AYURVEDIC STRATEGIES FOR A STRONG IMMUNE SYSTEM
Dr. WOLFGANG SCHACHINGER
1st International Yoga and Ayurveda Conference
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Ayurvedic Strategies for a Strong Immune System

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Definition of a Healthy Individual

समदोष: समानिश्च समधातुमलक्रियः ॥
प्रसन्नात्मेत्रियमना: स्वस्थ इत्यभिधीयते ॥४२॥

„Sama dosha sama agnish ca sama dhatu malakriya Prasanna atmendriya mana svasta ityabhdiyate“ – Sushruta, Su XV, 41

"A person is healthy when there is balance in the doshas (physiological feedback loops), agni (metabolism), dhatus (tissues) and malas (excrections), and his soul, spirit and senses are in a state of permanent inner happiness."
Perfect Health is the Goal of Maharishi Ayurveda

• "The purpose of Ayurveda is to protect the health of the healthy and to eliminate the disorders in the sick.”
  (Caraka, Su, XXX / 26)

• „A little health now and then is best therapy for sick people. “
  (Friedrich Nietzsche)
Causes of Disease

Paurushika
- Caused by man, easily influenced by the doctor
  - Pragyaparadh: Failure of the intellect, being overshadowed
  - Time: Change of seasons, daily routine, age

Daivika
- Immediate cause cannot be determined, difficult to influence by the doctor
  - Genetically caused diseases: Acquired by violating the laws of nature in previous incarnations
    - Can be overcome mainly through yoga (transcendental consciousness)

Dr. WOLFGANG SCHACHINGER

AYURVEDIC STRATEGIES FOR A STRONG IMMUNE SYSTEM
Agni, the Digestive Fire

Transformation of food into ojas (healthy body fluids) or Ama (undigested)
What is Ojas? 🌊

A Strong Immune System is Created by the Increase of Ojas

• Ojas is the energy that maintains personal integrity.
• An individual shines through Ojas: he draws his resilience, his vitality, his health, his joy of life from it
• Life becomes vital through ojas. 🌊
The Significance of Ojas

- Is the finest essence of food and dhatu
- Nourishes and regulates all body tissues
- Is thick, cool (like SOMA / moon), transparent, slightly reddish
- Connects consciousness with the body, holds "body and soul" together, absence of Ojas means death
- Controls the body's states of activity

– Astanga Hridayam, Sutrasthana 11, 37-39
The Significance of Ojas

"Ojas keeps all living things refreshed / young. There is no life without Ojas. Ojas marks the beginning and further development of the embryo. It is the embryo's nourishing fluid. It enters the heart at the moment the heart is created. Loss of Ojas means loss of life itself. Ojas represents the essence of the fundamental substance (ECM = extra-cellular matrix) of all tissues. Prana owes its existence to it."

– Caraka Samhita, Sutrasthana XXX, 9-11
What is Ama?

- **Ama** is the result of an interruption of the digestive process at any stage of digestion (derangement of agni)
- Etiological factors for the formation of **Ama** are derangements of agni (vishama, tikshna or manda), irregularities in ahara (food) and vihara (lifestyle), mental and emotional stress
What is Ama?

- **Ama** is the main pathogenetic factor in disease formation: it circulates in the body, accumulates in the dhatus and blocks srotas (vessels and channels), thereby giving rise to imbalance of biological rhythms.
- If **Ama** is not digested, it gives first rise to imbalance of function, and later to destruction of structure.
Symptoms of Accumulated Ama

- Tiredness, heaviness, lack of energy, brain fog
- Lack of appetite
- Bloating, gas formation
- Constipation and/or diarrhoea
- Sour eructation, heart burn
- Sour, bitter, sweet or salty taste in mouth
- Pain in limbs and/or joints
- Blocked nose and mucus formation
- Discoloured or opaque urine
- Stools sink in water
How to Create Ojas and Reduce Ama

5 Pillars of Health

- Relaxation
- Nutrition
- Purpose
- Detoxification
- Exercise
Relaxation

- Transcendental meditation
- Sleep
- Breaks during activity
Excercise

- Yoga
- Daily walk or light jogging
- Exercise according to individual capacity

In order to provide deep regeneration, every workout should be performed with **nose breathing** only
Nutrition

• Regular meals according to strength of agni
• Good quality of nutrients (prefer organic)
• Nutrients according to season and dosha
• Eating behavior: eat with full attention, chew well
• Breaks between meals minimum 4 to 6 hours
Biorhythm of Digestive Fire and Metabolism

- **06.00**: Breakfast
- **10.00**: Kapha (slow metabolism)
- **12.00**: Pitta (high metabolism)
- **14.00**: Vata (transport)
- **18.00**: Dinner
- **22.00**: Kapha (slow metabolism)
Ayurvedic bio rhythm
Rasayanas and Food supplements
Rasayana therapy for maintenance of good health

Maharishi Amrit Kalash – „Immunity booster of the year 2020“

- First and most holistic rasayana in Charaka Samhita
- Well researched free radical scavenger
- Builds up ojas and all dhatu (body tissues)
- Prevents premature aging
- Strengthens the immune system
  - less infections
  - less allergies
Rasayanas and Food supplements
Herbs for prevention and treatment of infections (including Covid)

• Yashtimadhu (Mulethi, Liquorice Root): best herb for any viral infections of nose, throat and respiratory tract
  Research shows specific effect against Covid
  Contained in MA687

• Ashwagandha (Winter cherry): best neuroadaptive herb, useful for strengthening autonomic nervous system and immune system
  Contained in MA686
Rasayanas and Food supplements
Herbs for prevention and treatment of infections (including Covid)

- **Tulsi** (Indian basil): best herb for prevention and treatment of allergies and mucus formation in respiratory tract
  
  Contained in MA1788

- **Anu Tailam**: traditional herbalized oil for nasal application, useful in prevention and treatment of infections and allergies of nasal cavities and sinus
  
  Contained in MP16
Rasayanas and Food supplements
Recent Research in Ayurveda and Covid

Randomized placebo-controlled pilot clinical trial on the efficacy of ayurvedic treatment regime on COVID-19 positive patients

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Detox

• Classical ayurvedic texts recommend seasonal purification (pancha karma)

• Effects of purification treatments:
  - Increase of ojas
  - Removal of ama
  - Balance of doshas
  - Clarity of senses and mind
  - Rejuvenation
  - Removal of root cause of disease
He explained the molecular mechanisms of autophagy.

Autophagy: from the ancient Greek αὐτόφαγος, "consuming itself".

Defective cells and cell components are recycled through the body's own processes.
Food Restriction Extends the Life Span

Study on Different Species

Longo and Mattson, Cell Metabolism, 2014
Autophagy –
The Recycling System of the Body’s Cells

Autophagy protects against:

- Premature aging
- Destruction of the nerves
- Cancers
- Cardiovascular diseases
- …
Extracellular Matrix (ECM)
Communication Centre or Rubbish Dump

No ama: unrestricted supply of nutrients and information

With ama: poor supply, poor disposal, poor communication
Pancha Karma Process

**Pre-treatment**
- Snehabana: Taking a fat phase (e.g. ghee)
- Agni dipana: Strengthening Agni

**Main-treatment**
- Virechana
- Niruha Basti
- Anuvasa Basti
- Nasya

**post-treatment**
- Health

**Diet structure**
- Abhyanga
- Shirodhara
- Shiro-abhyanga

**Food supplements**
- Swedana
- Swedana
- Swedana
The Panchakarma Therapy
The Panchakarma Therapy

Time Schedule

1. **PURVAKARMA** (pre-treatment)

   Lasts approx. 1 week, consists mainly of dietary measures, can also be carried out at home after a preliminary medical examination.

   Reduce workload
The Panchakarma Therapy
Time Schedule

2. **PANCHAKARMA** (main-treatment)

Lasts approx. 1 - 2 weeks, must be carried out in a qualified, medically managed (Maharishi) Ayurveda center

Vacation is necessary
The Panchakarma Therapy
Time Schedule

3. **PASCHATKARMA** (post-treatment)

Lasts up to several months. We recommend at least a few days off after the therapy. Consists of lifestyle measures, diet and intake of Ayurvedic food supplements → **Rasayana Therapie**
Purification Home Treatments
Herbal Detox

- One week purification treatment according to classical texts
- Involves light diet, herbal preparations, exercises from ayurveda and yoga, intestinal cleanse
- Easy to apply at home
- Available as webinar under guidance of two doctors
Indications of „Herbal Detox“ (ama pachana)

- Prevention of disease
- Any accumulation of ama
- AmaVata (rheumatory joint diseases)
- Deranged digestive power (Vishamagni, Mandagni)
- Metabolic syndrome, insuline resistance, NIDDM
- Overweight/obesity
- Effective start for any medical treatment
Indications of „Herbal Detox" (ama pachana)

• Recurring infections
• Tiredness, burn out syndrome, hormonal/autonomic imbalance
• In between courses and after finishing chemotherapy and/or radiation
• Stimulation of self-regulation mechanisms in complicated diseases
Webinar „Herbal Detox“
25th March – 3rd April 2022

- 7 interactive live webinar lectures
- Herbal preparations according to dosha for 1 week
- Virechana therapy (intestinal cleanse)
- 5 exercises
- Daily inspirational e-mail
- 32 page course booklet
- Access to all webinar recordings for two weeks
"Herbal Detox" webinar LIVE
with Dr WOLFGANG and Dr VALERIA SCHACHINGER
25th March – 3rd April 2022

10 days
7 live lessons
Herbal preparations included

Detox and gain balance and release

www.ayurvedawebinar.eu
Webinar „Winterfit“
8th – 24th November 2021

- In German language
- 9 interactive live webinar lectures
- Herbal preparations according to dosha for 17 days
- Virechana therapy (intestinal cleanse)
- 5 exercises
Our project ... somamed, Maharishi AyurVeda Health Center

www.somamed.at

Opening in February 2022
Our project ...

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„EXPANSION OF HAPPINESS IS THE PURPOSE OF LIFE“

Maharishi Mahesh Yogi (1918 – 2008)
Thank you for listening!

Take time for the most important issue of life: **Happiness**
Important Contact Information

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