



Discover Ayurveda

Illuminate Your Path to Well-Being™



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YOUR JOURNEY

The Ayurvedic Path to Perfect Health Begins with Self-Awareness

Have you ever longed for a straightforward map illuminating the elusive path to vibrant health, meaningful purpose, and an enduring sense of peace, contentment, and joy? Look no further. Ayurveda literally means “knowledge of life” and its scope is truly no less encompassing. While the tradition is thought to be over 5,000 years old, Ayurveda remains as relevant as ever—and it is enlivened every day as individuals around the world engage its timeless wisdom in their day-to-day lives.

Ayurveda is a remarkably individualized system of medicine, rooted in the idea that each of us is born with a completely personal blueprint for optimum health. From birth onward, it is this reference point—your constitution—that, in many ways, defines who you are. Discovering your constitution, and the ways that vata, pitta, and kapha are affecting your state of balance, is a first—and radical—step towards ideal health.

As you develop an understanding of your constitution, and continue to cultivate a sense of self awareness, you may find support in the traditional and enriching practices of an Ayurvedic lifestyle. Using lifestyle choices to maintain health is a simple, yet profound concept. It is an invitation to intentionally fill your days with supportive types of experiences, while limiting those that will be less so. As your understanding deepens, the very way you move through life becomes a powerful opportunity for healing.

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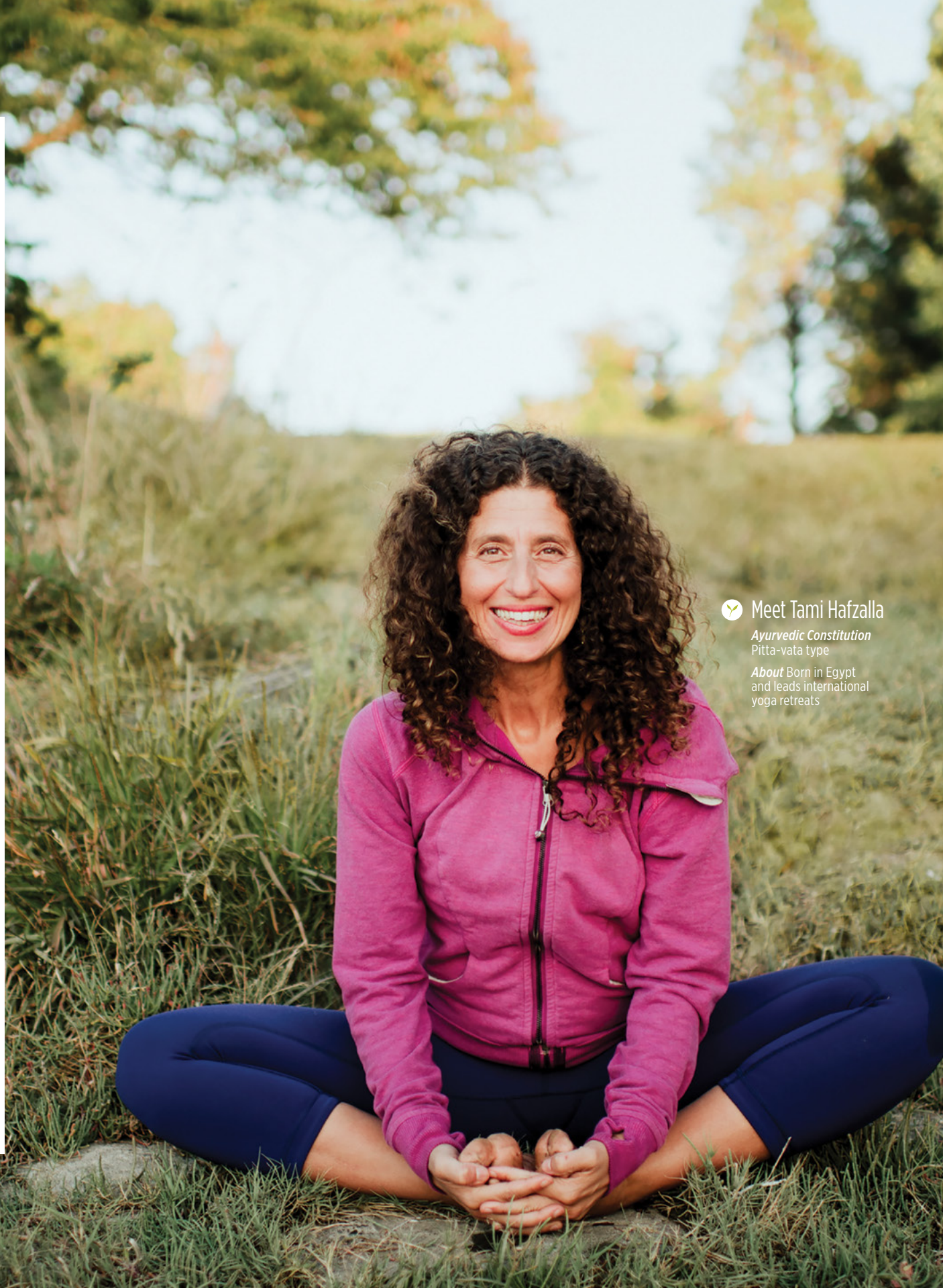
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Erin Johnson, pitta-kapha type, Banyan operations and research, Ayurvedic practitioner, and organic gardener

Meet Tami Hafzalla

Ayurvedic Constitution
Pitta-vata type

About Born in Egypt and leads international yoga retreats





The Doshas & You

Vata, pitta, and kapha—the three doshas of Ayurveda—not only determine your constitution, they also influence your current state of balance and the way you feel day to day, even hour to hour. Each dosha represents a set group of qualities that can manifest in your health in a variety of ways. When you experience an uprising in these qualities within yourself, Ayurveda suggests using opposite qualities to regain balance. Try to identify these qualities in your foods, environment, and daily activities, using opposites and balancing herbs to support yourself along the way.

Vata represents movement. It is naturally dry, light, cool, and rough, and it is balanced by oily, heavy, warm, soft, and stable qualities. Its qualities combine to form the principle that allows for bodily movements like breath, peristalsis, and nerve impulses, while the expansive nature of vata invites our ability to communicate with others, think creatively, and be spontaneous. When out of balance, the light and dry qualities of vata create a dryness within the body, causing flaky skin, dehydration, or constipation. The mobility of vata can instill a sense of ungroundedness, or trigger anxious feelings when out of balance. To support healthy vata, incorporate balancing influences like a daily warm oil massage, and enjoy nourishing well cooked meals. Keep vata grounded by maintaining a healthy and consistent daily routine and take plenty of rest.

Pitta represents transformation. It is naturally oily, sharp, hot, light, and spreading, and it is balanced by dry, soft, cool, heavy, and contained qualities. The qualities of pitta combine to allow for digestion and metabolism, sensory perception, and comprehension of thought, while the bright, spreading nature of pitta is responsible for courageous action, leadership, and natural

athleticism. When out of balance, the hot and sharp qualities of pitta can cause inflammation in the body, acidity and heartburn, or fiery emotions like anger and jealousy. To support healthy pitta, invite balancing practices that reduce stress like deep breathing, gentle exercise, or a cool swim. Pitta is balanced by soothing, cooling foods and a relaxed, playful pace of life.



TAKE THE QUIZ!

To learn your constitution and current state of balance, take the Ayurvedic Profile Quiz at banyanbotanicals.com/myprofile

Kapha represents structure. It is naturally unctuous, cool, heavy, slow, soft, stable, and dense, and it is balanced by dry, warm, light, and active qualities. The qualities of kapha combine to govern the stabilizing influences in the body like the fat, muscle, and skeletal systems that we rely on. But kapha is also responsible for the emotional characteristics that keep us grounded like compassion, loyalty, and an enduring memory. When out of balance, the heavy and slow qualities of kapha can create lethargy, lack of motivation, and even depression. When kapha begins to accumulate, it can result in weight gain and congestion, or attachment and a resistance to change. To support healthy kapha, encourage the qualities of vata! Kapha is healthy when the body is active and moving and there is a sense of freedom and spontaneity in life—these things help to avoid the stuck-ness that can come when kapha is overly stable. 🟢



Vata Balancing Bundle

Complementary Products to Balance Vata*

The Vata Balancing Bundle combines four of our most popular and effective products to nourish, stabilize, and rejuvenate the body and mind. Vata is balanced by heavy, sweet, and warming influences.

Bundle starting at \$73.96



Pitta Balancing Bundle

Complementary Products to Balance Pitta*

The Pitta Balancing Bundle combines four herbal products to soothe the mind, cool the body, and deeply revitalize pitta.

Bundle starting at \$73.96



Kapha Balancing Bundle

Complementary Products to Balance Kapha*

The Kapha Balancing Bundle is the perfect combination of herbal products to warm the body and stimulate digestion while melting away kapha accumulations in the tissues. **Bundle starting at \$73.96**





FIND YOUR RHYTHM


Establish a Daily Routine to Build Healthy Habits

Ayurveda emphasizes routine, and developing a regular routine is a potent antidote for our hectic modern lives. In fact, following an appropriate daily routine is one of the single most powerful Ayurvedic tools for improving overall health and well-being. This is true even when we are in near perfect health. And when imbalances are at play, a daily routine can be a game changer.

While consistency is among the most important aspects of a daily routine, that doesn't mean that you have to be attached to a specific schedule or place overbearing limits on your spontaneity. Think of it more in terms of creating a sense of predictability that will serve to anchor your nervous system in a sense of normalcy and safety throughout each day. Your routine might be as simple as getting up and going to bed at the same times each day, or it might be slightly more elaborate. Either way, it should only include elements that you can successfully engage with on a regular basis.

Consider the season, your constitution, and your current state of health to create a routine that is supportive and practical for you.

A successful daily routine can provide balance to any constitution and all doshas. Vata is naturally irregular, so the consistency of a routine allows this dosha to truly thrive. Pitta is soothed by a daily routine that is stress free, fluid, and relaxed. And kapha is encouraged to get moving with a routine that emphasizes activity.

The best places to start when creating more consistency include sleep and wake times, meal times, and work schedules. You might also want to consider integrating a few self-care practices into your early morning routine. The morning hours set the tone for the entire day, and Ayurveda says this time of day is naturally infused with stillness and tranquility—the perfect time to open up to awareness, compassion, and self-love. 



Meet Alicia Lynn Diaz

Ayurvedic Constitution
Vata-pitta type

About Founder of the Enlightened Body System, loves to camp, sing, and cook

Oral Hygiene

A Window into Overall Vitality

Modern medicine and traditional Ayurveda agree that oral health and hygiene goes further than fresh breath and white teeth—it offers a glimpse into our overall health, including the state of our organs and bodily systems. To start your morning, Ayurveda recommends several practices to gently scrape away the coating on the tongue and throughout the mouth. This coating is described as *ama*, or toxins, and removing it can enhance your sense of taste, promote fresh breath, and maintain healthy bacteria levels in the mouth. A daily scrape with a tongue cleaner, followed by a few minutes of oil pulling, stimulates the internal organs and thoroughly cleanses the sensitive tissues of the mouth.

BENEFITS OF OIL PULLING

- Cleans teeth
- Removes plaque
- Supports oral health
- Reduces teeth over-sensitivity
- Promotes healthy gums
- Strengthens the voice
- Promotes healthy sinuses
- Helps remove tension in the jaw and neck



 **Meet Krishna Deva**
Ayurvedic Constitution
Pitta-vata type
About Videographer
and musician

Tongue Cleaner

Reduces the toxins and bacteria on the tongue that can cause bad breath. Enhances the sense of taste, improves digestion, gently stimulates the internal organs, and helps eliminate unattractive coating on the tongue.

#5211 | **\$7.99**



 **Meet Maggie**
Ayurvedic Constitution
Vata-pitta type
About Banyan visuals manager

Daily Swish For Healthy Teeth and Gums

Daily Swish is a carefully formulated blend of sesame and coconut oils infused with herbs traditionally used to support healthy teeth and gums. Guduchi, fennel, and triphala cleanse and strengthen the sensitive tissues of the mouth, and essential oils of mint provide a subtle taste to leave your mouth feeling fresh.

#3453 | 8 oz bottle | **\$14.99**

#3451 | 34 oz bottle | **\$49.99**

How to use: Hold oil in the mouth and gently “swish” or “pull” it back and forth, around the gums, and through the teeth for several minutes. When finished, spit out the oil and rinse the mouth with warm water.

Self-Massage

Enveloping the Body in Love

Massaging the body helps to relieve tension from the muscles, soothe the nervous system, and support a healthy response to stress. But Ayurveda views massage as even more. In Sanskrit, the traditional language of Ayurveda, the word *sneha* is translated as both “oil” and “love.” A daily oil massage is an incredible act of self-love and nourishment. It is an opportunity to connect with your physical body and notice any areas of discomfort or stagnation that may need extra attention. Oil massage also stimulates healthy circulation and the proper movement of lymph, guiding natural toxins through the system to be flushed and eliminated.

Self-massage is best done with warm oil before bathing. Start at the extremities with long, soothing strokes and work your way toward the center of your body. Apply circular movements over the joints. Find what works best for your routine, but a daily self-massage typically takes 5–20 minutes. Allow the oil to absorb into your skin before rinsing with warm water. Even if you can only find time once per week to offer this practice to yourself, it is worth it. Self-care truly is self-love.



Daily Massage Oil

Formulated to balance all three doshas: vata, pitta, and kapha.

#3493 | 4 fl oz | **\$12.99**

#3495 | 12 fl oz | **\$27.99**

#3491 | 34 fl oz | **\$49.99**



Meet Elizabeth

Ayurvedic Constitution
Pitta-kapha type

About Esthetician and
student of Ayurveda

BENEFITS OF AYURVEDIC SELF-MASSAGE

- Imparts softness, strength, and color to skin
- Decreases the effects of aging
- Nourishes the body and benefits sleeping patterns
- Imparts tone and vigor to the tissues of the body
- Stimulates the internal organs, increasing circulation
- Helps to relieve tension from the muscles and nervous system



See our complete line of herbal massage oils at banyanbotanicals.com/herbaloils

Sinus Support

The Pathway of Prana

In the Ayurvedic tradition, the nasal passage is given much attention. Described as the gateway to consciousness, the nose acts as the main receptacle of *prana*—the subtle life force that is carried on the breath.

Keeping the delicate tissues of the nasal passage well moisturized, clean, and clear is a vital component to a successful daily routine.



Nasya Oil Nasal Drops for Clear Breathing

When an excess of bodily fluids accumulates in the sinus, throat, nose, or head areas, it is best eliminated through the nose. Administration of herbally infused oil, or nasya, helps facilitate this cleansing process.

#3181 | 1 oz bottle | **\$12.99**

How to use: With head tilted back, place 3 to 5 drops into each nostril and sniff.

Nasal Rinse Cup Neti Pot

Natural support for clear breathing and sinus health, providing soothing relief for nasal dryness. Gently removes excess mucus, and rinses away dust, pollen, and other irritants. #8215 | **\$11.99**



BENEFITS OF USING NASYA OIL

- Lubricates and protects the nasal passages, relieving sinus congestion
- Helps facilitate the cleansing process
- Helps to release tension in the head and relieve accumulated stress
- Balancing for vata, pitta, and kapha

Watch a video on how to use Nasya Oil at banyanbotanicals.com/nasya




Meet Isha

Ayurvedic Constitution
Pitta-vata type


About Yoga and
meditation teacher





 **Meet Natalie**
Ayurvedic Constitution
Pitta-vata type
About Farmer
and animal lover



 **Meet Jacob Wood**
Ayurvedic Constitution
Pitta-vata type
About International yoga teacher
and massage therapist













Create Your Own

A successful and supportive daily routine is all about consistency and finding what is feasible for you. After all, this is your routine! Try integrating one new practice every week, building your daily routine over time. Journaling is a great way to support yourself while creating new habits and letting go of the old. Putting intentions into writing can help you stick to your goals, but remember to stay flexible and listen to the needs of your body.

Daily Routine Bundle

Complementary Products to Support Your Daily Routine*

Establishing a consistent daily routine is one of the most powerful ways to support overall health and vitality. The Daily Routine Bundle provides everything you need to start your day off right and carry you through to the next.* **Bundle starting at \$66.95**

Wake up by 6 a.m.		Self-Massage	
Drink Warm Water		Bathe	
Clean Tongue		Nasya	
Brush Teeth		Take Herbs	
Oil Pull		Eat Regular Meals	

Download our Daily Routine Check In at banyanbotanicals.com/dailycheckin

MINDFULNESS & MOVEMENT

It is no surprise that healthy exercise is an important part of a healthy lifestyle. The human body was made to move—and it feels good! Proper exercise gives the body a critically important outlet for movement, which in turn, helps to maintain fluidity in the tissues, alertness in the mind, and lubrication in the joints. Ideally, our fitness routines are both grounding and energizing, and truly help us to feel our best—body, mind, and spirit.

YOGA

As sister sciences, Yoga and Ayurveda are each branches of the same unifying tradition. They beautifully complement one another, supporting the ultimate goal of perfect health and a deepening self-awareness. Just as the doshas and their qualities can be observed in our bodies, our environment, and foods, these influences are also expressed through activity. Every yoga posture activates certain qualities within the body—cooling or heating, grounding or activating, stable or fluid. With mindful application, we can use yoga poses and sequences to support our own state of balance.

Ayurvedic Support for Comfortable Movement

Try our collection of soothing products perfectly formulated to rejuvenate and strengthen the skeletal and neuromuscular systems. This collection includes topical products great for massaging sore joints and delivering herbs that penetrate, soothe, and nourish the tissues, while helping to maintain mobility and painless range of motion.*

Mahanarayan Oil | #3235 | 12 fl oz | **\$27.99**

Joint Balm | #3531 | 4 oz jar | **\$21.99**

Joint Support | #1251 | 500 mg tablets | 90 per bottle | **\$21.99**

Muscle Balm | #3591 | 4 oz jar | **\$21.99**

See our full line of products to support comfortable movement at banyanbotanicals.com.



Meet Aisha Wand

Ayurvedic Constitution
Pitta-vata type

About Dancer, teacher,
and fitness guru



Food Choices

The Power of Proper Nutrition

The body's primary source of nourishment, rejuvenation, and the capacity to rebuild is provided through our daily meals. The foods we consume have an immediate impact on our energy levels and digestive comfort, but they also have lasting effects on our physiology. Vibrant, rich, fresh food delivers *prana*, a vital life force, and encourages the creation of equally vibrant bodily systems. Ayurveda recognizes seven layers of tissues in the body, and for all of them to receive proper nutrition, the body must be able to adequately digest and absorb nutrients from the food we consume. For this reason, healthy digestion is the ultimate goal in Ayurveda.

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When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need. — *Ayurvedic Proverb*

To support a healthy digestive system, the traditional teachings of Ayurveda recommend paying special attention to proper food combining, eating foods that are in season, and ensuring a good balance of all six tastes in every meal. The six tastes—sweet, sour, salty, pungent, bitter, and astringent—each have a vital role to play in our physiology, health, and wellbeing, and they combine in countless ways to create the incredible diversity of flavors we encounter throughout our lives.

When applied with awareness, the principles of Ayurvedic nutrition effectively guide us to choose recipes, ingredients, and tastes appropriate for our unique constitution and current state of balance.

For Ayurvedic recipes, information on food combining, and shopping lists for each dosha, visit banyanbotanicals.com/diet. 🌱



Claire Ragozzino



Photos: Choate House & Greer Inez





Kitchari

Ayurveda's Healing Meal

The most beloved, traditional meal of Ayurveda is made primarily of basmati rice, split yellow mung dal, and subtle spices. Kitchari is a simple stew-like preparation that is easy to digest, yet offers the body a complete and nourishing protein. Because it is easy on the body and deeply nourishing, kitchari is ideal during cleansing, illness, and times of stress or recovery. There are endless variations to the classic kitchari recipe. It can be prepared with seasonal vegetables, grain substitutes, and a variety of spices, but we suggest starting with the classic and delicious recipe below.

Preparation:

Wash rice and mung dal and soak overnight.

In a medium saucepan, warm the ghee, then add the kitchari spice mixture and sauté for 1 to 2 minutes. Add rice and mung beans and sauté for another couple of minutes. Then add 6 cups of water and bring to a boil. Once the kitchari has come to a boil, reduce the heat to medium-low. Cover and cook until it is tender (approx. 30–45 minutes). If you are adding vegetables to your kitchari, add the longer cooking vegetables such as carrots and beets halfway through the cooking. Add the vegetables that cook faster such as leafy greens near the end. Add more water if needed. Typically, kitchari is the consistency of a vegetable stew as opposed to a broth. Garnish with fresh cilantro and add salt to taste (optional).

Ingredients:

- 1 cup basmati rice
- ½ cup yellow mung dal
- 1 tablespoon Kitchari Spice Mix
- 2 tablespoons ghee
- 6 cups water
- 1–2 cups chopped vegetables (optional)



Ayurvedic Cleansing

Detox, Refresh, and Renew

Do you ever feel just slightly off, but you can't quite put your finger on what exactly is wrong? Or maybe your health is generally good, but you often get sick when travelling, or have a hard time adjusting to the changing of seasons. These are all subtle indicators that the body is feeling taxed in one way or another, and it is time to reset and replenish.

As a system of healing, Ayurveda honors the utter uniqueness of the individual while helping each of us to court an ever-improving sense of balance and harmony in our lives. Ayurveda does not purport to offer any one-size-fits-all solution—no silver bullet to heal one and all. Instead, it teaches us how to better align with our truest inner nature and to reinvigorate our own innate intelligence in order to guide a very gentle and authentic healing process.

The Ultimate Goal is Healthy Digestion

All of that said, Ayurveda does assert that there is one thing that influences our health more than any other: the metabolic fire—*agni*, in Sanskrit. Agni drives all processes of physiological transformation. It turns food into consciousness and governs metabolism everywhere in the body. It oversees digestion, absorption, and assimilation in the GI tract, as well as the exchange of nutrients at the cellular level—even the digestion of thoughts and emotions. Agni is also our number one defense system against ill health and disease. Needless to say, when agni is impaired, our overall health suffers—sometimes in very overt and uncomfortable ways, other times, on much more subtle levels.

The point is that tending to and supporting the health of agni can be an impressive catalyst for improving overall health. And while there are many ways to support agni, a cleanse is one of the most straightforward and effective means available. Done correctly, a cleanse strengthens agni throughout the system, helps to eliminate the very toxicity that might otherwise inhibit it, and can therefore serve to initiate a powerful process of renewal and healing at many levels.

Many Different Paths

Periodic cleansing is considered an important part of an Ayurvedic lifestyle, but the specific approach should always take into consideration one's constitution, current state of balance, strength, and age, as well as environmental and seasonal influences. Thankfully, there are many different ways to go about the process, and there is generally something for everyone. The overall structure, length, intensity, and depth can all be adapted to support the individual.

Most Ayurvedic cleanses are centered around simplifying the diet and, in some cases, adding supportive lifestyle practices. One of the cornerstone teachings of Ayurveda is that each person's needs are unique, and this principle applies

to cleansing as well. A typical cleanse can be as short as one day, or as lengthy as thirty, and Ayurvedic cleanses are usually based around a mono-diet of kitchari. But one thing they all have in common is the absolutely crucial period of rest and rejuvenation that follows. 🌱

BENEFITS OF A CLEANSE

- Restores a sense of calm to the mind and the nervous system
- Fosters both clarity and groundedness in the mental, spiritual, and emotional spheres
- Nurtures an improved sense of energy, vitality, and enthusiasm for life
- Supports the maintenance of a healthy body weight
- Restores and maintains balanced sleep cycles
- Promotes regular and balanced elimination
- Recovers each individual's natural state of balance
- Prepares the tissues for deep nourishment and rejuvenation
- Promotes optimal health

For step-by-step guidance on at-home Ayurvedic cleansing, visit banyanbotanicals.com/cleansing



Meet Myra Lewin

Ayurvedic Constitution
Vata-pitta type

About Founder of Hale Pule
Ayurveda & Yoga, surfer,
and muffin maker



Deluxe Ayurvedic Cleanse Kit

Everything You Need for a 7 Day Home Detox*

This kit provides all the basic supplies found in the Ayurvedic Cleanse Kit plus Chyavanprash, Nasya Oil, a Nasal Rinse Cup, and a Tongue Cleaner.

Deluxe Cleanse Kit (Save 10%)
#1750 | **\$123.99**

Ayurvedic Cleanse Kit (Save 5%)
#1700 | **\$79.99**

Rejuvenate

Nourish Your Entire Being

Rejuvenation is a time to give back to yourself—to refill your cup. The body, mind, and emotions are constantly active, digesting food, processing experiences, creatively solving problems, and releasing emotions. We spend so much time outputting energy, but how often do we make time to truly nourish ourselves? A period of rejuvenation is highly recommended after completing a cleanse because the body has gone through a major process of releasing natural toxins from the tissues, but it is also appropriate after times of stress or anytime you begin to feel depleted or run-down. And the practice of rejuvenation, although ancient, is timelier than ever in our modern fast paced lives, precisely because it asks us to slow down and be present with our own state of well-being. While there are many traditional rejuvenative practices, herbs, and formulas, how you choose to refill your cup is wholly personal and the process will likely be different from one person to another. The take-away message from this Ayurvedic teaching is that we must make time to connect with our deepest self. When we allow ourselves the time to pause, to rest, and recuperate, it becomes easier to enjoy the wonder and beauty of each moment. As you begin to explore how you might design your own period of rejuvenation, consider these suggestions.

Rejuvenation Bundle

Complementary Products to Renew and Revitalize*

Whether you've recently completed a cleanse, or you're recovering from a time of depletion or low energy, Ayurvedic rejuvenation can help to rebuild strength and vitality throughout your entire being.*

**Bundle starting
at \$83.95**



Meet Claire Ragozzino

Ayurvedic Constitution
Pitta-vata type

About Founder of Vidya Living and rock climber, loves roasted veggies smothered in tahini sauce

REJUVENATING PRACTICES

- Treat yourself to a slow, warm oil self-massage
- Take a long, quiet bath
- Rest—clear your schedule and literally do nothing
- Take reflective time in the early morning to journal or meditate
- Move slowly—consider restorative yoga, Qi Gong, or a contemplative walk

Get Back Into Balance

Health bundles combine Ayurvedic products that work together towards the same goal, making it easier for you to set up a routine that is perfect for you. When combined with a healthy diet and lifestyle, herbs and herbal products offer a practical and effective way to support your path to optimal health.

Weight Management Bundle Complementary Products to Trim and Detoxify*

The Weight Management Bundle combines four kapha-reducing products to help you maintain robust digestion, natural detoxification, and healthy elimination.* **Bundle starting at \$83.96**



To See All Health Bundles Visit
banyanbotanicals.com/bundles



Healthy Hair Bundle Complementary Products to Support Ayurvedic Haircare*

The Healthy Hair Bundle combines three revitalizing products that work together to nurture the natural beauty and strength of your hair.* **Bundle starting at \$52.97**

Deep Sleep Bundle Complementary Products to Promote Sound and Restful Sleep*

The Deep Sleep Bundle brings together two of our best products for nurturing your nighttime sleep routine.* **Bundle starting at \$34.98**



Radiant Skin Bundle Complementary Products to Support Healthy Skin*

Encourage your natural glow with the Radiant Skin Bundle! Ayurveda teaches that the skin is merely a reflection of our deeper physiology and that skin issues must be addressed internally to get to the root cause.* **Bundle starting at \$73.96**

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More than a Dosha Quiz

Take the quiz, review your results,
and receive your personalized
recommendations! All at
banyanbotanicals.com/MyProfile

