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## Adi Ayurveda Philosophy

Adi Ayurveda advocates that the route to perfect health can only be attained through a balance of structure, posture, breath and nutrition. | A balance in the posture can only be achieved if there is a balance in structure. | A balance in structure can only be achieved if there is a balance in the breath. | A balance in the breath can only be achieved if there is a balance in the bodily fluid and sufficient hemoglobin in the blood. | Adi Ayurveda aims to create harmony in the body by correcting imbalances of structure, posture, breath and nutrition. | The common cold, asthma. epilepsy and 400 odd diseases which are unseen in other living beings and found only in man can be understood and solved through the right movement - breath awareness program.

🌃 To overcome the huge economic and other burdens related to these diseases, we welcome you to our One Day School on health program.🚳

The habit of standing for the feet should long hours is unhealthy.

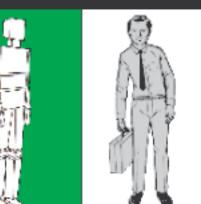
While standing be parallel.



When standing feet should not fall inward or outward.



While standing ear, shoulder, hip, knees and ankle should be in a straight line.



**Imitating** fashions and work related habits makes the body



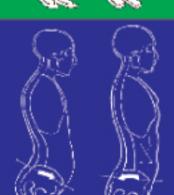
While sitting the shoulders. ears and hips should be in a straight line.

The habit of sitting straight creates steady breathing.



If rib shrinks while sittingbreathing defects occur.

Footwear should be flexible and have an ankle support.



unsteady.



Walk with an upright upper body.



While walking feet should not fall inwards

or outwards.

changes the

PH of blood and

symptoms

of diseases.

Forceful over

breathing

reduces the

amount of

carbondioxide

in the lungs.



Feet shouldn't fall inwards

Overpron-

Always walk in a straight

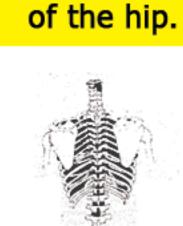
line.







Maintain the structure of your body without couching your shoulders or shrinking



destroys

the balance



yawning, taking long

breaths before

speaking and breathing through

the mouth are

obvious indicators

of over breathing.

Sighing regularly, Over breathing sniffing, upper chest breathing,



produces many the right PH level

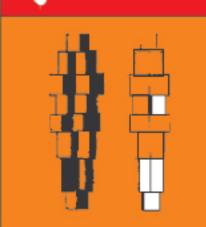
Right breathing and right movements are directly related.

healthy person

breaths less,

breaths still,

breaths calm.



Sleeping

open mouthed

or snoring

invites diseases.

The volume

of oxygen

in pure blood

is 100mmhg

and that of

carbondioxide

is 40mmhg.

The structure and posture of body changes with movement and breath imbalance.

A child

sleeping with

closed mouth

will be free

from the habit

of bedwetting

and sweating

of palms.

In

impure blood

the oxygen

is 40mmhg

numbness, sweating,

dizziness, vertigo, tinkling

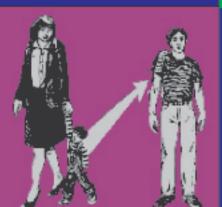
of hands and feet,

trembling headache,

faintness,

raising or irregular

heart beat, chest pain.



Mouth breathing results in dental decay, dental protrusion, gum diseases persistingloosing saliva leads to continous problems in throat and stomach.



The airborne diseases Nasal breathing and closing like Tuberclosis, your mouth swine flu(h1n1) etc can only be while work, prevented by improves the breathing efficency through the

correct your breathing you will continue to have Asthma Allergies and Nasal problems.

Unless you

Correct Body does not breathing store oxygen volume is like nutrition, essential to it acts perfect health.

healthy person breaths only 4 to 6 liters of involuntarily.

If breathing exceeds 12 finger distance that is air in a minute. over breathing

Carbondioxide

is not just a

waste gas. It is essential

for all

metabolic

functions.

Once you stop inhaling

through the mouth

sputum formation

stops in 2 weeks

time and in turn

gets rid of

all medicines.

The right

volume of breath

maintains

at 7.5 - 7.35

healthy person does not take more than 12 breaths in a minute.

The volume

of oxygen in the

atmosphere

is 150mmhg

and that of

carbondioxide

is 0.02mmhg.

Increase in volume of air increases the pulse rate.

increases panting and pulse rate.

Overbreathing Per minute The pulse rate 60-80 s the right pulse rate.

and heart rate indicates the volume of breath.

Increase the

iron in blood by

consuming any

one of these daily

a little green

leafy vegetables,

one spoon

sesame seeds,

two dates.

nose.

The more you breath the less your health.

Right

breathing

is the

elexir of life.

Over breathing

leads to

and precision.

Long term over breathing leads to the build up of organ damage, resulting in the development of illnesses specific to the hereditary traits of

each person. The maximum using both sides volume of mouth to of breathing chew food and sleeping only increases at

When over breathing is rectified-Dandruff and all skin problems automatically vanishes.

night between

11pm and 4 am

the right proportion of Iron (heamoglobin) and volume of water are necessary in blood Conciously

over breathing.

Definite changes

occur among

epilepsy,

multiple sclirosis

and parkinson

patients between

7 days and

7 months.

To balance

the volume of breath

Sleeping on your back or on your stomach after digestion reduces

opens your mouth. Correct breathing stops toncilites,

synacitis, sneezing,

bloked nose,

asthma without

recurrance.

To improve right breathing, drink according to body weight. per/kg body weight = 40ml 5kg body weight = 250ml 50kg weight = 2ltrs

All breathing exercises are irrelevant. Right breathing is still and calm.

Body can absorb only two to three mouth fulls of water. Create the habit of drinking water to avoid dry mouth.

Bloked nose, running nose, sneezing, cough, chest tightness, frequent yawning, air borne allergies,

snoring.

after bathing.

Make a habit of holding Sleep always on water in your mouth active nostril whilst bathing side which will to improve your open the blocked nose breathing pattern and and improve your prevent symptomatic breathing habits. aggrevation

and that of breathing carbondioxide defects. is 47mmhg. SYMPTOMS OF OVER BREATHING Light headed feel, Some degree poor concentration,

of anxiety, tension, depression, apprehension, dry mouth, bad dreams, nightmares, chronic exhaution.

By controlling panting

through closed

mouth walking -

this movement

and breath retuning

program makes you

free from blood pressure

cholesterol diabetics and

joint erosion problems.

Heamoglobin

falling below

12 in blood

leads to

Dry and itchy skin, sweating of inner palm, excessive urinating, bedwetting, excess day sleeping.

and check how many

seconds you can hold

your breath comfortably.

If it is below 40 seconds,

you sneed to improve

your breathing pattern.

mental turbulance and vice versa. As soon as you Use a paper plaster wake up in the morning, breath out normally,

to keep ypur lips closed whilst you sleep. This will improve your quality of sleep, stop you snoring and enhance your breathing perfomance.

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