

Energy and Ayurveda Workshop



Sariva Ananda
Healing

Workbook

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“Life (ayu) is the combination (samyoga) of body, senses, mind and reincarnating soul. Ayurveda is the most sacred science of life, beneficial to humans both in this world and the world beyond.” —Charaka

Welcome to the Energy and Ayurveda Workshop

Origins of Ayurveda

Sanskrit – “Ayur” = life/longevity and “Veda” = knowledge or science = “The science of Life”

Still fairly new in Western culture and described as alternative or complementary

Originating in India approx. 5000 years ago

Said to be given to man by Lord Dhanvantari

3 most accurate, written works of Ayurveda, still used today are : Charaka Samhita (1st century AD), Susruta Samhita(4th-5th century AD) and Ashtanga Samhita (8th century AD).

Philosophy

Ayurveda is to maintain the quality of good health in the healthy and to bring imbalances and dis-ease back into balance in the sick so life can be long and fulfilled.

Ayurveda embraces all health and healing modalities. It does not reject allopathic/modern medicine at all but will incorporate all healing modalities necessary for a patients maximum healing benefit.

Heart/Divine Connection for Healing

Ayurveda, Yoga, Jyotish – sister sciences, complement each other and are all called as “expressions of Vidya’s”.

Vidya = living wisdom/Universal Energy/Divine intelligence

When centred and connected to Heart energy the Ayurvedic practitioner is the vessel through which healing energy is channelled to the patient.

Body, mind and soul/spirit must all be treated in order to heal the *whole* person – when one goes out of balance, so too will the others.

Ayurveda teaches that the more a person realises or connects with their own Divine nature, the healthier they are in all ways.

Panchamahabuta & Tridosha



Panchamahabuta = 5 great elements, present in everything within the Universe.

There are three ways the elements come together with 2 being more dominant, to create a Dosha.

Dosha literally means mistake or fault, but we use the term “dosha” in Ayurveda to describe that which is most easily imbalanced in a person.

Vata

Vata is ether and air. It is the subtle energy of movement and communication.

It is responsible for our breathing and the movement of the muscles, tissues, heart, diaphragm and within our cells.

It is what moves out our bodily wastes, menstrual blood and our bubs during childbirth.

It regulates our nervous and immune systems and moves the pitta and kapha, who are both immobile in nature, where they need to go.

When balanced vata is flexible, inspired and creative, but when out of balance vata can be anxious, fearful and twitchy.

Vata is located and governs from the nabi (navel) downwards, the last third of the day until sunset, the last third of the night until sunrise and the last stage of life, from around 50/60 onwards.

Vata	
Dry	Subtle
Light	Mobile
Cold	Clear
Rough	

Pitta

Pitta is fire and water, it is passionate purpose and is responsible for conversion and the metabolic system, governing digestion, absorption, assimilation, nutrition and metabolism.

It controls our body temperature, cellular energy, all transformations and our ability to clearly perceive what the body senses (what we can see, hear, smell, taste and touch).

A balanced pitta is intelligent, charismatic, energetic, has sound judgement and understanding, but when out of balance pitta can be anger, jealousy, intolerance, criticism and inflammatory disorders.

Pitta is located and governs the area from the Hridaya (heart) to the nabi (navel), the middle part of the day, the middle of the portion of the night and the middle stage of life from around 20 to 50/60.

Pitta	
Hot	Liquid
Sharp	Mobile
Light	Oily

Kapha

Kapha is the energy of love and growth being earth and water.

It is what forms the structure of our body's and creates all that holds the cells together, supplies the fluids to the body's systems and parts, lubricates the joints, moisturises the skin, maintains our immunity and stores the excess energy created by vata and pitta as carbohydrates and fats.

When balanced kapha is the strongest of the doshas, and expresses love, forgiveness, stability and enjoyment of life.

When imbalanced they can display greed, attachment, possessiveness, lethargy, stubbornness and congestive disorders.

Kapha is located and governs from the Hridaya (heart) and above, including the upper part of the stomach, the first third of the day from sunrise, the first third of the night from sunset and the first part of life from birth to around 20.

Kapha	
Heavy	Slimy/Smooth
Slow/Dull	Dense
Cold	Soft
Oily	Static
Liquid	Sticky/Cloudy
Hard	Gross

"Energy is required to create movement so that nutrients and fluids get into the cells, enabling the body to function. Energy is also necessary to metabolize the nutrients in the cells and is utilized to lubricate and maintain cell structure. Vata is the Energy of movement, Pitta is the Energy of transformation, digestion or metabolism and Kapha is the Energy of lubrication and structure".

Dr Vasant Lad – Volume 1 Textbook of Ayurveda Fundamental Principles – Ch 2/Pg 29

Energy Therapies

Nadi's

- Pranic pathways that carry energy within our physiological system
- 72000 nadis throughout the body
- Carry air, water nutrients, bodily fluids and energy around the body

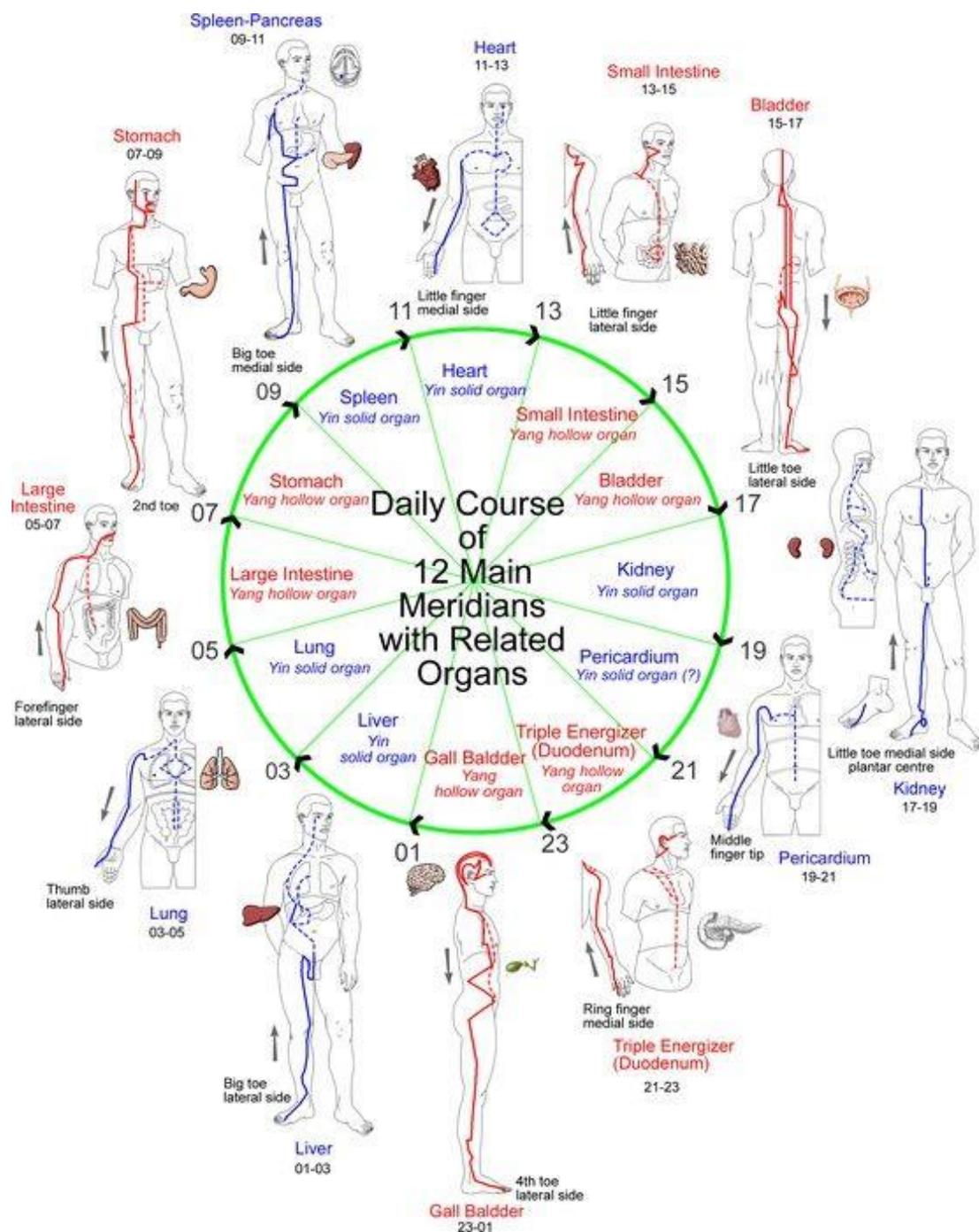
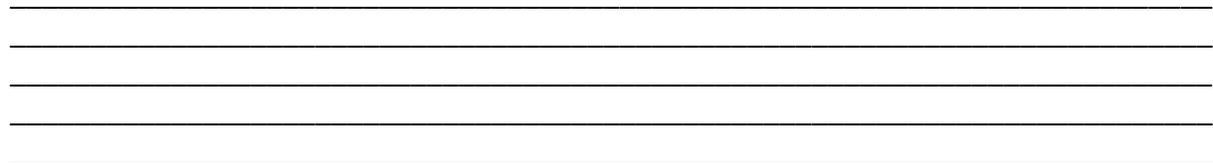
Chakras

- Subtle body energy centres
- 7 major along spine from base to crown
- In tune with 5 major nerve plexus' and endocrine glands

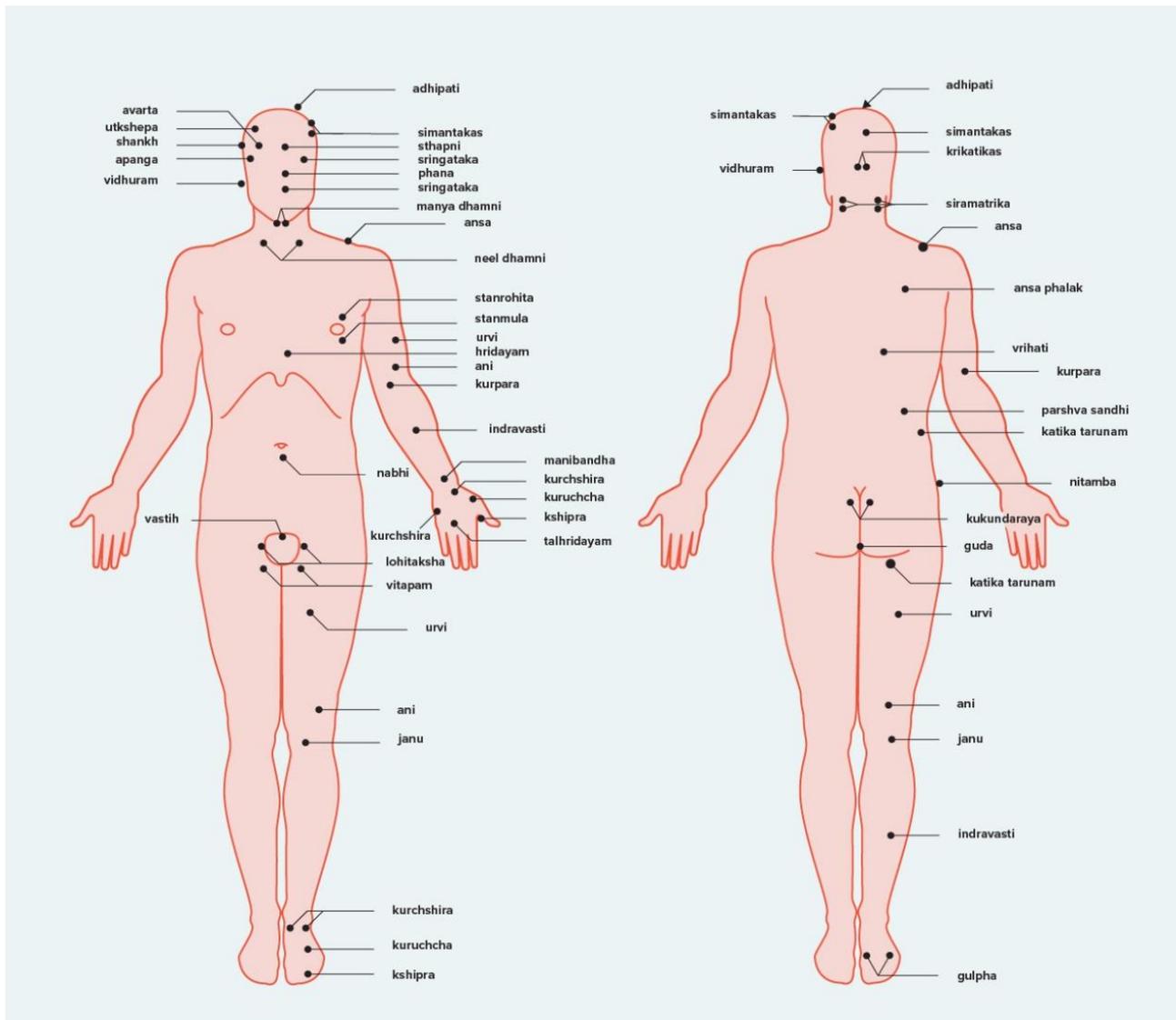


Meridians

- Energetic pathways considered awakening or resuscitation points
- Each related to elements, a pair of organs and emotional states within the body
- A particular dosha governs each pair of organs
- Each organ is more influential at certain times of the day or night as Prana moves through it



Marmas



- 107 marmas throughout the body
- Anatomical junctions where arteries, veins, tendons, bones, joints and flesh meet
- Where the physical, astral and causal bodies intersect
- Carry the Prana (Life Force Energy) throughout the body
- Major marma points correspond to the 7 major chakras
- The stimulation of marmas is only light touch/pressure or energy focus.
- Focusing Pranic energy on marma sites energises them
- Marma therapy opens energy channels, removes blockages, balances doshas, gives therapeutic benefits at physical, emotional and spiritual levels.

Marma Practical Application

At the beginning of your practice, you should take a few moments to calm and settle yourself, close your eyes and take a few deep breaths, relaxing and letting go as you exhale and connecting to your heart centre (place a hand here if that helps). Feel yourself grounded and focused with intention for transfer of positive energy. Be aware if you pop out of this state at all during the therapy and if you do just take a moment to tune back in and then continue.

And just remember, if you are not really sure if you are in the exact spot or exactly how firm the pressure should be, don't worry. Because you have attuned yourself and set your intention, just resting your thumb/finger/hand on this marma point and focusing your energy here for a moment or two, will also have a positive, beneficial effect.



Talahridaya marma.

Is associated with the heart chakra and the path or channel of Prana.

Situated on the palm of the hand, 2 finger widths down from the base of the middle finger, on ring finger side.

To Stimulate place bulk of the thumb on the point and wrap fingers around to back of hand, pressing in direction straight toward the back of hand, apply gentle medium pressure and then release. 20 – 25 times.



Kshipra marma

Situated between thumb and index finger on the back of hand, 2 finger widths from webbing.

To stimulate place the bulk of the thumb on the point and make the index finger into a hook and rest on the thenar eminence on the palm, so webbing of both hands are facing. Apply medium intermittent pressure in a downward and slightly toward the thumb direction, 20-25 times

Applications include for stress, frozen shoulder & writers cramp

Kurchha marma

Sits 1 and ½ fingers from kshipra toward the wrist and onto the bony area below the base of the thumb.

To stimulate, place the bulk of the thumb on the marma point, with index finger into a hook and placed as for stimulating kshipra, apply moderate pressure directly downwards, press and release, 20-25 times.



Talahridaya marma

Is associated with the heart chakra and the path or channel of Prana Situated 4 finger widths down from the base of the middle toe, on the midline of the sole of the foot.

To stimulate place the bulk of both thumbs on the point and with fingers wrapping around top of the foot press in a direction straight toward the leg with a good strong pressure. Intermittent 20-25times

Kurchha marma

Situated 3 finger widths down from the base of the 2nd toe and 1 finger width toward the inside of the foot on the sole.

Stimulate by placing the bulk of the thumb here and wrap fingers around to rest on the top of the foot and press at a straight angle toward top of foot, only 1 moderate press, in for 3 seconds and then release.

Kurchhashira marma

Situated on the sole, 3 finger widths up from the heel and 1 finger width from the midline of the foot toward the outside edge.

Applications include stress, plantar fasciitis, fibro myalgia and insomnia.

To stimulate place bulk of thumbs on the point and rest fingers at the back/side of foot and press in a direction straight toward leg, press and release 20-25 times.

Stimulation Techniques

Marma stimulation for headaches and stress, frozen shoulder (and in some cases, writers cramp): stimulate these marmas on the hand: talahridaya, kshipra and then kurchha, in that order. Then with a small amount of warm oil on your stimulating hand go back to talaridaya on the palm and gently massage there in few clockwise circles, move up and massage in circles on the meaty pads at the base of the fingers and down the hypothenar eminence (under little finger down toward wrist) and across to the thenar eminence (bulky muscle at base of thumb). Massage up thumb and then fingers (pressure on front and back) , then turn hand over and gently massage over kshipra and then run with gentle pressure of thumb, run from wrist up in along the dorsal metacarpal spaces (not deep pressure here as there are arteries that run in this space) and then massage back of whole hand with palm going in clockwise direction.

Anxiety, stress and insomnia :stimulate on the feet the following marmas : kurchhashira, talahridaya and kurchha in that order then apply a little bit of warm oil to hands and with both thumbs press kirchhashira with some slight pressure (not too deep) and whilst thumbs stay in contact with the foot move them, still applying pressure in an upwards direction going in an oval/leaf shape, up over talahridaya and kurchha and back down again in the same direction. Do this a few times up and back with gentle massage pressure. Then using thumbs massage all around the outside edge of the heel and up the sides of the foot to the toes, with the bulk of the thumbs massage the meaty muscles under the toes, press and pull off of each toe. Using knuckles massage in clockwise circles from talahridaya all around the arch of foot and down to the heel, finishing lastly with a couple more oval/leaf shape runs up and down over the marmas you stimulated.

Abhyanga

“Oily substances infused into the human organism, imparts a tone and vigour to its tissues in the same manner as water furnishes the roots of a tree or plant with the necessary nutritive elements and fosters growth when poured into the soil where it grows” :

Sushrutha

Benefits of Abhyanga

- Improves blood circulation
- Aids in removing toxins from blood, tissues and lymph in an “oil pulling” action
- Lubricates internally as the oil penetrates deeply into the tissues and joints, carrying the therapeutic benefits of the herbs/oils with it
- Increases the flexibility of the muscles tissues and joints
- External oleation, nourishing the skins dermal layers and improving skin elasticity
- Calms and soothes the nervous system, grounding and relaxing the mind and body
- Helps with promoting proper sleep
- Stimulates and strengthens the lymphatic system, which can stabilize hormones
- Builds/increases Ojas (vitality) increasing stamina, antibodies and immunity
- Creates electromagnetic balance in the body
- Connects the heart and mind to the body and feelings

Remember the oil should always be warmed for abhyanga, never used cold, even if you are pitta dosha

Sesame oil is a great all rounder oil that can be used for all three doshas if you don't have other base oils and especially if you have dual dosha

It is recommended to do daily self massage, however if you find that you do not have the time to devote to a full body massage every day, it is recommended to break this massage technique up into one step (or body section) each day, always doing step 1 first. So day one you will do step 1 & 2, day two you will do step 1 & 3, day three do step 1 & 4 etc. In this way each week you will have given your whole body a beautiful, nourishing and rejuvenating massage.

Alternatively you can massage your face, neck hands and feet each morning and/or evening with warm oil, including the marma technique learned or simply focusing energy on each of these marmas and take time once a week for a full body self massage.

Self Massage

Warm oils are recommended so they can penetrate the layers of the skin. After the massage, it is recommended to leave the oil on for 10 to 45 minutes. The longer the oil is on, the deeper it penetrates. During this time you can gently read, rest, shave, cut nails, and get ready for the day.

If you do self-massage in the evening, leave oil for 10-45 minutes and then take hot shower (lukewarm to head).

Step 1 – The scalp

Begin the massage by pouring oil on your palm and place your hand over the top of the head (where the fontanel used to be – when a baby), this is where every Ayurvedic massage begins – it is considered the seat of bliss and is where prana leaves the body. (This point relieves pressure headaches). Massage this point in a clockwise direction, then pull up the hair, twist it around your finger and pull once firmly to stimulate the nerves.

This process should then be repeated at the Adhipati point which is located on the top of the head midway between the ears. (Relieves hypertension) and in the medulla oblongata – the deep indentation at the back of the head. (Good for pancreatic dysfunction and tension headaches).

Step 2 – The feet

With thumb, massage the point located in the arch of the foot, Talahridaya. (Good for the heart).

Massage the big toes, particularly the point in the middle of the underside of the toe. (Regulates hormone activity).

Toes – massage under each toe in turn, gently pulling upward from base to tip – squeeze end and hold briefly.

Massage Kshipra a marma point located on the topside of the foot in the groove between the base of the big toe and 2nd toe. Place tips of both thumbs between the big toe and 2nd toe and massage about 1 inch up towards the ankle until you feel the bone.

Massage the rest of the foot with both hands using upward strokes from toes to ankles.

Step 3 - The lower limbs

Ankle – wrap your hands around the joint and massage clockwise.

Lower leg – massage up and down from ankle to knee on all sides.

Knee – massage clockwise around knees with palms and on the underside of the knee.

Upper leg – massage up and down from knee to groin on all sides, If you have cellulite knead the thigh muscles as well.

Massage the marma point Lohitaksha which is located between the hip and groin in the crease above the lymph node – use middle finger to massage clockwise.

Step 4 - The upper limbs

Massage the marma point in the middle of the palm called the Talahridaya.

Fingers – massage from the thumb by gently pulling and massaging all around and repeat for each finger.

Hand – on topside of hand, massage upwards from fingers to wrists.

Wrist – Massage clockwise using thumb and forefingers.

Lower Arm – massage up and down from wrist to elbow on all sides

Elbow – wrap your thumb and fingers around the joint and massage clockwise.

Upper Arm – with palms massage from elbow to shoulder on all sides.

Shoulder – using clockwise direction massage around the joint with palms.

Massage the marma point where lymph node is located under the arm. (middle finger, clockwise direction).

Step 5 – The back

The Back is difficult to massage yourself, do as much as you can without straining.

With palms, massage up and down the whole lower back and up the spine as far as you can reach, then massage shoulder and upper back as far down as is accessible.

Step 6 – The abdomen

There is a marma point here which corresponds to the 2nd chakra or navel. Pour oil directly into belly button area. With your fingers, gently massage the navel in a clockwise direction, and then make the circles bigger until you are massaging the whole abdomen area with the palm of your hand. Reverse this process reducing the circles.

Step 7 - The Upper Torso

There is a marma point (apastambha) located four to five inches above the belly button – massage in a clockwise direction.

The heart or fourth chakra – Hridaya marma point is located in the area between the nipples use the palms of the hand to massage this area which is in fact about 4 inches in diameter (this stimulates love and passion for life and eases emotions. If you are feeling angry or frustrated spend some extra time on this area).

Massage the upper chest area around the collarbone using one hand at a time.

The throat chakra is located in the notch just above the sternum – use your middle finger and gently massage in clockwise direction. (This marma point is known as the seat of expression).

Step 8 - The neck and face

Neck – with both palms, gently massage nice in upward direction from base to chin. With index finger on crease between chin and lower lip and 3rd finger underneath the chin move up towards the ear on side corresponding with the hand you have used, massage alternately right and left several times. Use index fingers then palms of the hand to massage cheeks in an upward movement.

Eyes - use circular motion following the eye socket.

The 6th chakra is the point at the centre of the forehead (where bindi's are traditionally worn), with middle finger massage each side of nose upward to this point.

Forehead – place your middle and ring fingers across the bridge of nose and massage upwards towards hairline repeat 6 to 10 alternating hands. Then place right fingertips on left temple and stroke across the forehead with palm to right temple alternate hands and repeat 6 – 10 times (reduces lines on forehead).

Appreciation

Much blessings and gratitude to you, dear participant for joining me in this workshop and for the Energy you bring with you.

Namaste

Also with deep appreciation and love, I honour and thank the people who have been and are constant inspiration, mentors and Guru's to me through my Ayurvedic journey and as references in the compiling of this workshop.

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