



Trauma & Anxiety Ayurvedic Protocols

What is Kitchadi?

This ancient Ayurvedic recipe from India is a mixture of basmati rice, mung dal (a legume), ghee (clarified butter), and mouth-watering Indian spices. The ingredients can easily be found at any health food store or on amazon.com. You may also find kitchadi spices on banyanbotanicals.com. It is often called 'Food of the Gods', 'Food that creates space in the body' or 'The Ayurvedic Food'. This recipe has a soft, unctuous texture. Considered a sacred and perfectly balanced food, it is easy to digest and imparts strength, vitality and deeply nourishes all the tissues of the body. For centuries, yogis and swamis of India have eaten this food and the Ayurvedic doctors have been lovingly giving it to their patients as the ultimate food to mono-fast on for three days to two weeks at a time, or longer. It is the good of choice during the Ayurvedic cleansing and purification process, otherwise known as pancha karma. Its gentle laxative and detoxification effects help restore and reverse the aging process of the cells. It is naturally a free radical scavenger.

The proportions are usually 2 parts rice to 1-part mung dal, but both these and the spices can be varied according to taste preference and individual Ayurvedic constitutional needs.

Kitchadi Recipe (tri-doshic)

- 2 cups of green or yellow mung dal (whole or split)
- 2 cups of white basmati rice
- 2-3 inches of fresh ginger, peeled
- 2 tblsp of fresh shredded unsweetened coconut
- 1 handful of fresh cilantro leaves
- 2 tblsp of ghee
- 1 heaping tblsp of fennel seeds or (crushed)
- 1 heaping tblsp pf coriander seeds or (crushed)
- 1 heaping tblsp of cumin seeds (crushed)
- 1 tsp of brown or black mustard seeds
- 1 heaping tblsp of cardamom powder or 10 pods
- Rock salt to taste
- Black pepper to taste
- 1-2 tsp of turmeric
- 1 bay leaf
- Squeeze of lime juice to taste



Wash, and then soak mung dal overnight, wash again in the morning. Wash the rice until water is clear. In blender, liquefy cilantro, fresh ginger and coconut with some water. Heat a large saucepan and add the ghee, fennel, coriander, cumin, mustard seeds, cardamom, and black pepper. Be sure the ghee does not smoke. When the mustard seeds have started to pop, add the liquefied ginger, coconut, and cilantro. Mix on medium heat for 5 minutes, and then add the bay leaves, turmeric and salt. Stir until lightly browned. Stir in the mung dal and rice. Pour in about 8 cups of water, bring to boil, and then simmer at medium low heat, lightly covered until the water has evaporated and the rice and dal are soft and unctuous. From this point, the kitchadi should be done in approximately 20-25 minutes. Halfway through, add lime juice. If needed, add more water. Serve kitchadi topped with a squeeze of fresh lime and sprinkle of coconut and chopped cilantro leaves. Kapha and vata people can add a dash of black Krishna salt. Bless your food and be thankful that you are able to assimilate, absorb, and deeply enjoy this meal. Chew carefully and eat with pure awareness and gusto! Eating can be a meditation!

Serves approximately 3-6 people. Note: It is best to use organic ingredients whenever possible.



Dates Soaked in Ghee

5 organic medjool dates

Pinch of saffron, cardamom, ginger & pink salt

Rx: anemia, energy, ojas, libido

Karyn's Famous Ayurvedic Chai Tea Recipe for Longevity

1.5 cups of fresh finely chopped organic ginger root
8 Star anise
1/8 cup black pepper corns
8 large Ceylon cinnamon sticks, gently crushed
1/2 small whole nutmeg, gently crushed
½ tsp organic vanilla bean powder
1/8 cup whole fennel seeds
1.5 heaping tablespoons whole cloves
¼ cup cardamom pods, gently crushed
1/8 cup rose holy basil
Between 7-8 quarts of filtered water
¼ cup of nut milk or goat milk or cow milk



Using between 7-8 quarts of filtered, pure water, bring all ingredients to a gentle boil in a large saucepan over medium-high heat. Reduce heat to medium-low, cover, and simmer for 20 minutes, until all ingredients sink to the bottom and liquid turns a dark color. Strain and pour. Option: Pour tea thru a tea strainer with 1 tsp of black organic darjeeling tea or decaffeinated rooibos ¾ of the way full. In a separate small pan, simmer ¼ cup of organic nut-milk, cow or goat milk on medium heat for 5 mins. Use a milk frother to froth the milk. After your tea has steeped for 5 minutes. Add raw honey (stored in a glass jar) to your teacup to taste, then add the milk froth & gently stir. Sprinkle cinnamon powder on top. Bless. Sip slowly with deep gratitude. Allow the remaining chai tea in the saucepan to cool to room temperature before putting it in the refrigerator in an airtight container for up to one week.

***Note:** This is considered a concentrated medicine. Please drink in moderation. If you start to notice digestive irritation, take a rest from drinking this for at least 1-3 days. Next time you drink it, add more water or milk. Everyone is different, so adjust the intensity accordingly.

Medicinal Properties of Chai:

Fresh raw ginger root: Melts toxins, fat, mucus, anti-inflammatory, sedative, ignites digestive fire, anti-viral.

Star anise: Anti-bacterial, yeast & fungus, removes bloating & gas. Strengthens respiratory tract infections, cough & bronchitis. Good source of shikimic acid, which is used in the manufacture of oseltamivir (Tamiflu), a flu treatment.

Black pepper corns: Anti-inflammatory, melts mucus, toxins, antioxidant, lowers cholesterol, increases metabolism & is nutrient dense.

Cinnamon: Antioxidant, regulates diabetes, digestive disorders, respiratory problems, menstrual pain, toothache, cancer, prevents Alzheimers, fights brain fog & memory, removes bad breath & stiffness in joints & is nutrient dense.

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Nutmeg: Opiate-like properties, relieves depression, regulates cholesterol, antioxidant, anti-inflammatory, boosts libido, removes pain and insomnia.

Vanilla bean powder: Removes fever, aphrodisiac, removes bloating, mood regulator, high in magnesium, calcium & potassium.

Fennel Seeds: Regulates blood pressure, purifies blood, removes gas, aids digestion, soothes stomach upset, supports female reproduction, anti-inflammatory, antioxidant, removes blood clots, increases milk for lactation, regulates diabetes, removes acne, antifungal & improves eyesight.

Clove: Highest ORAC points of all spices (antioxidant), removes parasites, yeast, bacteria, fungus, cancer, toxins, removes pain, especially tooth-pain & ignites digestive fire.

Cardamom pods: Stimulates digestion, effective against strep throat, yeast, bad breath, diuretic, antioxidant, anti-inflammatory, aphrodisiac, regulated urinary tract infections, removes headache, poor circulation & constipation.

Holy Basil (tulsi): Antidiarrheal, anti-oxidant, anti-inflammatory, anti-pyretic, anti-diabetic, anti-microbial, anti-viral, anti-fungal, anti-tussive (treats coughs). Protects liver, brain and heart.



Karyn's Ayurvedic Remedies for Anxiety & Fear

(Vata-Pacification)

Sip warmish-hot water through-out the day
Daily oil massage before shower or while in the tub
More Hugs
Warm, soupy, moist foods
Foods cooked with love
Read inspiring quotes or stories daily
Keep a nightlight on while sleeping
Sleep on a soft but supportive mattress
Heavy blankets and socks
Slow, gentle floor yoga (not so much standing)
Wear soft, smooth, flowing fabrics
Surround yourself with warm soft colors
Listen to soothing music
Favor aromas of amber, sandalwood, ginger, holy basil, fennel, roses geranium
Cook with generous amounts of ghee (clarified butter)
Apply warm herbal drops of oil to the inside of nostrils, ears & anus daily
Swish with sesame peppermint neem oil in your mouth daily
Do gentle warm water and sesame oil enema 2x/week on empty belly in AM
Sleep by 10am
Follow a structured routine with yoga, sleep, work & meals
Surround yourself with cheerful friends only
Avoid depressing news and media
Eat root veggies like cooked carrots & sweet potatoes
Avoid eating alone
Wear earth tones, grounding peach, tawny reds, muted greens
Wear topaz, red coral, sapphire, citrine, turquoise and onyx
Sleep on your right side
Practice alternate nostril breathing (pranayama) 15 mins daily
Meditate 30 mins twice per day
Sleep and rest more
Avoid dry, cold, crunchy, dehydrated, stale, crispy, raw foods
Avoid too much travel, movement, driving and stress
Enjoy creative activities igniting the senses
Avoid sex more than 2-3X per week
Hydrate often using boiled water cooled to room or warm temperature
Avoid being hungry for extended periods of time
Avoid caffeinated and carbonated beverages
Avoid white sugar
Half of glass of wine before and after dinner is permissible
Enjoy warm moderately spicy foods
Supplement with protein shakes and other nutrients
Remember to sing and dance

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Nasya Therapy: applying drops of herbal oil to the nostrils

<https://www.karynchabot.com/products/sacred-nasya-oil-1>

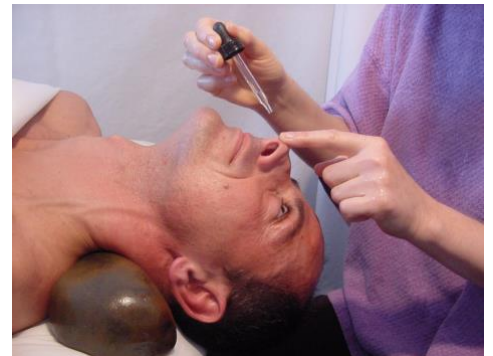
According to Ayurveda, the nose is the doorway to the brain and to consciousness. Nasya can help heal ear disorders, sinus problems, mental disorders, neck stiffness, migraine headache, dryness of the nose, memory loss, convulsions, hoarseness, colds, anxiety, TMJ, fear, insecurity and nervousness.

Nasal administration helps in removing doshic excess accumulated in the head, throat, sinus and nose areas. It is important to keep these passages clear and clean for proper functioning of the sensory and motor functions of the body. Nasya assists in restoring balance to the function of prana, whose function is the governing of mental activities, intellectual activities, memory and concentration.



There is a receptor located at the tip of the nose, which is connected to the limbic portion of the brain. Sensations are carried to the brain by the olfactory nerve, which ends in the nose. Emotions are directly related to the olfactory senses and the astral body. Therefore, aroma directly impacts the astral body. The astral body is the electromagnetic field between the material body and consciousness. The ethereal body is the bridge between the subconscious and the conscious mind, the subconscious carrying the seeds of the past.

You can make your own with a base of olive or sesame oil, then, add few drops of eucalyptus, tree tea oil, rose and sandalwood. Be creative. Nasya should be done with the neck supported and the head angled downward on the table just slightly to prevent the oil from going down the throat, directing it towards the brain. Sacred Stone treatments use nasya along with shirodhara.



1. Begin with the left nostril, 5 drops should be applied counter-clockwise following the order of the 5 elements as they are situated on the outsides of the nostrils, starting with the first drop near the fire element, ending with the last drop in the center representing ether.
2. Do the same in the right nostril moving clockwise this time, still following the order of the 5 elements around the nostrils.
3. Ask the client to inhale/sniff through their nose as you press the respiratory marma points located just outside the lateral portions of the nostrils on the face. Activating these points through light pressure will help open the sinus cavity and allow the client to breathe in more deeply.
4. Ask the client to exhale through their mouth while you massage the oil into the nasal passage and direct it, using the power of intention and moving your hands towards the forehead and crown. Do this a couple times.

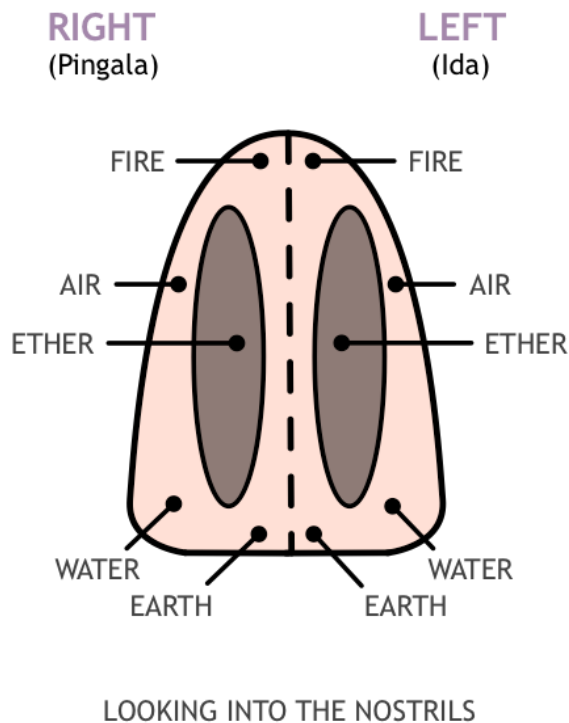
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5. Ask your client to inhale/sniff through their nose as you block and unblock their nasal passage in intervals of ½ seconds. This creates suction and invites the oil to go deeper towards the brain. Ask them to exhale from their mouths.

Contraindications for Nasya Application:

- children younger than 7
- persons older than 80
- recent cold or fever
- after sex
- diarrhea
- acute indigestion
- full stomach
- before or after an alcoholic drink
- pregnancy
- pulmonary TB
- postpartum
- menstruation
- directly before or after a shower



Testimonial for nasya therapy:

“When Karyn was applying the oil to my nose, I felt my sinus’s open up and a tingly feeling in my head. I had to blow my nose since it loosened up so much debris. I slept extraordinarily deeply that night, my ears stopped ringing.”

Vanessa Benway

Types of nasya

Virechan: cleansing accomplished through the inhalation of dry powder or certain liquids; effective in removing kapha dosha from the nerve tissue in majja dhatu. Substances used for virechan nasya: calamus root, kataphala, trikatu, camphor, ginger, jaggary, salt water, herbal wine, and or honey

When virechan is indicated:

- Chronic sinus congestion due to kapha
- Heaviness in the head
- Nasal congestion
- Nasal polyps
- Rhinitis
- Tonsillitis and pharyngitis due to kapha
- Dull, heavy mind
- Diabetes
- Obesity
- Glandular enlargement in the neck
- Worms (use triaktu)

Runny nose, colds
Tumors
Epilepsy
Parkinson's disease
Skin disease
Greed, attachment, lust

Bruhan Nasya used to treat vata disorders by using ghee oils and or salt. Warm ghee or oil is dropped into each nostril allowing for the appropriate effect to occur.

Swooshing Oil (Oil Pulling—Gargling with herbal oil)

<https://www.karynchabot.com/products>

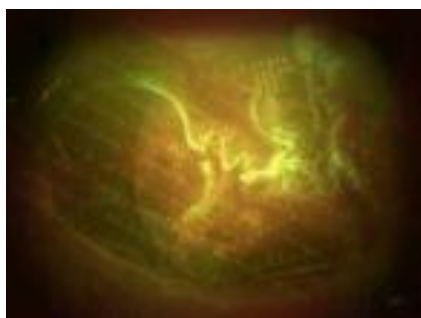
Karna Purana Therapy

(oil application in the ear)

The ear is a site of vata. The elements of ether and air exist within the ear. When these elements are out of balance and in excess, we can reverse this imbalance by applying more of the earth and water elements to in the ear cavity. Oil consists of earth and water elements. This is why applying warm oil to the ear will correct vata imbalances. Using a squeeze top bottle, squeeze a steady flow of oil on the udharva marma point at the top of the ear. Many people pierce their ear at this point. It is located at the upper part of the ear in the flat part of the ear just under the top crease. It will be a little different for everyone.



To start, test the temperature of the oil with your client by apply just one or drops at the udharva marma point and ask if the temperature is comfortable. If it is, fill the entire ear with oil. Rub the ear using both hands, pulling and massaging the oil deeper into the ear. Rub the side of the neck just below the ear and the back of the ears, inviting the oil to flow more deeply into the tissue.



The oil can be held up to 30 minutes or longer, depending on the client. During my Sacred Stone Therapy treatments, I allow the oil to sit in the ear for 2 minutes. Always do both sides, so the client can be balanced. Use sesame, sunflower, jojoba, grapeseed oil. After the retention, have your client to turn their head and allow the oil to drain into a tissue. If the client has trouble getting the oil out, create suction with your hand and pump it back and forth, sucking the oil out with the pumping action. You can also have the client sit up and gently shake the head to the side, pulling the ear down and out and wiggling the jaw. It is rare that the oil will get lodged

inside if your practices the above methods. If so, it will eventually dissolve within a day or drain out during sleep.

The ear resembles a fetus in the womb in the side-lying, curled up position. Dr. Lad explained that the ear is a sacred place where memories of being in womb can be explored on a sub-conscious level. Filling the ear with warm oil will help bring back memories of feeling safe and loved within the womb (if those are

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your memories, hopefully). The oil has a viscosity similar to amniotic fluid that is found in the womb and floats the fetus. It gives the client a feeling of being under water, where there is peace and tranquility. Do not speak to them during this treatment because they will not want to listen. Allow them to go on an inward journey to the divine self that exists within all of us. In this place of stillness and silence, the highest healings can take place.

Benefits:

- Calms the entire central nervous system
- Renews the sweetness of life in the womb
- Reduces anxiety and worry
- Restores most vata imbalances, especially related to hearing.
- Helps reduce ringing in the ears
- Helps liquefy earwax
- Lubricates the ear canal, removing dryness
- Promotes toxins and debris to exit the ear canal
- Helps most ear pain
- Using garlic infused warm oil will alleviate ear infections
- Alleviates jet-lag
- Re-aligns the cranium bones
- Softens TMJ pain

Contraindications:

- Pregnancy
- Full stomach
- Excess mucous in the head from sinus or head cold infections
- Removal of the eardrum
- Menstruation
- Excess kapha in the body
- Fear of anything going into the ears

Glowing with Ojas

Ojas is moonlike in properties, unctuous in color and cold in potency, stable moving forth, clear, soft, slimy and is chief among the seats of life: the entire body with all its organs are pervaded by it, and in its

absence the body of living beings perishes.¹

Processed ojas lives in the heart in a quantity of about 8 drops and if it is destroyed, the person will die. It is considered the essence of all bodily tissues (dhatus). Modern medicine has not found the exact equivalent of ojas, however it is similar to a combination of biological substances such as albumin, globulin and various anti-bodies such as white blood cells and lymphocytes: all of which are found throughout the various dhatus to maintain vitality and natural resistance against illness. This is called natural immunity or glowing with ojas. Unprocessed ojas circulates throughout the body and becomes processed in the heart.

Some foods that will build and preserve ojas: (These foods will also build kapha, so eat them in moderation.)

1. Raw peeled almonds
2. Raw unprocessed milk
3. Ghee
4. Saffron
5. Raw honey
6. Mejjool dates
7. Shatavri (herb)
8. Ashwaganda (herb)

Activities that build and preserve ojas:

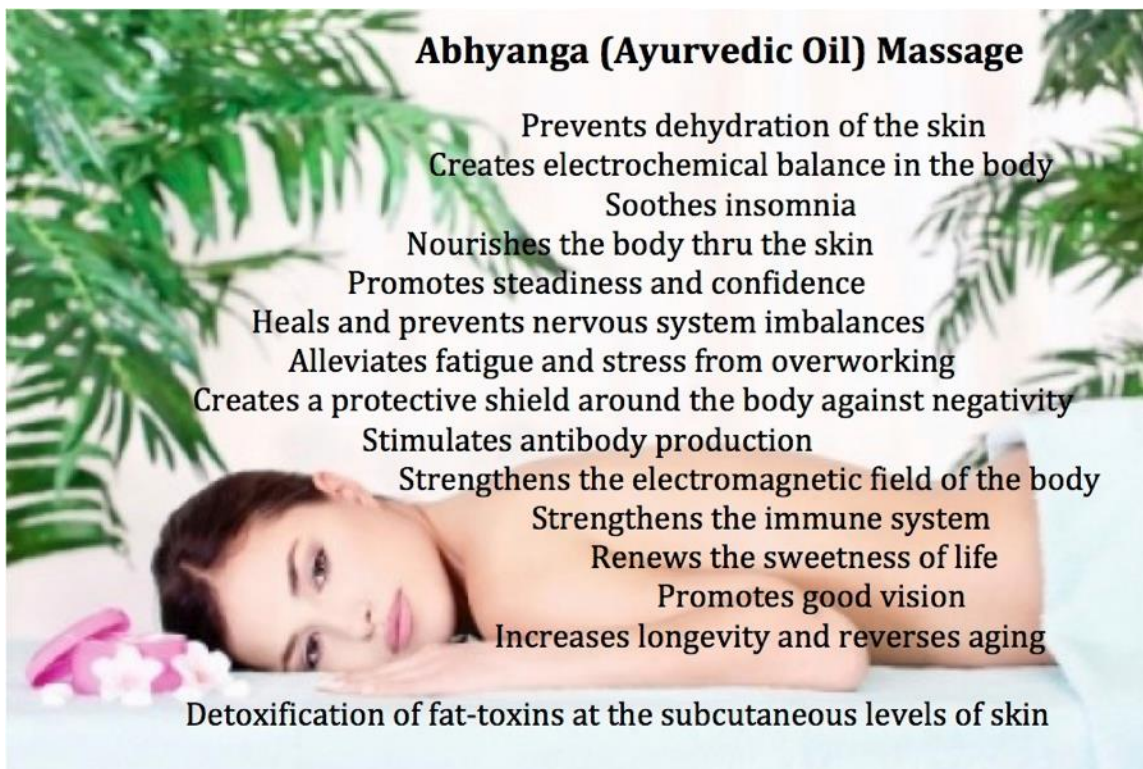
Blissful singing (kirtan)
Walking in the forest, nature or along the shore
Meditation
Prayer
Being in love
Being pregnant (after 2 pregnancies, ojas can be depleted)
Thinking joyful thoughts
Warm oil massage

Activities that burn or deplete ojas:

Too much computer work
Too much exercise or profuse sweating
Excessive worry
Insomnia
Negative thinking
Workaholism
Alcoholism
Excessive sex (especially masturbation)
Stress
Fatigue
Loneliness
Heartbreak

¹ Sushruta Samhita, Sutrasthana, ch 15

Over-thinking
Excessive reading



Abhyanga (Ayurvedic Oil) Massage

- Prevents dehydration of the skin
- Creates electrochemical balance in the body
- Soothes insomnia
- Nourishes the body thru the skin
- Promotes steadiness and confidence
- Heals and prevents nervous system imbalances
- Alleviates fatigue and stress from overworking
- Creates a protective shield around the body against negativity
- Stimulates antibody production
- Strengthens the electromagnetic field of the body
- Strengthens the immune system
- Renews the sweetness of life
- Promotes good vision
- Increases longevity and reverses aging
- Detoxification of fat-toxins at the subcutaneous levels of skin

Study online to become an Ayurvedic Health Counselor:

<https://sacredstonehealing.com/ayurveda-health-counselor-ahc-online-program/>



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