SAFE & HEALTHY TRAVEL

The following guidelines from the vaidyas will help protect you from strain when you travel ~ the more closely you can follow them, the more safe and comfortable your journey will be.

When we travel, Vata Dosha can easily become imbalanced, because vata is responsible for movement and change in the physiology, and gets aggravated by the high speed of the plane, time-zone changes, and too many active, waking hours. Since vata is the "lead" dosha in Ayurveda, it is the primary cause of bringing the other doshas out of balance, so taking steps to reduce the vitiation of vata when you travel is of the utmost importance. Dr. Raju cautions that "travel mistakes" are not always easy to get rid of, so avoiding these mistakes is well worth it:

- Before you depart: Start packing *EARLY* in preparation for your trip (both coming and going), so that you are well rested when your journey begins.
- Follow the important guidelines listed below for eating when you travel: preventing digestive overload is *KEY* for maintaining balance in the physiology and travel, especially long travel, challenges digestion significantly.
- If possible, avoid excessively long flights: “It depends on person to person, according to your strength, how you travel. The best is to break the journey. A three-day break between legs is very good, especially after PK…eight hour flight is okay, not a big problem. The main thing is how you can be. If you can sit that long, it’s okay. If you are able to sit longer, it’s okay.” Dr. Krishna Raju
- Take your own pulse *frequently* when you travel: It is a powerful way to keep mind-body functions balanced and reduce stress. *SEE LINK:* Self-Pulse Technique
- The best remedies for jet-lag are to sip hot water frequently, avoid heavy foods and over-eating, and starting your panchakarma *SOON* (even on your first day here). It is also important not to sleep during daytime hours, and switch to the new time-zone from the first day (rest sitting up to avoid napping).
- After your panchakarma is over: Take rest days in Hyderabad, if possible, and also when you first arrive home.
- Transition gradually back to normal activity after PK: This will prevent strain and allow the body to put more energy into the many important adjustments that continue after PK.
- Do daily abhyanga (self-oil massage) always. Dr. Krishna says that abhyanga is *THE BEST* way to pacify and balance vata dosha, so daily abhyanga will go a long way towards helping you recover quickly from the journey and jet-lag. Importance of Daily Abhyanga (self oil massage)
- ON THE PLANE: It is important to avoid heavy, solid foods and favor liquids during flights, as food will not digest properly in a speeding plane at 30,000 feet.
- Whenever you can, take meals well in advance of getting on the plane, or in the airport between flights, so that proper digestion can mostly occur before takeoff. If your departure

time when you leave Hyderabad is very early or late, please request a food-box from the office staff to take with you so that you start your journey with good, safe food.

- Airline food has been cooked, frozen, and then reheated, which makes it very heavy and full of ama (impossible to digest properly). Digestion is also significantly impaired by the high speed of the plane—all of which disturb your fresh/clean physiology & digestion after PK, which are more sensitive than normal. "Solid food and airplane food try to avoid as much as possible…liquids are the best. If you need food in-flight, ask for fruit or soups. Liquids are the best…hot is best. Yogurt you can make into lassi. Eat solid food on the ground between flights (earlier, so the food is digested before flying). If we go very deep into the food (when was it cooked, was it frozen and reheated, etc., it gets very complicated)." Dr. Krishna Raju
- Sipping hot water frequently when you travel is important, to help balance Vata Dosha and keep your physiology clear (melts and flushes ama / blockages).
- Taking Ananda Sidhi Yog when you are hungry while traveling and also extra Smriti will be very helpful for keeping you nourished and strong during a long trip. They will also make it much easier to avoid heavier foods in-flight. Note that both of these Raju family preparations contain honey, which becomes toxic when heated, so separate them from drinking hot liquids by several minutes.
- Putting nasika often in the nostrils and also a few drops in the ears (then keeping cotton in the ears) is very good for pacifying the excess vata that builds up during long journeys. It is also good to keep shodhana vati in the cheek in crowded places like airports and planes. Both nasika and shodhana, as well as drinking hot water frequently, will help protect from taking on germs if anyone around you is sick.
- REMEMBER: Vata Dosha governs all movement in the mind and body. When vata gets imbalanced it pulls the other doshas out of their seats. So keeping vata balanced is vital to your good health, always. When we travel and move at high speeds on planes, vata increases a lot as a result. Pacifying (calming) vata is very important whenever we travel—particularly right after panchakarma when the body is still going through so many important adjustments.
- <u>Taking more rest on the plane is very important:</u> When vata is already aggravated by the extended fast motion, long hours of reading, computer work, or movie-watching will aggravate vata even more because these are all *ACTIVITIES* and the only way to balance vata is to do the *OPPOSITE* to vata, which is to *NOT* be active, and take more rest.
- *ALWAYS PRACTICE SAFETY FIRST* when you buy food and drink on your trip, especially in countries (including India) where water purity may be unreliable: only consume bottled water or drinks; avoid street foods entirely; purchase food from well-recommended establishments only; avoid raw foods completely, unless you are taking fresh fruit which you have *WASHED AND PEELED YOURSELF!*