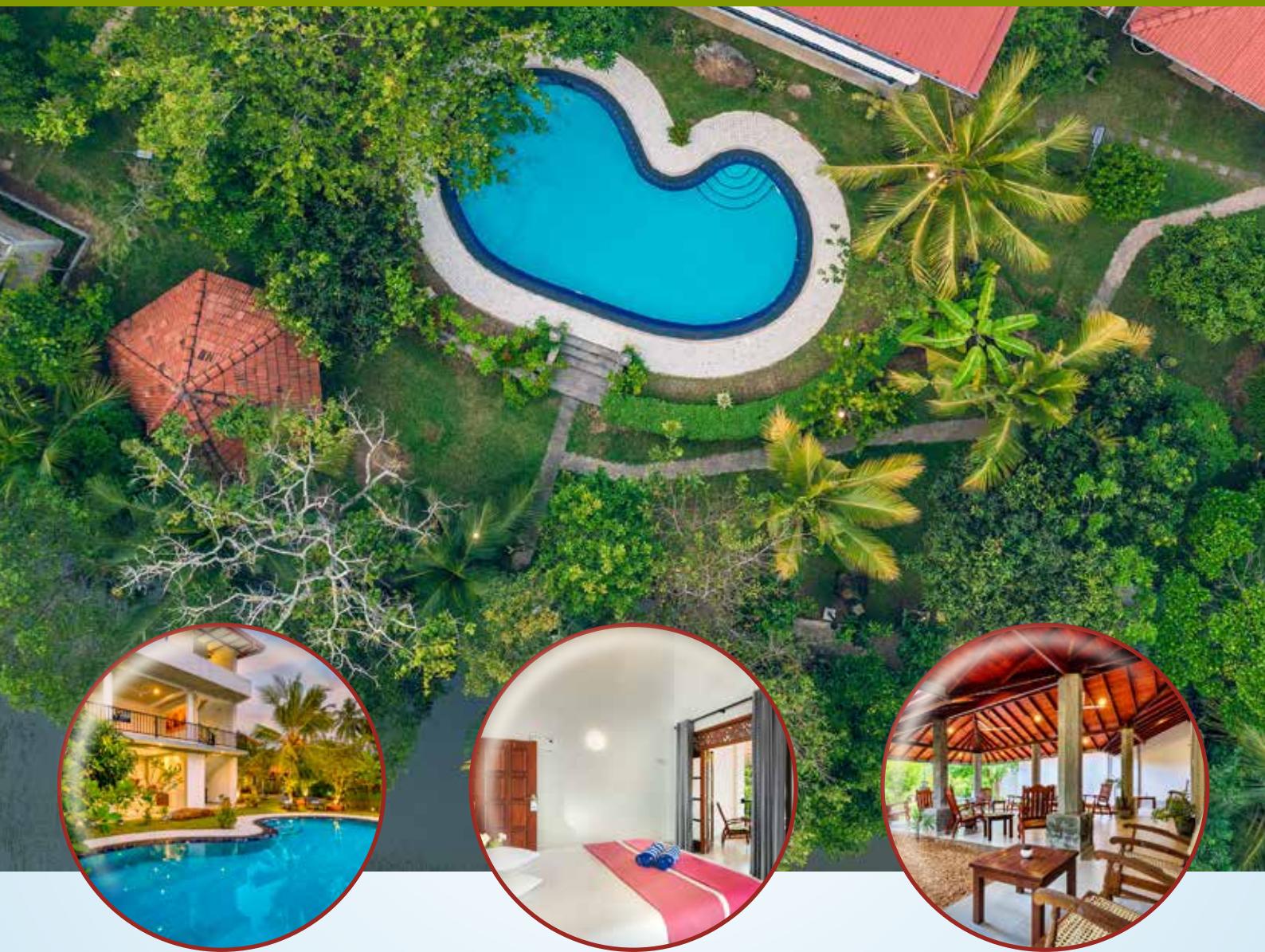
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\* Ideal location for an small Ayurvedic Hotel with luxury rooms.

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# Power food for all body tissues

*Use walnuts as a power source for memory, eat mung beans as a concentrated food for muscle building and communication with microalgae between the brain cells and vegetables as an anti-ageing medicine. That sounds too good to be true? Not so, because our food works deep into the tissues and cells of our body.*

## EFFECTIVENESS OF AYURVEDIC ANTI-AGEING NUTRITION

There are many anti-ageing diets. However, the recipes often require the wildest combinations of superfoods of such high nutrient density that our digestive system (agni) would simply be overwhelmed. Also not taken into account is whether the combinations of food are at all compatible. This means that digestive and metabolic residues (ama) accumulate - a burden on the body and the number one cause of premature ageing. Ayurveda's concern is with maintaining agni's cell renewing power so that an ideal tissue build-up is no longer impeded.

## REJUVENATION OF ALL BODY TISSUES – THIS IS HOW IT WORKS!

In Ayurvedic anatomy there are seven layers of tissue (dhatus). The food we eat nourishes each of these tissues in turn, from the first, nutrient fluid, to the reproductive tissues. There are not only some foods that support the health of all dhatus but also some foods and herbs that are only suitable for a specific body tissue. In this article you will find the best happy ageing recipes for holistic rejuvenation.

# ALLROUNDER FOR THE REGENERATION OF THE COMPLETE BODY FABRIC

Rice, high-quality cereals, mung dal and vegetables such as pumpkin, okra and courgettes are the absolute jewels of Ayurvedic anti-ageing nutrition due to their light and moist/oily properties.

## Coconut and cinnamon dal with basmati rice and plum chutney



*For 2-3 portions:*

200g mung dhal  
300ml coconut milk  
3 tsp ghee  
1 sprig of curry leaves  
2 cloves of garlic, chopped  
1 red onion, finely chopped  
1/4 tsp turmeric, ground  
1 small piece of ginger, grated  
1 tsp cumin seeds  
1 tsp mustard seeds  
1 cinnamon stick  
Rock salt, Pepper  
Lemon juice  
Basmati rice



### *Preparation:*

Mix the lentils with the onions, cinnamon stick and turmeric. Place in a saucepan. Pour in the coconut milk, add 500ml water and bring to the boil. As soon as the dhal is cooked, switch off the cooker and set aside.

Heat the ghee in a frying pan, add cumin and mustard seeds and fry for about 30 seconds. Then add the curry leaves, garlic and ginger and fry for longer, stirring carefully so that the garlic and ginger become soft and golden.

Add the fried spices to the dhal and mix well. Add lemon juice and season with rock salt and a little pepper.

Serve with exactly the right amount of basmati rice - your choice. The dhal tastes especially good with roasted sesame seeds and chopped coriander as a topping with a little plum chutney.



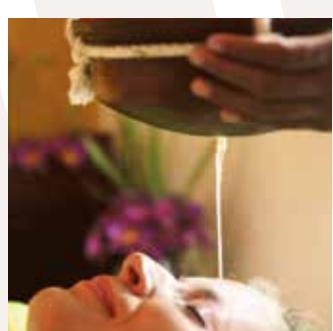
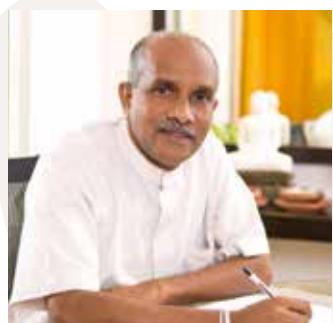
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## BRAIN & NERVE FOOD

### Indian naan with seaweed salt



#### Ingredients for 6 portions of naan:

300g organic wheat or spelt flour  
 1/2 tsp rock salt  
 1/4 tsp baking soda  
 1.5 tsp baking powder  
 1 tsp garlic, finely chopped  
 2 tbsp oil  
 Water as required  
 120g natural yoghurt  
 1 tbsp ghee

#### For the seaweed salt:

50g dried seaweed salad  
 (e.g. kombu, nori, wakame)  
 100g rock salt

#### Preparation::

Mix the water with the flour, bicarbonate of soda, baking powder and salt in a bowl. Add the yoghurt, oil and garlic, stir and add a little more water if necessary. Knead into a smooth, soft dough. Cover and leave to rise for 1 hour.

For the seaweed salt, finely shred the seaweed in a blender and mix with the salt.

Now divide the dough into eight balls and using a rolling pin, form them into small rounded shapes. Heat the pan (preferably cast iron) and carefully lay one rolled piece into it. When it inflates and bubbles appear, turn and fry the other side. Repeat until all the dough is baked. Brush with ghee and sprinkle with seaweed salt. Serve with curry, dhal or chutney.

The brain consists largely of fatty acids. Ghee, olive oil, nut oils, avocados, almonds, seeds and omega-3 foods such as fish and algae are essential for it to function healthily. Glucose is the brain's main source of energy and complex carbohydrates from cereals, lentils, fruit and sweet potatoes are ideal. Other brain foods are raw cocoa, sultanas, berries and colourful vegetables. The brain is particularly sensitive to lack of water, so make drinking a large glass of water the first thing you do every day.

**FOR FULL BRAINPOWER:**  
 Ashwagandha  
 Mandukaparni  
 Brahmi

# Chocolate walnut cream

*For 1 glass:*

- 50g walnuts, ground
- 50g almonds, ground
- 50g cocoa nibs, ground
- 1 tsp coconut oil
- 80g medjool dates, soaked
- 50ml almond drink

*Preparation:*

Mix all the ingredients together. Enjoy it as a spread, porridge topping or simply on its own.



# Golden milk porridge with roasted pecans



*For 1 portion of porridge:*

- 50g oat flakes
- 150ml milk/nut milk
- 1 tbsp sultanas
- 1 tsp turmeric latte spice
- 1 tsp coconut blossom sugar
- 1 tsp ghee

*For 1 portion of roasted pecans:*

- 200g pecan nuts
- 45g coconut blossom sugar
- 1 pinch of rock salt
- some vanilla and cinnamon
- approx. 50ml water

*Preparation:*

For the roasted nuts -

Add the water to a saucepan and bring to the boil. Add the sugar and spices and stir in. Now add the nuts and turn the hob to medium. Simmer until the water is gone then stir everything together until the nuts are coated with the sugar and spice mix.

For the porridge -

Add the rolled oats and sultanas to the milk, simmer gently, for about 10 minutes, until the porridge has a creamy consistency. Just before the porridge is cooked, stir in the turmeric latte spice, sugar and ghee and bring to the boil again briefly. Serve topped with the nuts.

## Broccoli omelette

with Pippali

For 1-2 portions:

- 200g broccoli
- 50g frozen peas
- 1 tsp ghee
- 2 eggs
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped
- Rock salt
- Pippali



**Preparation:**

Boil the broccoli and peas in salted water until al dente. Beat the eggs, season with salt and pepper. Heat the ghee in a frying pan. Briefly toss the garlic and onions in the ghee. Pour in the beaten eggs and allow to set slowly. Add the vegetables and continue to cook until the omelette is firm. Season again and serve immediately.

**Tip:** Eggs are best digested if mixed with green, non-starchy vegetables and a pinch of hing or pippali.

They also go well with a fresh green pesto.

## SUPERFOODS FOR MUSCLE BUILDING

Strong muscles are one of the best anti-ageing agents ever. This requires a diet that is rich in appropriate, high quality proteins. The best foods have a warming quality, for example, meat broths, eggs, nuts, seeds such as sesame and of course pulses in any form and variety. Protein deficiency causes premature ageing – be warned!



### MUSCLE STRENGTH WITH:

Ashwagandha  
Chyavanprash  
Bala



## Spicy Chickpea snack

**For one glass:**

- 250g chickpeas - cooked and dabbed dry
- 1 tbsp sesame oil
- 1/2 tsp turmeric
- 1/2 tsp cumin

**Preparation:**

Heat the sesame oil in a pan and roast all ingredients for approx. 15-20 minutes.



# Ayurveda Teaballs



## your path to inner balance

Selected ingredients for a perfect aroma and a balanced dosha



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### Kapha

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Your path to inner balance



# SKINFOOD

Sweet, juicy fruits, bitter vegetables, cooling spices and beneficial oils are all what the skin loves. The best skin foods include artichoke, bitter melon, cucumber, aloe vera, melon and red, iron-rich foods such as beetroot, red cabbage, berries, grapes and pomegranate.



## Glow smoothie

For 1 portion:

1 beetroot

75ml pomegranate juice

125ml red grape juice

1 tsp chia or linseed

1 tbsp sultanas

2 tsp aloe vera juice

1 Vanilla pod

Optional: 1 small handful of baby spinach

### Preparation:

Peel the beetroot and cut into pieces. Put all the ingredients in the blender, starting briefly at the lowest setting, moving to the highest. Puree everything until a creamy shake is created.

**FIRM & RADIANT SKIN WITH:**

Amalaki, Guduchi  
Turmeric

## Pear and radicchio salad with linseed crunch

For a portion of salad:

100g radicchio

1 pear

1 tsp oil

1 tsp coconut blossom sugar

1/2 bunch flat-leaf parsley,  
chopped

For the dressing:

1 tsp honey

2 tbsp olive oil

2-3 tsp lemon juice

Rock salt, Pepper

For the linseed crunch:

100g ground linseed

50g pumpkin seeds

30g black or white sesame seeds

100ml lukewarm water

1 tsp dried herbs of your choice

1 tsp rock salt

### Preparation:

Quarter and core the pear, cut into wedges and fry for 2 minutes in 1 teaspoon of oil with the coconut blossom sugar sprinkled over. Wash and roughly cut up the radicchio, then mix with pears and parsley. Mix all the ingredients for the dressing and pour over the salad.

For the crunch, place the ingredients in a bowl and mix with the water. Leave to soak for 10 minutes. Spread thinly over baking paper placed in a baking tray. Bake for 20 to 25 minutes at 170 degrees C until crispy. Leave to cool, before tipping into a suitable dish ready to sprinkle over the salad.





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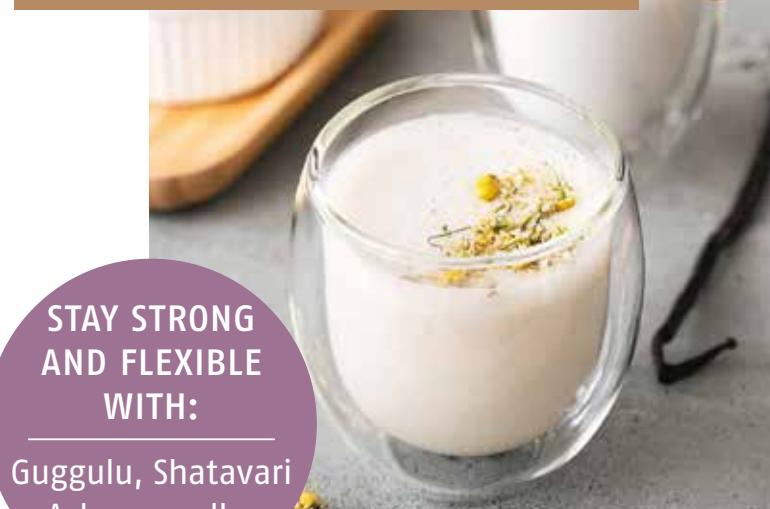
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## STRONG JOINTS & BONES

In Ayurveda, bones and joints are mainly of the earth element and are characterised by sweet and salty flavours. Foods and herbs such as algae, milk, garlic, ghee, soya, dark leafy vegetables, root vegetables as well as buttery nuts and hot chicken broth, all rich in minerals and calcium, are particularly valuable and invigorating. The food should be moisturising, warming and oily.



STAY STRONG AND FLEXIBLE WITH:

Guggulu, Shatavari  
Ashwagandha

## Ayurvedic chocolate pudding

For 3-4 portions:

400ml almond cream or milk  
3 tbsp coconut blossom sugar  
3 tbsp cocoa powder  
approx. 3 tbsp cornflour  
1 teaspoon vanilla, ground  
1/2 teaspoon each of cardamom & cinnamon  
1 pinch of rock salt



Preparation:

Bring the almond milk or cream to the boil. Add cocoa powder, sugar and spices and bring to the boil again. Mix the starch with three times the amount of water and stir in, until the pudding becomes firm. Pour into small bowls and leave to cool. Serve with fruit or chopped nuts.

## Black sesame shake

For 1 portion:

30g black sesame seeds, finely ground  
250ml almond milk  
1/2 tsp vanilla, ground  
1/2 tsp ashwagandha  
2 tsp honey

Preparation:

Mix all the ingredients into a creamy blended smoothie.

## Garlic milk

For 1 portion:

1 cup of milk  
1 clove of garlic, crushed

Preparation:

Boil the garlic in the milk then cook over a medium heat, simmering for a few minutes. Filter and drink warm.



# Urad dhal halwa

For 3-4 portions:

- 200g urad dal
- 1 tsp poppy seeds
- 0.5 litre milk
- 6 tbsp ghee
- 150g jaggery
- 1/2 tsp cardamom
- 25g coconut flakes
- 1 handful of cashews and almonds



## Preparation:

Fry the urad dhal in 2 tbsp ghee, leave to cool then blend to a powder. Heat the powder again in 2 tbsp ghee over a low heat. Add the poppy seeds and fry for two minutes over a high flame then add the coconut and fry for 4 minutes. Add 2 tbsp ghee, mix in the cardamom, almonds and cashews and roast briefly. Stir in the milk and cook over a low heat. Cook until the mixture thickens then stir in the sugar. When it looks like the halwa has become creamy and firm, remove from the heat. Pour into a bowl, garnish with nuts and leave to cool.

## REJUVENATION OF THE REPRODUCTIVE ORGANS

The reproductive tissue is nourished by sweet, oily and heavy foods. Sesame seeds, almonds, warm milk, honey, urad dal, ghee and spices such as saffron are considered to be particularly strengthening and restorative. It is said that milk and seeds contain all the important nutrients, as they support the offspring of their species.

### FERTILITY SUPER FOOD:

Shatavari Ghee  
Ashwagandha  
Bala



## HAPPY-AGEING SUPERFOODS MUST-HAVES FOR EVERY KITCHEN STORE

### Rice & pulses

- Basmati rice
- Mung dhal, skinned
- Red lentils
- Chickpeas

### Oils & fats

- Ghee
- Olive oil
- Nut oils (almond oil, sesame oil, hemp oil, coconut oil, walnut oil etc.)

### Nuts & dried fruit

- Buttery nuts & seeds (e.g. almonds, cashew, pine nut, macadamia)
- Dried sultanas, figs, dates, Apricots
- Nut butters

### Breakfast & cereals

- Porridge cereals  
(e.g. oats, millet, rice)

### Sweeteners

- Honey
- Sharkara, Date sugar

### Salt & spices

- Rock salt
- Pippali, black pepper
- Cumin, turmeric, fennel, cinnamon, Cardamom, ginger, asafoetida, coriander

### Chutneys & pastes

- Chyawanprash
- Curry pastes
- Ayurvedic chutneys



## — Column —

by Ralph Steuernagel

# Ageing as a path and an opportunity

### The Ayurvedic perspective on ageing

Ayurveda is the oldest documented teaching on healthy living.

Ayus means longevity and veda means knowledge. Together, they teach how we can live in a way that is meaningful and thus happily reach an advanced age. This goal is the centrepiece of Ayurvedic life science.

Childhood is governed by the growth-controlling *kapha* which, during puberty, is transformed into the hormonally active *pitta*. Adulthood is characterised by the fiery *pitta* and its powerful transformation, then *vata* takes over during the menopause. From the middle 50 or early 60s, *vata* accompanies us to the end of our lives and is responsible for the degenerative processes,

We are getting older and older from generation to generation. If this increase in our life expectancy continues

expectation continues, around half of those born today will live to be 100 years old. "Our lifespan has almost doubled in the past hundred years, but our health span has not changed - despite all the medical advances," says Dr. Michael Spitzbart, a renowned specialist in preventive medicine.

So are we getting older and older, but not really healthier in old age? Is modern medicine keeping us alive longer and longer thanks to early detection, medication, equipment and surgical support longer without really improving our quality of life?

The fact is that ageing is accompanied by a decline in many physical functions and the degradation of some structures - something that is difficult to accept for many. This can be delayed, but not stopped.

Ayurvedic medicine described a paradox of life over 2000 years ago: Although our body degenerates, our mind can mature - and thus also physically slow down and disrupt ageing.

However, this longed-for form of ageing is not a matter of course. A number of conditions must be met for it to succeed.

which are mainly due to increasing dryness and cold.

The classical writings assume 100 years of life and divide them into decades. Not only are the expected losses of physical strength recognised in the appropriate decades but also the losses of sensory and mental abilities.

To prevent problems in old age, you must manage all qualities and functions of *vata*. So the sooner we start, the better. Fortunately, we have at our disposal numerous possibilities of nutrition and lifestyle, which the Ayurveda Journal regularly features in some detail.



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## The paradox of life

Whilst our bodies age due to increasing vata, gradually degenerating, our *minds* can evolve in the opposite direction. Kapha, pitta and vata are the three dynamic energies of our *body* and dominate the three main phases of our life.

*Tamas, rajas* and *sattva* are described as three types of force, which respond individually to our thinking, feeling and behaviour.

Basically, in early childhood we are *tamas* dominated. Our perception is still limited and we do not yet fully understand how life works. The physical phase of life is dominated by *pitta* and usually goes hand in hand with the passionate force of *rajas* in the mind, which is characterised by black-and-white thinking and the two poles of attachment and aversion. The older we get, the more we scrutinise our life and its meaningfulness. The time of *sattva* has now come, which gives us calm, peace, harmony and equanimity.

An Ayurvedically "successful" life therefore goes hand in hand with mental development, which strongly influences our behaviour. Under dominant *sattva*, it falls more easily to us to accept physical ageing and to deal with our strengths. We are developing a social competence, which, with increasing age and the application of Ayurvedic principles, increases mental well-being and is proven to prevent dementia.

Vata remains vata but it rises more mildly and burdens us significantly less.

## Understanding and shaping holistic ageing

We not only age physically, but also mentally, socially and culturally - with major challenges.

*Psychologically*, we often feel much younger than our reflection suggests when we look in the mirror. The identity we developed when young needs age-appropriate adaptation, which happens significantly more slowly than our physical ageing.

*Social ageing* is primarily characterised by the loss of familiar contacts after the active working life has ended and then through deaths in significant relationships. Without new contacts there is a feeling of isolation and a lack of connection.

*Culturally*, many are coming to terms with the rapid changes that no longer include them. Their learnt



norms no longer apply, they don't understand the technology and the needs of young people are alien to them.

So it is a major challenge, as we grow older, to maintain the lives we are comfortable with. Let us therefore learn, with the help of Ayurvedic methods, to balance the rising vata and strengthen *sattva* in the mind. And in so doing, develop an altruistic identity, become socially connected and culturally open to the developments of the world, thus becoming well equipped to meet this challenge.

"Forever young" is neither a realistic nor a desirable goal and only builds up stress that in turn ages us faster. What could be better, with the experience of a long life, than peacefully and calmly growing to be respected and needed by those younger than us? This is not an illusion. We ourselves decide whether it will succeed.



**Ralph Steuernagel**

is the founder and director of EURASIAMED, with his own private practice for holistic medicine and psychotherapy, Institute for Holistic Health Coaching & Training and academy for Ayurveda medicine. Ageing Well is one of his favourite projects, for which he researches, advises and provides training. He provides information about Ayurveda on a weekly basis on his YouTube channel, covering holistic health, psychology and spirituality.

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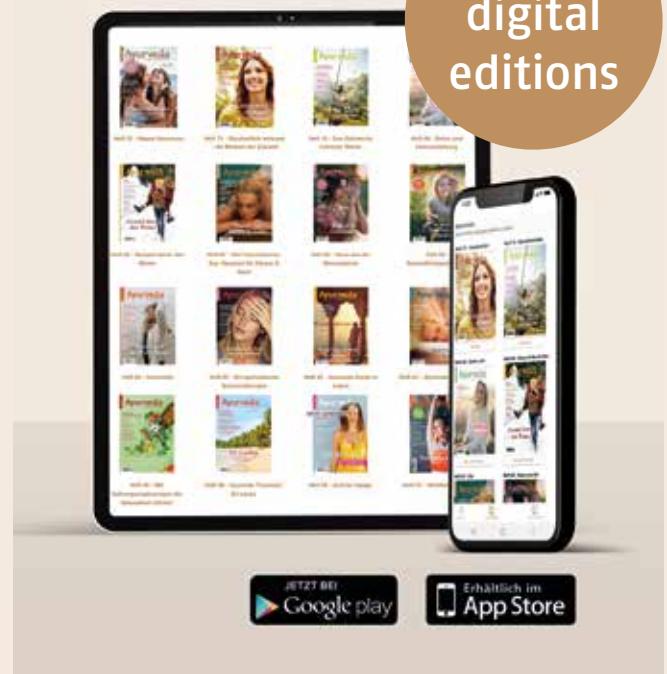
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