



Dr. RAJU'S
INSTITUTE OF
AYURVEDA

RESTORING THE MEMORY OF PERFECT HEALTH

LIVING IN TUNE WITH NATURE

THROUGH SUN & MOON



with *Authentic Ayurveda*TM
PART II

Ayurveda for a Healthy Life

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Sama Agni ~ Balanced Digestive Fires

And the Importance of Consciousness & Mind for Health

THE RAJU FAMILY



PRAYER BEFORE EATING

***"Let us be together, let us eat together, let us be vital together,
let us be radiating truth, radiating the light of life.
Never shall we denounce anyone ~ never entertain negativity."
The Upanishads***

"Ayurveda mainly leads from the consciousness ~ consciousness-based health care. So the health should be taken care of from the consciousness because all these things develop from the smriti (memory). The energies flowing in our body are focusing & aiming, structuring everything. Good thoughts create the good energies, bad thoughts create the bad energies. You have to feel the positive things. If there is no sattwa (positivity) then it is very difficult." Vaidya J.R. Raju

Moon is considered as the mind, Manas, and is closely connected to consciousness.

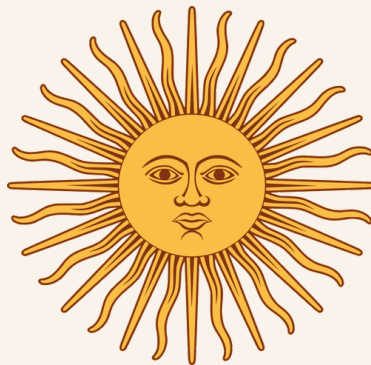
Moon can also be considered as the endocrine glands.

ALL our hormones go according to the moon.



Sun is considered as Atma ~ The individual self/ego.

And Sun is the source of our bodily Agni



Because sun is so far away and moon is very near,

the moon affects us the most



WHAT WE THINK AND FEEL ARE THE MOST IMPORTANT FACTORS FOR OUR HEALTH BECAUSE OF THE POWER OF MANAS & MOON IN OUR LIVES.

This is also why meditation & transcendence are such powerful healing tools.

The Raju family recommends the daily practice of Transcendental Meditation (TM) as taught by His Holiness Maharishi Mahesh Yogi, to release stress and unfold the inner Smriti, the memory of wholeness, Self, and health.

See <http://www.tm.org/> to find the nearest location worldwide.

"What we put our attention on grows stronger in our lives"
Maharishi Mahesh Yogi

[SMRITI & CELLULAR MEMORY](#)



SAMA AGNI ~ BALANCED DIGESTIVE FIRES

Agnimile Purohitam Yajnyasya Devam-Rtvijam

अग्नि सुक्तम् - अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम्

"In the first Richa of the Rig Veda, the importance is given to the Agni. For everything, all the transformations everywhere, Agni is the main source." Vaidya J. R. Raju

There are 13 Agnis in the body. Each one must be balanced, healthy, and working together for digestion & absorption to be complete.



The Body Depends on Agni at Every Level ~ Vaidya Krishna Raju

Even when we cook the food outside, when the food enters our body it is not ready to be absorbed by the whole physiology. So it has to be cooked in our stomach ~ this is the digestive fire. Still it is not ready to be absorbed by all the systems in the body. Because of this there are 13 Agnis in the body ~ the digestive fire in the stomach plus 12 more Agnis (5 elemental fires & 7 Dhatu/tissue fires).

When the food essence reaches all the 7 tissues it has to be transformed at each step to be accepted by the body. The plasma-level Agni has to digest & transform the food, otherwise for the plasma it is foreign-body & cannot be metabolized. And only when the food essence is transformed by the blood-level Agni can the nourishment be accepted by the blood. This same process happens in sequence for each of the 7 Dhatus and their corresponding Agnis. Because of this, our digestive system is most important.

Only when it is fully digested can the food be absorbed and used by the body.



TIPS & PRINCIPLES FOR BALANCING AGNI

ALL these 13 Agnis are controlled by the sun

There is one main Agni which digests the food & the other 12 Agnis will digest and take their elements from the food into the body. In this process, all the stages are controlled by the sun because sun is the main source ~ the big Agni for the whole solar system.



This is why our main meal of the day should be taken at mid-day when the sun is high and Agni is strong.

When we eat late or heavily in the night, the Agni effect is very low and the stomach cannot digest so easily. And when we do not eat properly ~ like eating again without fully digesting earlier food, or eating very heavy food, or too much or too little food & wrong foods, we are overloading our Agni so undigested food – Ama – builds up in our body.

At night, our bodily Agni comes from the moon's reflection of sunlight and is much less strong than during the day. So we cannot digest a big meal or heavy food properly at night. And if we stay up late and are not asleep for the night-time pitta cycle (10:00 pm – 2:00 am) the low-fire micro nutrition, which requires a sleeping metabolism, cannot happen properly.



This leads to poor assimilation of nutrients and the body cannot be ready by morning for proper elimination of wastes. And if the main “canal” of the body is not cleared well every morning, blockages & problems develop in the subsidiary channels and our digestive fire goes down. All these things put the body at “cross purposes” where it must try to do something at the wrong time and in the wrong sequence, without the proper energy support to do it. Things go much better when we go with our “body clock” than against it and stay in tune with sun & moon.

Late afternoon / evening sun exposure improves Agni and Natural Vitamin D absorption for bone health & more.

The Vitamin D which comes from sunlight is much better and in higher concentration than whatever you can get from supplements or shots. Light from the sun in the late afternoon before sunset time is the best for this. And if you do regular daily abhyanga, your skin physiology will improve and you will absorb even more. For the treatment of osteoporosis,

no remedy is faster than skin exposure to natural sunlight. Herbs will take 30 - 60 days to reach the spine and strengthen the bones from there. But “just like that” daily abhyanga & sun exposure will increase calcium absorption immediately.



So approximately 3:30 - 4:30 pm, be in the sunlight for a minimum of 20 minutes. More skin must be exposed for good absorption to occur, so Summer is better than Winter for this (or sit in front of an open window if it is too cold outside (UVB rays cannot pass through glass). TAKE CARE not to be in sunlight that is too strong for long, as over-exposure will damage your skin & be counterproductive.

DO NOT EXERCISE AFTER EATING

It is important that you don't go walking to get sunlight right after a meal. Before food you can go if the sun is pleasant & not too strong. But after meals if you are walking it will disturb your digestion and you need your digestion to be very good for the bones to be strong lifelong. (Should not walk more than 100 steps after eating & wait 2-3 hours after a meal to walk for exercise).

AFTER EATING, ALL OF YOUR ENERGY WILL BE CONCENTRATED ON DIGESTION

At that time if you are walking, less than half energy is working on digestion & the rest of the energy is working on your walking. The first three hours after food is crucial for digestion so after that only you have to walk. And if you sleep immediately after eating, then also the

digestion will be disturbed. After abhyanga, you can exercise with the oil on your body, but you cannot exercise after food (abhyanga & bathing must be done before eating).

Food is the main thing to nourish all these tissues (the 7 Dhatus). And among these, bone is one. If the proper tissue is not forming at the start of digestion it will not reach up to the bone tissue because the 7 Dhatus develop in sequence, one after the other. So you must not interfere with digestion by exercising too soon after eating or sleeping too soon after eating.

Practice Surya Namaskara (sun salutations) daily to activate your Agni



We do Surya Namaskara every day to receive the energy from the sun in our body. If comfortable, do 13 complete rounds to activate all the 13 Agnis. Surya Namaskar activates the lymphatic system and will pull out toxins from all the places. But don't do it fast ~ only slow stretching and without strain. It's good for sciatica too and neuro-muscular issues. If you still feel to do more exercise after this you can do, but minimum Surya Namaskar rounds once a day is the priority for bringing up the Agni & physical/mental strength.

Doing 13 full repetitions is ideal (each one including both sides) but be sure to increase gradually. Don't do it mechanically like exercise ~ just do it like stretching. Slowly you can do & enjoy it, feeling the stretch in each position.

Don't feel it is an exercise you have to do or that it's your duty to finish all the rounds. Don't push yourself ~ change whatever aspect you need to be comfortable. It's like with

eating ~ some people can eat more and some can eat less. The same is true for Surya Namaskar ~ we can't all do the same thing.

- Whenever you are expanding you are breathing in.
- When constricting (bending) you are breathing out.
- Do all the things slowly, and don't feel a burden or put pressure on yourself.
- If you cannot bend completely, don't bend. Then gradually you will bend the whole thing.
- Slowly, comfortably you can build up to 13 in a row without straining. It enlivens all the 13 Agnis. And if you can't do 13 it doesn't matter ~ you will get the enlivenment more & more as you get stronger.
- Even inside the house the body absorbs the different rays (different energies) from the sun.
- Doing morning and evening both is ideal, after sunrise & before sunset. But one time is fine, according to your energy & strength.

[YOUTUBE LINK TO SURYA NAMASKARA FOR BEGINNERS](#)

Surya Namaskar, Pranayama & Meditation are best performed during Sandhya, “the meeting between day and night” when the sun is rising & setting.

(approximately half hour before & after)



Nature is transforming at these Sandhi (gap) times so transformation within you can happen more profoundly then because you are in that flow. If you are in a large collective “group meditation” program, sticking with that is the priority even if it does not align with the Sandhya times. But with everyone at home more now, doing the group meditation in your family is very good.

DO NOT EAT WHEN THE SUN IS RISING OR SETTING

Agni is not stable at this time & does not support proper digestion.

"It is said that there are uncountable rays from the sun and all the rays are divided with the different names—1000 rays divided into categories. "One ray is rohita, "bringing up from the earth" like the water we give to the sun, climbing up. There are 100 rays like that which are continuously working to bring the rains around the world. And another 100 rays to form the clouds and different things like that, and for the food and the protection. And in the same way there are 100 rays working on this green energy for the plants. ALL they are working in our brain also. But we are not able to utilize them properly. Because of that, the Vedic sounds and different things are most important to enliven these rays in our physiology."

Vaidya J.R. Raju

AMA from undigested food is the primary causative factor for disease

Ama is nothing but the undigested food material which will be thick and sticky in property. The essence of the food (Rasa Dhatu) should not be very thick but Ama is thick and it cannot move easily. So it gets deposited wherever it cannot move. Usually it will stick where there is open space, mainly in the joints or lower areas of the body (sinuses & lungs also). When food is not digested properly on a daily basis, swelling in the ankles & pain in the joints or congestion/cough tendency will eventually come. And if Ama is sitting in the joints constantly, arthritis will develop because the local area will be acidic which gradually eats away bone (mainly the cartilage). There are other causes for arthritis but this is the main one.

When you feel heavy and when you feel the undigested food, the best thing is to skip the next meal and sip hot water frequently to help it clear.

When you are sipping hot water, all the channels will be open wide and there is a chance of moving the Ama from that place. And also there will be a chance, when the Ama moves, that it can be digested (broken down & cleared). Apart from hot water, Ama can easily be taken out by Shodhana Vati and digestive herbs (special tea, cumin tea, etc.). But when the Ama is more and some hard old Ama is there, to take it away we need the Panchakarmas.



RASAYANAS & REMEDIES

Vata, Pitta, and Kapha are the three Doshas ~ the basic elements of the body.

When the Doshas are in the equilibrium state, the body is healthy.

When the Doshas are uneven, when there is imbalance, then the disease will appear. The word Dosha means fault or vitiation. So whenever the Doshas are more vitiated, those Doshas have to be taken away. ALL the treatments in Ayurveda are based on restoring this equilibrium.



Controlling Vata first controls all the other Doshas

Vata is the “Lead Dosha” so if we control & balance Vata first, all the other Doshas follow and come into balance. Like in the classroom there will be one person who is most mischievous. So if we control that person, everybody will sit quiet. Similarly, if Vata is controlled the whole body is controlled. Oil and ghee are the essence of Kapha and opposite to Vata’s dryness. This is why daily oil application with Abhyanga, Nasika and the Matra Bastis, and Ghee in the daily diet are most important for Panchakarma, and at home.



Next Newsletter Topics

SAMA DHATU & MALAKRIYA

Balanced Tissues and Elimination

and

THE IMPORTANCE OF DAILY ABHYANGA



“We are making the big protection by saving, by protecting the skin”

Vaidya J.R. Raju ~ See Link: [SELF ABHYANGA](#)



MEET WITH THE VAIDYAS ONLINE

Schedule Your Appointment Here

[Vaidya Krishna Raju & Vaidya Padma Raju](#)

Wishing you a long, healthy, happy life & blessings always

Jai Guru Dev ~ The Raju Family

The knowledge of Ayurveda comes from the Vedic Texts, which form the basis of a system of natural health care enjoyed by individuals & families throughout India since ancient times. The information you find here is for the purpose of balancing the Doshas (mind/body factors in Ayurveda) to increase good health and is not a replacement for any diagnosis or treatment advised by your home health care provider.

Ayurveda is consciousness-based health care. The Raju family recommends the daily practice of Transcendental Meditation (TM), as taught by Maharishi Mahesh Yogi, to release stress and unfold the inner Smriti ~ the memory of wholeness, Self & health. See <http://www.tm.org/> to find the nearest location worldwide.



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