



Basic Ayurvedic Herbal Formulas

From Touching Heaven Tonic Postpartum Recipes with Ayurveda by Ysha Oaks

Sweetwater Lactation Tea

1 part Fenugreek seeds 2 parts Fennel Seeds

Intention: to support digestion, hydration, breast milk production, detoxification post birth

Combine Fennel and Fenugreek in a glass jar- make up to 1 cup total of seeds. Simmer 1 tsp of blend in 2 quarts of fresh water or place 1 tsp in Thermos with 2 quarts of water. Sip throughout the day. If you experience dry skin or constipation, add 1 part marshmallow root to the tea blend.

Dashmool Tea

Buy or have your clients buy Dashmool powder from www.Banyanbotanicals.com or www.Herbsforever.com.

Simmer 2 tsp in 2 cups of water until 1/2 cup water remains. Strain decoction through coffee filter, muslin cloth, cheesecloth, or paper towel. Drink 1/4 cup warm decoction in morning and 1/4 cup warm decoction in evening.

Intention: Ground vata, strengthen muscular system, support digestion and elimination, nourish the nervous system, reduce anxiety, worry, overwhelm

Ingredients: Bilva root (Aegle marmelos), Agnimantha root (Premna integrifolia), Shyonaka root (Oroxylum indicum), Patala root (Stereospermum suaveolens),



Kashmari root (*Gmelina arborea*), Bruhati root (*Solanum indicum*), Kantakari root (*Solanum xanthocarpum*), Shalaparni root (*Desmodium gangeticum*), Prushniparni root (*Uraria picta*), Gokshura root (*Tribulus terrestris*).

Savory Digestive Chewing Herbs

Ingredients:

½ cup fennel seeds

1 cup filtered water

1 tsp black rock salt

2 cups finely shredded unsweetened coconut flakes

½ tsp turmeric powder

2 Tbsp cardamom powder

1 Tbsp clove powder

1 cup Sesame Seeds

2 Tbsp licorice powder (optional)

2 tsp+ maple syrup (optional)

1. Gently roast fennel seeds in a heavy frying pan stirring constantly until aromatic. Turn off heat. If using maple syrup, add it in and stir to coat all the fennel seeds.
2. In a separate bowl combine turmeric, cardamom, clove powder, and salt.
3. Lightly roast coconut in the same heavy bottomed pan on low heat, stirring constantly. Once lightly toasted, remove from heat and add the spices from step 2, mix evenly.
4. In the same frying pan on medium low heat, gently roast the sesame seeds until lightly golden then add ½ cup water, stir continuously until the water is absorbed. Add the 2 Tbsp Licorice.
5. Combine the sesame seeds, fennel seeds, and coconut mixture



together. Let cool before packaging them up.

6. Store small portion out at room temperature, keep the rest in the fridge in an airtight jar to ensure it does not go bad.

Intention: Supports gentle agni stoking.

Indications: Take one teaspoon after lunch and dinner. Chew well.

Fennel Chewing Mix

Ingredients:

- 1 cup fennel seeds
- 1 cup white sesame seeds
- 2 cups coconut shreds
- 1 Tbsp clove powder
- 2 tsp cardamom powder
- 1 Tbsp Clove
- 1 tsp ginger powder
- 1 tsp mineral sal or black salt

Soak fennel seeds and sesame seeds overnight, then drain. In a dry skillet add fennel seeds and dry roast on low heat until water has evaporated. Add spices and salt and mix well. Chew 1 tsp after each meal.

Almond Date Connective Tissue Rebuilding Laddus/Ojas Balls

Ingredients:

- 1 cup Medjool Dates
- 3 cups blanched almonds or 2 cups almond meal
- 3 cups unsweetened fine shredded coconut flakes



2/3 cup gum acacia resin (not powdered)

9 Tbsp Ghee

1/3 cup succanat or rapadura sugar

3 Tbsp Cardamom powder

3 Tbsp Cinnamon powder

3 Tbsp Shatavari powder (omit if kapha is high or the mom has a history of estrogen excess imbalances- uterine fibroids, breast cancer, etc)

1.5 Tbsp ginger powder

1/4 cup milk or almond milk

2 tsp saffron threads

Intention: to build Ojas (vital strength), nourish tissues, support lactation, support connective tissue healing, provide a tasty snack

1. Gently roast the shredded coconut in a heavy bottomed large pan until slightly golden, set aside in a large mixing bowl. In the same pan, gently roast almonds or almond meal until lightly golden. Stir frequently. If using whole almonds, put into a food processor to grind the almonds to a course almond meal, if using almond meal mix directly in to the roasted shredded coconut.

2. In the same heavy bottomed pan on low heat, gently roast the gum acacia in 2 Tbsp ghee until the gum acacia uniformly puffs up. Set aside and let cool. Once cool, grind up in food processor with the succanat until it is a fine powder. Sift the powder through a mesh sieve to separate any remaining hard pieces or use your fingers to feel and separate the hard pieces. Combine gum acacia powder with almond meal, and coconut flakes. Mix until uniform.

3. Bring milk or almond milk to a simmer, turn off heat and add saffron threads to steep, then add pitted dates to soften in the warm liquid or add pitted dates in the ghee and spice mix in step 4.

4. Warm remaining ghee in pan, add spices beginning with ginger and shatavari. Stir and cook until you can smell the essential oil of the ginger releasing, then add



remaining spices- cardamom burns easily so watch closely. Once Cardamom and Cinnamon begin to release their aromatics, add the milk, saffron, and date mixture warming the dates until soft.

5. Transfer paste to food processor and process until smooth.

6. Combine Date paste into the dry mixture in the mixing bowl and blend with your hands until mixture is well combined. Form into 1" balls and store in fridge. Eat 2 laddus per day at room temperature.

The Ingredients:

Gum acacia- the more uniform the size of the resin pieces, the easier it will be to roast them evenly.



Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



Step 6:



These recipes are compiled from the late Ysha Oaks' dedication to bringing the wisdom of Ayurvedic postpartum care to the west. Thank you Ysha and may you be nourished and rest in peace.

