TATTVALYFE

Ayurveda & Parkinson's

Guide to healing oils, daily rituals, nourishing foods, and gentle practices for patients & caregivers

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What Is Ayurveda?

> Ayurveda, from the Sanskrit *ayur* (life) and *veda* (knowledge), is the world's oldest living system of medicine, born in India over five thousand years ago. Its central idea is simple: your body knows how to heal itself. Ayurveda removes obstacles and restores the conditions for that healing to happen naturally, working through four pillars: nourishing food, consistent daily routine, specific herbs and medicated oils, and gentle movement with conscious breath.

At its foundation, everything in the universe — including the human body — is made of five elements: earth, water, fire, air, and space. These combine inside each of us in unique proportions to create our individual constitution, called *prakriti* (your personal body-mind blueprint). Balance means health. Imbalance means illness. Ayurveda restores that balance.

THE THREE DOSHAS

Ayurveda groups the five elements into three biological forces called *doshas* (body-energy types). Every person carries all three, but in different ratios that make your constitution uniquely yours.

Dosha	Elements	Out of Balance
Vata ✦	**Air & Space**	**Tremors, anxiety, constipation, insomnia, dryness**
Pitta	Fire & Water	Inflammation, irritability, acid reflux
Kapha	Earth & Water	Sluggishness, congestion, depression

PARKINSON'S IN AYURVEDA: KAMPAVATA

Ayurveda has recognized tremor disorders for millennia. The *Charaka Samhita* (a foundational Ayurvedic medical text) describes **vepathu** (shaking, trembling) — tremors from Vata imbalance — as one of 80 classical Vata disorders, mapping closely onto what modern medicine calls Parkinson's disease, referred to in Ayurvedic literature as **Kampavata** (*kampa* = tremor, *vata* = wind energy). Ayurveda sees it as a systemic Vata imbalance in a depleted, dry nervous system. Treatment focuses on **grounding, warming, nourishing, and lubricating** — both the nervous system and the gut.

Notice the Vata column above. Tremors, constipation, anxiety, disrupted sleep. These are the most common Parkinson's experiences. This is not a coincidence.

Understanding Parkinson's Disease

Deep inside the brain, the substantia nigra produces dopamine — the messenger that tells muscles to move smoothly. In Parkinson's, those cells slowly stop working. As dopamine falls, instructions to the muscles become garbled, producing the tremors, stiffness, and slowness that characterize the disease. Parkinson's affects approximately one million Americans. It is not caused by anything done wrong. It is a specific neurological condition that, with the right support, can be navigated with dignity and grace.

COMMON SIGNS

- **Tremors at rest.** Rhythmic shaking, often in one hand, most noticeable when relaxed.
- **Slowed movement.** Tasks that once took seconds — buttoning a shirt, rising from a chair — now require deliberate effort.
- **Muscle rigidity.** Arms, legs, and neck feel stiff, a low-grade tension that never fully releases.
- **Balance changes.** Forward lean, shuffling gait, or freezing mid-step as disease progresses.
- **Constipation.** The gut slows significantly, often years before motor symptoms appear.
- **Sleep disruption.** Difficulty falling asleep, vivid dreams, restless legs.

> *"Ayurveda does not treat a diagnosis. It restores a person: their warmth, their rhythm, their connection to their own body."*

THE AYURVEDIC APPROACH

Ayurveda sees Parkinson's not as a brain disease in isolation but as a whole-body Vata imbalance. The medicated oils applied to the head, warm meals eaten on schedule, breathing practiced each evening — these are not additions to treatment. In Ayurveda, they *are* the treatment itself, working alongside your neurologist's care, never instead of it.

Always inform your medical team before adding any new herbal or wellness practice.

THE GUT-BRAIN CONNECTION

Emerging research suggests what Ayurveda has long observed: the gut and brain are in constant conversation. Gastrointestinal symptoms — particularly constipation — may precede Parkinson's motor symptoms by years, pointing to an early role for gut health in disease progression. This is why daily warm meals, consistent mealtimes, and Triphala are foundational to Ayurvedic Parkinson's care. Healing the gut and supporting the brain are, in Ayurveda, the same project.

Healing Oils, Herbs & Therapies

Please Read First. These must always be used under qualified guidance. Connect with a TattvaLyfe Ayurvedic counsellor before starting, as your constitution matters. Do not self-medicate. If you take Levodopa, some herbs interact with dopamine pathways and require physician coordination.

Ksheerabala Taila

Head & Foot Oil · Medicated sesame oil with milk & Sida cordifolia

Deeply penetrating, profoundly nourishing. Specifically indicated for Vata disorders — tremors, muscle weakness, and neuropathy.

HOW TO USE

Warm oil, massage into scalp 2–5 min. Apply to feet at bedtime. Leave 30 min, rinse. 3–4 times weekly.

Use under TattvaLyfe counsellor guidance.

Triphala

Daily Gut Support · Three fruits: Amalaki · Bibhitaki · Haritaki

Powerful antioxidant, anti-inflammatory, and neuroprotective. Directly addresses the constipation that troubles most people with Parkinson's.

HOW TO USE

Dissolve ½ tsp in warm water, drink before bed. Start small. Most notice improvement in two weeks.

Use under TattvaLyfe counsellor guidance.

REJUVENATING THERAPIES AT TATTVALYFE

These classical Panchakarma treatments are performed exclusively at TattvaLyfe by a trained practitioner. Their power lies in precision, timing, and professional delivery — they are not home remedies.

🪔 Shirodhara

The Sacred Oil Stream · Continuous warm oil over the forehead

A steady stream of warm Ksheerabala oil poured over the *ajna* point (the center of the forehead, between the eyebrows) calms the central nervous system, reducing the psychological stress that is clinically known to worsen tremors in Parkinson's. Supports deep sleep, reduces anxiety, and promotes nervous system equilibrium.

Nervous system calm · Reduces stress · Improves sleep · Reduces anxiety

Session frequency and duration determined individually at consultation.

🌿 Nasya

Nasal Oil Therapy · Herbs delivered to the brain

Medicated oils instilled into the nasal passages — the direct pathway to the brain in Ayurvedic anatomy — carrying neuroprotective herbs to the central nervous system. The nose is considered the doorway to the brain (*nasya* = nasal therapy).

Brain nourishment · Speech support · Mental sharpness

Precedes Shirodhara in classic protocols.

Your Daily Rhythm (Dinacharya)

Ayurveda calls the daily routine *dinacharya* (your daily rhythm). When the body knows when it will eat, move, rest, and sleep, the nervous system can release its constant vigilance. That release is itself medicine. Start with two or three practices. Establish them for two weeks. Then add one more.

5:30–6:30 Morning

Wake, Warm Water & Oil

Drink warm water (wakes bowels). Tongue scrape. Oil pulling: swish warm sesame oil 5 min (calms vagus nerve). Apply warm Ksheerabala oil to scalp and feet.

6:30–7:30 Breath

Pranayama & Chair Yoga

Nadi Shodhana (alternate nostril breathing): close right nostril, inhale left 4 counts, hold 4, exhale right 8. Ten rounds. Follow with 15–20 minutes of gentle chair yoga.

8:00–9:00 Breakfast

Warm Nourishing Meal

Warm oatmeal with ghee, cinnamon, dates. Golden Brain Milk (warm milk, Ashwagandha, Brahmi, turmeric). Avoid cold cereal and chilled foods.

12:00–1:00 Midday

Largest Meal of the Day

Noon is peak digestive fire. Kitchari (a simple healing porridge of mung dal, basmati rice, ghee, turmeric, and ginger). Gentle 10-min walk after lunch.

3:00–5:00 Afternoon

Rest, Tea & Movement

15 minutes of rest is medicine. Ginger, tulsi, and cardamom tea. Short walk or humming practice.

6:30–7:00 Evening

Light Early Dinner

Warm soup, soft kitchari, or steamed vegetables — before 7pm. The lighter the dinner, the deeper the sleep.

8:30–10:00 Night

Wind-Down Ritual

½ tsp Triphala in warm water. Warm oil on hands, feet, lower back. 4-7-8 breathing: inhale 4, hold 7, exhale 8. In bed by 10pm.

Begin Here. You do not need to adopt all of this at once. Ayurveda discourages sudden, sweeping changes. Choose one or two practices, make them effortless over two weeks, then add the next. Small, consistent changes produce lasting transformation.

Food as Medicine

Emerging research supports what Ayurveda has long taught: the gut and brain are in constant conversation. The Ayurvedic rule is simple: everything warm, well-cooked, and easy to digest. Ghee is essential — it lubricates the gut, supports healthy digestion, and in Ayurvedic tradition is regarded as a carrier that helps herbal compounds reach deeper tissues.

Embrace Daily	Limit or Avoid
✓ Ghee (clarified butter)	✗ Cold beverages, ice water
✓ Warm soups and broths	✗ Raw salads, cold smoothies
✓ Basmati rice, soft porridges	✗ Processed, packaged foods
✓ Mung dal	✗ Refined sugar
✓ Cooked root vegetables	✗ Fried foods, excess caffeine
✓ Ripe bananas, stewed fruits	✗ Heavy red meat, alcohol
✓ Warm milk and herbal teas	✗ Crackers, dry cereals
✓ Turmeric, ginger, cardamom	✗ Carbonated beverages
✓ Soaked almonds, walnuts	✗ Very spicy or salty food
✓ Blueberries, pomegranate	✗ Leftovers, especially reheated

THE HEALING SPICE CABINET

Turmeric
Reduces neuroinflammation. Always pair with black pepper to amplify absorption dramatically.

Ginger
Stimulates digestive fire, reduces nausea (a common medication side effect), and eases constipation.

Cardamom
Supports digestive comfort, eases bloating, and has a calming quality in Ayurvedic tradition — beneficial for the nervous tension common in Parkinson's.

Cumin & Coriander
Improve nutrient absorption and reduce bloating common in Parkinson's-related digestive slowdown.

THREE SIMPLE DAILY MEALS

☀️ **BREAKFAST**
Warm oatmeal with ghee, cinnamon, and dates. Golden Brain Milk alongside.

🌿 **LUNCH**
Kitchari (a healing rice-and-lentil porridge) — mung dal, basmati rice, ghee, turmeric, ginger — simmered until soft. Ayurveda's most healing meal.

🌙 **DINNER**
Warm vegetable soup or soft kitchari. Light and early — before 7pm.

Eat at the same times every day. Sit down. Chew slowly. Stop before completely full. These habits alone transform the body's relationship with food.

TattvaLyfe

AYURVEDIC RITUALS AND THERAPIES

Healing is not a destination.
It is a direction — a choice made again and again
in the small moments of every day.

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This guide is for educational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult your physician or neurologist before beginning any new supplement, dietary change, or wellness practice, particularly if you are taking medications for Parkinson's disease. Ayurvedic care is intended to complement, not replace, conventional medical treatment. Panchakarma therapies (Shirodhara, Nasya) are performed only at TattvaLyfe by a trained Ayurvedic practitioner.

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