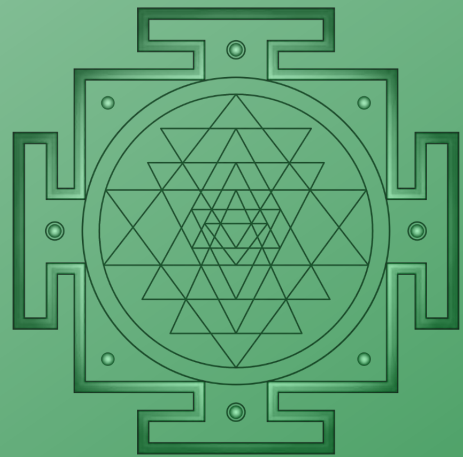


# NEWSLETTER



JANUARY 2025

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## Letter from the Editor

**'Happy New Year'** to all our members, and welcome to the latest edition of the APA Newsletter!

As always, we've curated another fantastic edition filled with engaging articles and details on upcoming APA video events. A heartfelt thank you goes out to all the contributors who made this issue possible.

We strive to publish at least six issues per year and are always on the lookout for fresh, high-quality article submissions. If you have an article you'd like to share, please send it to us at [info@neterapublishing.com](mailto:info@neterapublishing.com)

Our next edition will be published on March/April, 2025. To be considered, please ensure your submission reaches us by 1<sup>st</sup> March 2025.

Andrew Mason

**Disclaimer:** The information contained in this Newsletter is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. The views and opinions expressed here are those of the authors and do not necessarily represent the views or official policy of the *Ayurvedic Professionals Association*.

**STOP PRESS - SEE PAGE 3**



**APA WEBINAR**

**"Ayurveda Basti Therapies:  
A Targeted Approach  
to Chronic Conditions."**  
by Dylan Smith

Thursday, 6th February 2025  
6pm - 7pm (GMT)

**APA WEBINAR Ayurveda Basti Therapies: A Targeted Approach to Chronic Conditions by Dylan Smith**

6<sup>th</sup> February 2025 6-7pm (GMT)



## APA WEBINAR

**“Ayurveda Basti Therapies:  
A Targeted Approach  
to Chronic Conditions.”**

**by Dylan Smith**

**Thursday, 6th February 2025  
6pm - 7pm (GMT)**



<https://AyurvedaBastiTherapies.eventbrite.co.uk>

Dylan Smith is a devoted Ayurveda Practitioner, holistic health educator and passionate proponent of Vedic wisdom rooted in the lush Byron Bay Shire, NSW, Australia. Since launching Vital Veda in 2014, he's been on a mission to bring the ancient wisdom of Ayurveda to life through hands-on treatments, immersive courses, rejuvenating retreats, and his popular Vital Veda Podcast. Dylan's journey has been deeply shaped by the Raju family of South India – legendary Ayurvedic doctors whose healing traditions span generations. He continues to learn from and collaborate with them while diving deeper into the rich realms of Sanskrit and classical Ayurveda.

Known for his grounded and relatable approach, Dylan's expertise spans continents. He connects with a global audience through online consultations, international tours, and engaging courses that transform beginners into enthusiasts and practitioners into masters.

As co-founder of One Eleven Health, Dylan inspires the daily use of precious rasayanas – herbal longevity elixirs – to elevate the way people nourish themselves. Beyond organic or high-quality food, One Eleven Health invites individuals to add a layer of sophistication to their lives by embracing the unparalleled power of these precious and refined Ayurveda formulations.

With a playful yet profound and authentic style, Dylan's passion is helping individuals unlock the timeless principles of Ayurveda, weaving them into their lives – wherever they are in the world. Whether teaching, treating, or inspiring, Dylan's vibrant energy and heartfelt wisdom make him a trusted guide in the art of holistic health.

# Welcome to a New Era of Healing with Basti Therapy



**Early bird discount available until February 19, 2025. Early bird extend until Feb 25th for APA members!**

EARLY BIRD: GBP £790 - FULL PRICE: GBP £990

As an Ayurvedic practitioner, student of holistic health, wellness coach, or aspiring health practitioner, you may have encountered clients seeking relief for chronic pain, hormonal imbalances, emotional imbalances, or organ dysfunctions. Perhaps you've felt the need for a **more advanced, targeted therapeutic tool** to address these challenges.

This **5-Day Basti Ayurveda Training** is designed to deepen your therapeutic expertise and elevate your practice. You will learn **External Basti treatments**, powerful Ayurvedic therapies that are proven to provide relief for chronic pain, emotional imbalances, and enhance overall rejuvenation.

Basti therapy, a powerful yet lesser-known aspect of Ayurvedic treatments, utilises warm medicated oils to target specific areas of the body, addressing both anatomical and energetic layers for profound healing. This course is perfect for **health professionals** seeking to expand their toolkit with **advanced Ayurvedic therapies for pain relief and rejuvenation**. It's also ideal for **beginners in bodywork and Ayurveda** who wish to embark on a journey into offering these transformative healing modalities.

**Dates & Location: London, UK: May 19-23 at The Skylight Centre, London.**

**Duration:** 4-5 Days

**Certification:** Upon completion, students receive a certificate in External Basti Ayurveda Treatments accredited by IICT (International Institute for Complementary Therapists).

**Dylan Smith** is a devoted Ayurvedic Practitioner and holistic health educator, rooted in the lush Byron Bay Shire, Australia, yet nearly omnipresent—thanks to the wonders of the interweb—as he consults and teaches online to a global audience. Founder of Vital Veda, Dylan blends ancient Vedic wisdom with a grounded, relatable style to help people unlock vibrant health. Trained under the legendary Raju family of South India, he shares Ayurveda through authentic treatments, immersive courses, and his popular *Vital Veda Podcast*, inspiring people worldwide to integrate this timeless knowledge into their lives.

Booking link <https://www.vitalveda.com.au/external-basti-ayurveda-course/>



29<sup>th</sup> January 2025 6-7pm (GMT)



## APA WEBINAR

“Embracing Menopause -  
Graceful ageing with Ayurveda.”

By Dr Akanksha Bhardwaj  
& Lynne Ford

Wednesday, 29th January 2025  
6 pm - 7 pm (GMT)



<https://EmbracingMenopause.eventbrite.co.uk>

Unlock the Secrets of Timeless Wellness, Embrace Menopause with the Ancient Wisdom of Ayurveda for a Balanced, Vibrant You. Join us to gain a comprehensive understanding of Menopause and how Ayurvedic principles can help manage its symptoms and promote overall well-being.

- Understanding Menopause, overview of Menopause and its stages
- Common symptoms and challenges faced during Menopause
- Different Phases of Menopause. Ayurveda's Perspective on Menopause
- Ayurvedic view on hormonal shifts during Menopause
- The Role of Ojas (Vitality) and Agni (Digestive Fire)
- Takeaways and Practical Tips

**Dr Akanksha Bhardwaj**, BAMS, MBA-HHM (Hospital & Healthcare Management), with a Diploma in Menopause Wellbeing, is an Ayurvedic wellbeing practitioner and a passionate advocate for evidence-based research on Ayurvedic herbs, committed to bridging the gap between Traditional and Western healthcare approaches.

**Lynne Ford** is an Ayurvedic practitioner, yoga and meditation teacher is passionate about fostering community connections, believing that collective wellness enhances individual health. When she's not working with clients, Lynne enjoys spending time in nature.

**25<sup>th</sup> February 2025 6.30-8pm (GMT)**



## **APA WEBINAR**

**“Exploring the role of the emotions  
within an Ayurvedic consultation.”**

**By Kate Siraj & Joanna Webber**

**Tuesday, 25th February 2025  
6.30 pm - 8 pm (GMT)**



**<https://exploringtheroleofemotions.eventbrite.co.uk>**

This webinar will look at how the role of emotions can be explored within a consultation. It's been ten years since the publication of Bessel van der Kolk's 2014 groundbreaking book 'The Body Keeps the Score', which outlined how trauma affects both the mind and body. This perspective challenged the traditional idea that trauma is solely a mental phenomenon. However, it strongly resonates with Ayurveda which sees the mind as having its seat in the heart, which is also the seat of the soul and consciousness, and the channels of the mind (mano vaha srota) being everywhere in the body.

Kate Siraj and Joanna Webber are both fully qualified Ayurvedic Practitioners after completing a BSc in Ayurveda (Manipal, India, First Class Honours). Kate has also completed a Master of Chemistry degree at Oxford University (First Class Honours). She is a qualified Shadow Work Group Facilitator & Coach, and founder of The Ayurveda Practice and The Shadow Practice in South West London. Joanna has also completed a Masters in Human Sciences at Oxford University. She is a Hatha Yoga teacher, forager and trainee in integrative counselling. She runs her Ayurveda practice in Somerset. Together they are Co-founders of The Ayurveda Academy offering practical to engaging Introduction to Practitioner level courses (level H).

In this webinar they will share ideas of how best to talk to clients about their emotions, and how to help people feel safe. They will also examine what is helpful from the ancient texts, including behavioural rasayanas. As well as being Ayurvedic practitioners, Kate is also a certified Shadow Work Group Facilitator & Coach and Jo is training to be a Person Centered Integrative counsellor.

27<sup>th</sup> March 2025 7-8pm (GMT)



## APA WEBINAR

“Ayurveda & the Autonomic Nervous System:  
Exploring Trigunas from the  
Polyvagal Perspective.”

by Anu Paavola

Thursday, 27th March 2025  
7 pm - 8 pm (GMT)



<https://ayurvedaandautonomicnervioussystem.eventbrite.co.uk>

This webinar examines the intersections between the concepts of the Trigunas—Sattva (balance), Rajas (activity), and Tamas (inertia)—and modern understandings of the autonomic nervous system, mainly through the lens of Polyvagal Theory. Polyvagal Theory, developed by Dr. Stephen Porges, describes how different branches of the autonomic nervous system—sympathetic (mobilising) and parasympathetic (calming or immobilising)—affect emotional and physiological responses. Ayurveda’s Trigunas, which represent the dynamic qualities that influence mind and body states, have intriguing parallels to those described in Polyvagal Theory.

This interdisciplinary exploration reveals how Sattva aligns with the ventral vagal state, fostering calm and connection, while Rajas corresponds to sympathetic arousal, driving action and alertness. Tamas, associated with immobility or lethargy, resonates with the dorsal vagal response, where energy is conserved under threat or fatigue. By connecting these frameworks, we gain deeper insight into Ayurveda’s timeless wisdom on mental and physical balance, enriched by a polyvagal understanding of how these mind-body states adapt to stress and restore equilibrium. Integrating these insights can deepen therapeutic approaches in both Ayurveda and contemporary mind-body health practices.

Anu is the owner of Jivita Ayurveda clinic and spa in Kensal Rise, London. She is the director of Jivita Academy of Ayurveda and currently studying for her Master’s degree in UCL in Pain Management.

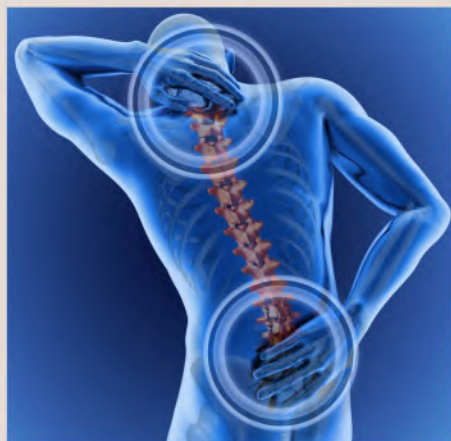




## APA WEBINAR

**“Introduction to Ayurveda  
& musculoskeletal disorders.”  
by Angela Hope-Murray**

**Thursday, 10th April 2025  
6 pm - 7 pm (BST)**



**<https://Ayurvedaandmusculoskeletaldisorders.eventbrite.co.uk>**

The most common musculoskeletal disorders belong to two main types of Arthritis. Osteoarthritis, known as Sandhi Gati Vata, where the articular cartilage becomes thin and fibrillated and abnormal mechanical stresses are transmitted to the underlying bone which remodels, becomes sclerotic and forms osteophytes or bony protrusions at the joint margins, this may or may not be accompanied by pain.

Rheumatoid Arthritis or Ama Vata as it is known in Ayurveda is a systemic disease which is characterised by primary inflammation of the synovium which damages the articular cartilage and bone.

In this webinar, we will examine the understanding of musculoskeletal disorders from the perspective of their anatomical, pathophysiological and psychological factors. This will be followed by treatment protocols to manage the conditions presented. There will be time to discuss individual cases.

Angela Hope-Murray has a wealth of experience in these conditions spanning over 40yrs she is a qualified podiatrist with a BSc in Osteopathy and has worked clinically in the NHS in Britain for 7yrs before joining the Pain and Stress department at the Lemuel Shattock hospital in Boston USA.

She began her studies in Ayurveda with Dr Vasant lad in the United States in 1986 which culminated in a MSc in Ayurveda from Middlesex University. She has been in private practice since 1989.



9<sup>th</sup> May 2025 6-7pm (BST)



## APA WEBINAR

“Infertility & Ayurveda -  
with respect to the concept of  
Vajikarana & Rasayana.”  
by Dr Vinayak Abbot

Friday, 9th May 2025  
6 pm - 7 pm (BST)



<https://InfertilityandAyurveda.eventbrite.co.uk>

Male infertility is an increasingly common concern, impacting many couples who are trying to conceive. It can arise from various factors, including hormonal imbalances, lifestyle choices, and environmental influences. In Ayurveda, infertility is seen as a result of imbalances in the body's vital energies, or doshas. In this webinar, we will explore the common causes and factors contributing to male infertility, with a particular focus on how it affects younger men. Often, this condition remains undiagnosed until marriage, at which point it becomes more challenging to treat due to the physical damage that may have occurred over time. We will also emphasize the role of Vajikaran and Rasayan therapies, which can be crucial in enhancing reproductive health and improving fertility. Furthermore, I will also touch base on male impotence and the causes behind it.

Dr. Vinayak Abbot has over 6 years of experience in treating infertility and related conditions. A graduate of Bharati Vidyapeeth University, Pune, India, Dr. Abbot has also worked at the All India Institute of Ayurveda in New Delhi. He is the owner of Dr. Abbot Healthcare Ltd., based in Dudley, West Midlands, with additional clinics in India.

# SANSKRIT IN AYURVEDA

By Colette Park

**I love that the Ayurvedic anatomical language is not only descriptive in nature, but also indicates the function of each body part.**

The Sanskrit name for the stomach is Āmāśaya, coming from the word Āma (referring to the undigested state of the food arriving in the stomach) and Āśaya or receptacle. The word Āma comes from the seed syllable Āp, meaning to enter, pervade or occupy. The stomach is thus the receptacle in which the food enters and is occupied by.

In addition to Āma referring to undigested food, it is also a term for an unwanted substance in the body that cause disease. Here, the term Āma refers to the unripe, immature or undigested chyme and chyle that can't be metabolised by the body, due to a variety of reasons including overeating, eating meals that are too rich and heavy for your digestive power, eating at the wrong times, etc. This Āma is often translated in the West as digestive toxins - it prevents proper nourishment of the body tissues, clogs the subtle channels and spreads into deeper tissues of the body, leading to disease.

Between the Āmāśaya and the Pakvāśaya is the Grahaṇī (small intestine), where further digestion takes place after the chyme (thick liquid of broken down food mixed with digested acids and enzymes) is released from the stomach. In addition, the small intestine is responsible for the absorption of nutrients. The meaning of the Sanskrit word Grahaṇī (coming from the seed syllable 'grah') means seizing, holding or taking – perhaps here it refers not only to the small intestine taking the chyme from the stomach, but also 'seizing' the nutrients?

In contrast to the above, we have the large intestine (or colon), which has the exact opposite meaning of the term Āmāśaya: the meaning of Pakva is digested, matured, ripened. Thus, Ayurveda understood that once the food reaches the large

intestine, the process of digestion is mostly completed, apart from the bacteria that digest any remaining food particles.

In balanced digestion, all of our food that we take will reach the pakva state, where the food is fully digested, with no undigested food remnants clogging up our system.

[www.colettepark.co.uk](http://www.colettepark.co.uk)

<https://www.instagram.com/coletteparkayurveda/>

Please help save the Cambridge Sanskrit IGCSE exam by signing this petition

<https://www.change.org/p/save-sanskrit-igcse-cambridge-should-not-discontinue-igcse-sanskrit-june-series>



# MAYAPHALAM (QUERCUS INFECTORIA)

By Andrew Mason



*Mayaphalam - Quercus infectoria*

## The story of the false fruit

Mayaphalam (also known as Manjakani and Chidraphala) is an intriguing remedy in Ayurveda, one that deserves closer examination despite its unusual nature.

Although it's referred to as a fruit (phalam), it is not a fruit at all. This peculiar growth is actually a natural defence mechanism of the plant, triggered by the presence of external damage or an insect larvae. The plant responds by creating a protective cocoon around what it perceives as an infection. Over time, the gall forms and expands, encasing the wound or larvae in a hard, ball-like structure. Inside, a larvae matures until they are ready to emerge, feed and continue the parasitic cycle.

This clever use of a plant's natural defences to protect itself against injury or hostile insects, helps provide a shield against harsh seasonal conditions. In the latter it is a remarkable example of the parasitic symbiosis found in nature.

I've previously written about the *Laccifer lacca*, better known as the lac beetle, which has a similar relationship with its host tree. However, in the case of the lac insect, it spins its own protective cocoon, rather than relying



*Mayaphalam (internal)*

on the tree. In the case of oak galls, the main culprit is often the gall or fig wasp (*Cynips quercusfolii* and *Blastophaga quadraticeps*), which lays their eggs on the plant in late summer, with its larvae hatching in spring. While these species are both parasitic, they generally don't harm the host plant. However, heavier infestations may ultimately slow the plant's growth, as it attempts to 'energetically' compensate with its uninvited guests.

This parasitic relationship is commonly observed on oak trees throughout Europe, where its galls are often referred to as "magic or gall nuts."

In India, trees like the Peepal (*Ficus religiosa*), Mango (*Mangifera indica*), and Tamarind (*Tamarindus indica*) are frequently associated



# MAYAPHALAM (QUERCUS INFECTORIA)

By Andrew Mason



*Oak gall, found on the underside of leaves*



*The Gall Wasp*

with gall production, which are typically found on the underside of branches. It's worth noting that the *Ficus religiosa* and *Mangifera indica* are also favoured in the large-scale production of button lac (purified lac).

## Ayurvedic Classification of Mayaphalam

**Guna:** light and rough

**Rasa:** Astringent

**Vipaka:** Pungent

**Verya:** Cold

**Dosha:** -KP +V

Mayaphalam is considered to reduce Kapha and Pitta dosha, while its astringency tends to aggravate Vata dosha.

## Types of Gall

Ayurveda classifies galls based on their coloration. The four most notable shades are black, green, bluish-black, and white. The first three varieties are generally considered superior, while the whitish variety is seen as less valuable. It is important to note that as the season progresses, a gall will naturally undergo colour change, as they mature.

## Traditional Mayaphalam Usage

Mayaphalam are rich in gallo-tannic (tannic acid), making them versatile in external applications. They are commonly used as a natural hair dye, and in a higher

concentration, can be turned into a durable organic ink that can be fixed with the addition of gum Arabic.

## External Usage

Finely powdered Mayaphalam can be applied externally to wounds to help stop bleeding and promote healing. Additionally, a decoction made from gall powder can be used as an astringent mouthwash to treat gum ulcers, tooth decay, sore throats, pharyngitis, and tonsillitis.

## Internal Usage

Internally, due to its astringent and emetic properties, Mayaphalam is beneficial in treating conditions like chronic diarrhoea, dysentery, and bleeding haemorrhoids. It is also a component in various formulations for managing diabetes.

One of its notable internal uses is in cases of poisoning, this is usually toxic plant substances like Kuchala (*Nux vomica*), Vatsanabha (*aconitum napellus*), Dhatura (*datura stramonium*), and Khaskhas (*Papaver somniferum*). Toxic minerals may include Somala/white arsenic (As), and Anjana/antimony (Sb).

In such cases, after a proper stomach wash, a decoction of mayaphalam might be administered repeatedly, to induce vomiting and expel the toxins. Finally the patient might be advised to drink goats milk with ghee.

# 'UNDERSTANDING GUT HEALTH FROM THE AYURVEDIC PERSPECTIVE'

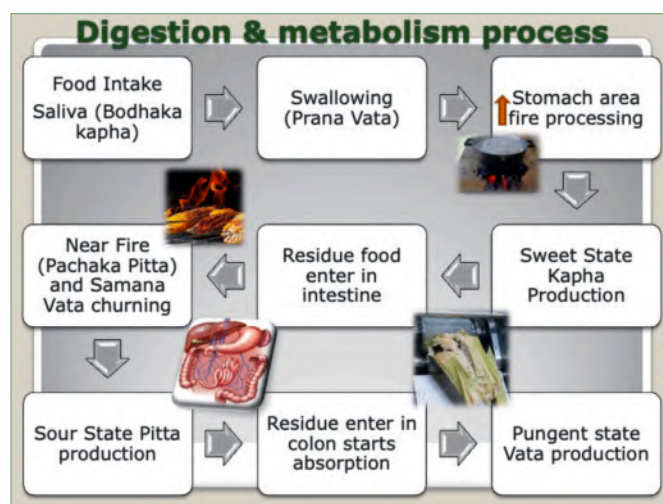
Review of the APA Webinar by Karolina Raczyńska



On 1st December 2024, the APA had the great privilege of welcoming Dr Ghanashyam Marda to deliver a workshop titled '**Understanding Gut Health from the Ayurvedic Perspective**'.

Dr. Marda is a well-known Ayurveda Doctor, Teacher and Researcher working since last 30 years in the India and across the globe. A lot of the APA members had a chance to study with Dr Marda in the past. Some might remember Dr Marda's excellent workshop at the APA's Ayurfest in the UK a few years back. This time, we were fortunate to hear a very informative talk that introduced a very up-to-date subject related to the Gut Brain Axis from the Ayurvedic Point of view.

Dr. Marda began the lecture by emphasizing that the concept of **the Gut-Brain Axis** has been recognized in Ayurveda for thousands of years. In Ayurvedic philosophy, the digestive system houses a central powerhouse known as Agni. Agni is revered as Bhagawan or Ishwara (God), as it governs all digestive processes. It functions much like a brain, taking responsibility for the acceptance of food, its separation, assimilation, proper distribution, and even re-assimilation. This ancient understanding underscores the belief that there is a "brain" in the gut, a concept deeply embedded in Ayurvedic wisdom. Modern research is now beginning to align with and validate these time-honoured principles.



We have learnt that the gut-brain axis is the **biochemical signalling** that takes place between the gastrointestinal tract (GI tract) and the central nervous system (CNS). The term 'microbiome-gut-brain axis' is also used for this mechanism. **Bidirectional communication** is done by immune, endocrine, humoral and neural connections between the gastrointestinal tract and the central nervous system. The gut microorganisms influence the functioning of brain by releasing the chemicals: cytokines, neurotransmitters, neuropeptides, chemokines, endocrine messengers and microbial metabolites "short-chain fatty acids, branched chain amino acids, and peptidoglycans". The intestinal microbiome diverts these products to the brain via the blood, neuropod cells, nerves, endocrine cells and more. The gut, referred as



# 'UNDERSTANDING GUT HEALTH FROM THE AYURVEDIC PERSPECTIVE'

## Review of the APA Webinar by Karolina Raczyńska

the "second brain", work with the same type of neural network as the CNS suggests why it plays a significant role in brain function & mental health.

Dr Marda has introduced research which highlights the link between gut dysbiosis (microbial imbalance) and inflammation with various mental health conditions, including anxiety and depression, which are widespread today. Probiotics, which can help restore a healthy microbial balance, show promise as a potential treatment and preventive measure for these mental health disorders.

Emerging evidence suggests that the gut microbiota, the community of microorganisms in the gastrointestinal tract, plays a significant role in the development of anxiety and depression. A systematic review was conducted in 2020, following PRISMA guidelines, and it analysed 26 studies. These included two case-control comparisons of the gut microbiota in generalized anxiety disorder, 18 focused on depression, one covering both anxiety and depression and five assessing symptom-only measures.

The findings suggest that mental health disorders may be associated with an increased presence of proinflammatory species, such as Enterobacteriaceae and Desulfovibrio, along with a reduced abundance of short-chain fatty acid-producing bacteria like Faecalibacterium. Several microbial taxa, along with their mechanisms of action, may influence the pathophysiology of anxiety and depression, potentially through the communication of peripheral inflammation to the brain.

Dr Marda also spoke about autism and shared that around 70% of people with autism also have gastrointestinal problems. Autism spectrum disorder (ASD) is a neurological disorder that affects normal brain development. The recent finding of the microbiota-gut-brain axis indicates the bidirectional connection between

our gut and brain, demonstrating that gut microbiota can influence many neurological disorders such as autism. Most autistic patients suffer from gastrointestinal (GI) symptoms. Dr Marda has explained that early colonization, mode of delivery, and antibiotic usage significantly affect the gut microbiome and the onset of autism. Microbial fermentation of plant-based fibre can produce different types of short-chain fatty acid (SCFA) that may have a beneficial or detrimental effect on the gut and neurological development of autistic patients. Several comprehensive studies of the gut microbiome and microbiota-gut-brain axis help to understand the mechanism that leads to the onset of neurological disorders and find possible treatments for autism.

We then moved on to learning about the link between the microbiome and neurodegenerative diseases. Accumulating evidence has linked gut microbes to Parkinson's disease (PD) symptomatology and pathophysiology. PD is often preceded by gastrointestinal symptoms and alterations of the enteric nervous system accompany the disease.

Enrichment of the genera Lactobacillus, Akkermansia, and Bifidobacterium and depletion of bacteria belonging to the Lachnospiraceae family and the Faecalibacterium genus, both important short-chain fatty acid producers, emerged as the most consistent PD gut microbiome alterations. Research demonstrates that specific gut microbiota profiles combined with dietary factors improved the prediction of disease progression in PD patients.

Dr Marda spoke about the importance of **implementing the correct diet, which shapes the gut microbiota**. Different foods prompt the proliferation of different microorganisms. The intake of refined carbohydrates, meat, fat, sugar, and salt has increased rapidly, whereas the intake of dietary fibres has decreased sharply, perturbing the gut microbiota.



# 'UNDERSTANDING GUT HEALTH FROM THE AYURVEDIC PERSPECTIVE'

## Review of the APA Webinar by Karolina Raczyńska

Dietary fibres, which include  $\beta$ -glucan, arabinoxylans, and resistant starch, are non-digestible polysaccharides that are abundant in whole grains, functionally known as microbiota-accessible carbohydrates (MACs), the main source of energy for gut bacteria. They are essential to maintaining human health. A long-term low-MAC diet has been found to lead to microbiota extinction, which presented intergenerational effects.

As we are all aware the proportion of fresh food and traditional fermented food has decreased, whereas the proportion of processed food and industrially produced food has increased. Food additives, pesticide residues, and drug residues can greatly disrupt gut microbiota. In addition to antiseptics such as potassium sorbate and sodium benzoate, other additives also significantly perturb the gut microbiota. Emulsifiers, including hydroxymethyl cellulose and polysorbate 80, damage the gut microbiota and induce inflammation and metabolic syndrome. Artificial sweeteners, such as saccharin, aspartame, and sucralose, alter the gut microbiota/gut-brain function, inducing glucose intolerance.

Dr Marda also talked about the change in the **lifestyle environments** which significantly impact the microbial exposure. As more people migrate from rural areas to urban settings and shift from outdoor to indoor occupations, opportunities to interact with unpolluted soil and water and acquire beneficial microorganisms, have become increasingly scarce.

The child labour has also undergone major transformations. Vaginal deliveries, which expose new-borns to essential microbes, are often replaced by caesarean sections. Many mothers, due to various constraints, are unable to breastfeed, resulting in children being fed processed formula instead of receiving the natural microbiota from breast milk.

Physical activity levels have declined significantly due to the conveniences of modern life, while disrupted circadian rhythms, reduced sleep duration, and increasingly common day-night inversions have further influenced the commensal microbiota. While healthcare advancements have greatly improved overall conditions, practices such as overtreatment and excessive hygiene have unintentionally disrupted the balance of beneficial microbiota.

We then covered the subject of **psychological conditions as per Ayurveda**. Ayurveda describes various psychological conditions such as Arati (instability, irritability, anxiety), Autsukya (anxiety or enthusiasm), and Vishada (depression).

### The Role of Digestion and Nutrition:

A lack of Rasa or Ahar Rasa (nutritional fluid derived from food) can lead to irritability, intolerance to noise, dissatisfaction, and eventually, anxiety. Similarly, insufficient production of Mamsa (muscular tissues) can result in Glani (a state of unconsciousness or extreme fatigue).

### Impact of Doshas on Psychology:

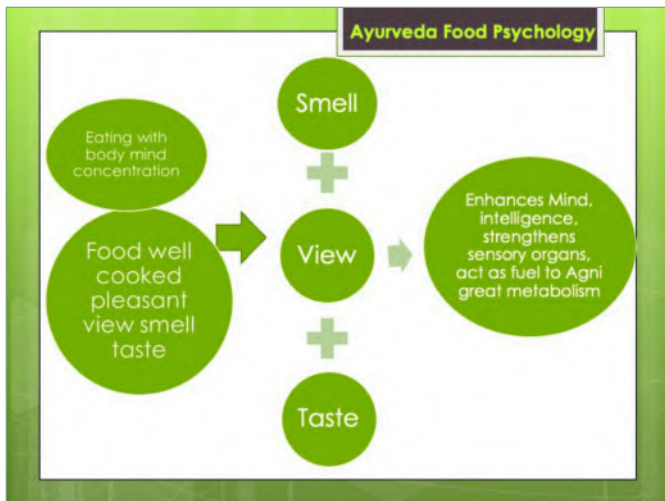
Increased Vata production manifests as symptoms like loss of sleep, impaired sensory organ function, tremors, and instability, whereas decreased Vata is associated with depression. Excessive Pitta leads to irritability, while reduced Kapha production creates feelings of emptiness and symptoms like vertigo.

### The Digestion-Psychology Connection:

This highlights a strong interconnection between digestion, tissue production, and psychological states in Ayurveda, emphasizing the importance of balanced digestion for mental well-being.

# 'UNDERSTANDING GUT HEALTH FROM THE AYURVEDIC PERSPECTIVE'

## Review of the APA Webinar by Karolina Raczyńska



Food influences the brain and mind, producing a cognitive effect, and is often regarded as "Poorna Brahma," the ultimate source of life. The act of consuming food is a sacred process, comparable to performing a "Yajna" (a ritual offering).

The aroma of food we choose stimulates specific brain centres, evoking a response. Similarly, visually appealing food or dishes with a variety of colours can bring pleasure, which has a positive cognitive impact. The sensation of food touching the tongue activates the sensory organ and engages the six tastes. This experience can either please you or overwhelm you, leaving a significant cognitive effect or emotional impact.

Emotions such as worry, grief, fear, or anger negatively affect digestion. When the mind is afflicted, food is not digested or absorbed effectively, impacting overall health.

Eating in a proper place and using appropriate utensils is crucial to avoid affliction. Consuming food in an improper environment can cause disturbances, particularly affecting the mind (Manovighata) and inducing psychological strain. Similarly, using inappropriate accessories during meals can have adverse effects.

Also, failure to consume Snigdha (unctuous or fatty) foods leads to the depletion of sensory

organ function, brain capacity, physical strength, and mental stability.

Negative emotions such as Kama (desire/passion), Krodha (anger), Lobha (greed), Moha (confusion), Irshya (jealousy/envy), bashfulness, grief, and agitation disrupt digestion and result in the production of Aama (toxins or undigested food residue), leading to disorders.

Dr Marda has also emphasized that maintaining proper abdominal movement and regular exercise are essential for optimal digestion and overall health.

Finally, here are some **simple Gut-Enhancing Foods and Practices in Ayurveda**.

### Gastroprotective Foods:

Milk, buttermilk, and ghee are key supports for Agni (digestive fire) and promote gastrointestinal health.

### Spices to Enhance Agni:

Ginger, garlic, celery, cumin, coriander, and fennel are known to improve the function and "intelligence" of Agni, **aiding digestion and metabolism**.

### Dietary Guidelines:

Consuming food at the proper time is essential. Incorporate vegetable or fruit-based fibres, natural fruit sugars, and non-refined, well-cooked carbohydrates into the diet.

### Foods and Practices for Stability in Anxiety:

Focus on Kapha-supporting foods (dominated by earth and water elements) that promote stability without excessively increasing Kapha.

Pacify Pitta with light, sweet foods.

# 'UNDERSTANDING GUT HEALTH FROM THE AYURVEDIC PERSPECTIVE'

## Review of the APA Webinar by Karolina Raczyńska

Use nasal drops of ghee or coconut oil for calming effects.

Beneficial herbs include Shatavari, Licorice, Brahmi, and Ashwagandha.

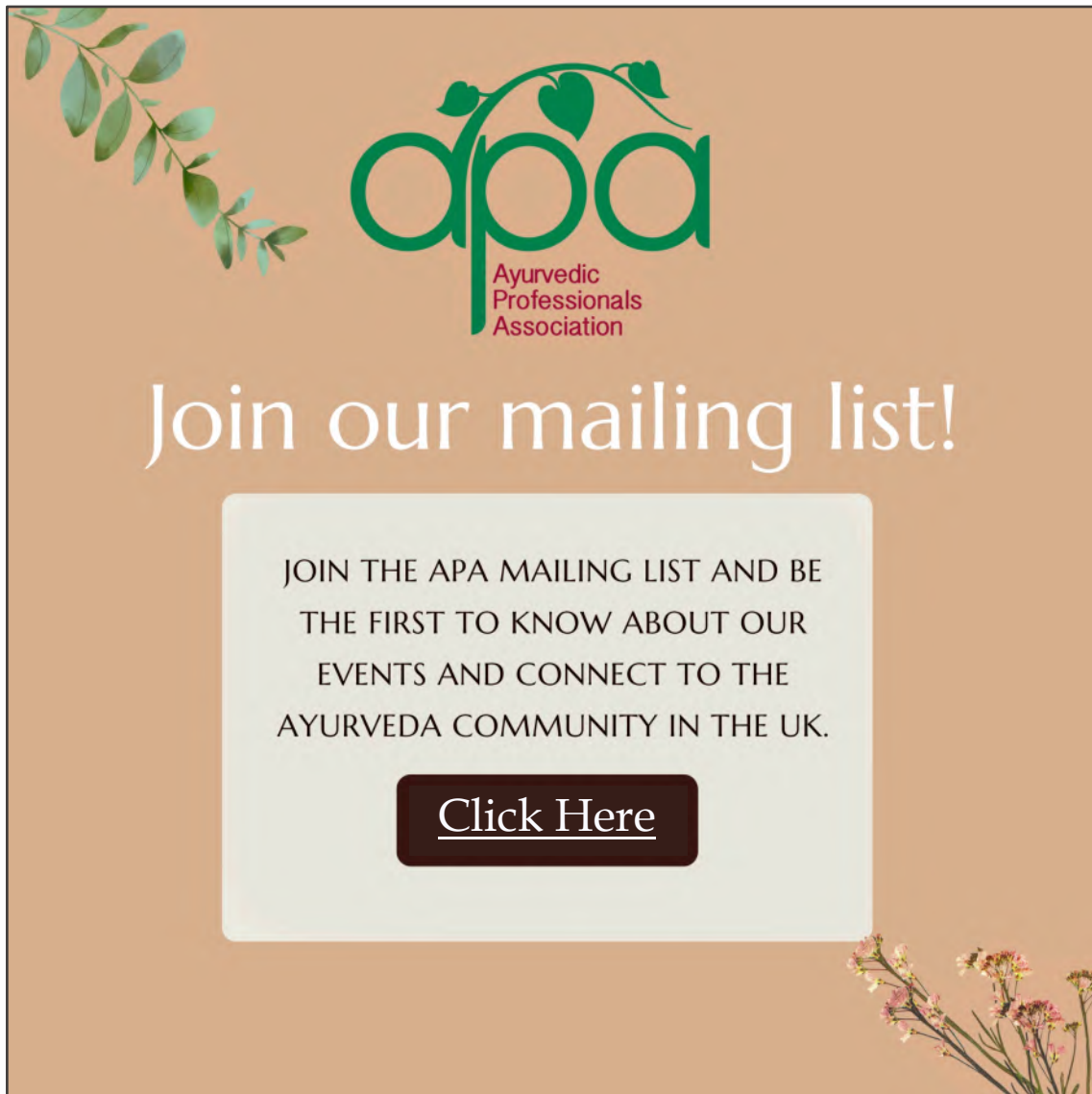
### **Foods and Practices for Depression:**

Emphasize stimulant foods and spices like Pippali (long pepper), black pepper, cinnamon, and strong-smelling garlic. These help to activate and energize the mind.

Use nasal drops of herbal powders or herbal smoke stimulants for their activating effects.

Herbs such as Valerian, Shatavari, and Ashwagandha are recommended.

If you would like to explore this subject in greater depth, then there is a chance to purchase the video recording from the APA webinar with Dr Marda, if you are interested, then please email [info@apa.uk.com](mailto:info@apa.uk.com).



Or Click Here: <https://tinyurl.com/385k8y9z>



# SPIRIT ATTACHMENTS AND HOW THEY CAN AFFECT OUR WELLBEING: BHUTA VIDYA AND ENERGY HEALING

Review of the APA Webinar by Dan Shepherd



## APA SEMINAR

"SPIRIT ATTACHMENTS AND HOW  
THEY CAN AFFECT OUR WELLBEING.  
BHUTA VIDYA AND ENERGY HEALING"  
WITH TOMAZ MUELLER

Wednesday, 11th December 2024  
6 pm - 7 pm (GMT)



I recently attended Tomaz Mueller's webinar on "**Spirit Attachments and How They Can Affect Our Wellbeing: Bhuta Vidya and Energy Healing**", and was struck by the way Tomaz illuminated an often-overlooked aspect of Ayurveda. His deep knowledge of Bhuta Vidya, combined with practical insights from modern energy healing and Soul Center Healing Hypnosis, made this session both engaging and highly educational.

Tomaz explored how spirit attachments, subtle energies, and unresolved trauma can affect health in ways that traditional treatments might not fully address. He brought the topic to life with vivid examples from his practice, offering a compelling case for why practitioners should consider these factors in their work. This webinar is a treasure trove of insights for anyone keen to explore the intersection of ancient wisdom and modern healing modalities.

### Synopsis

In this webinar Tomaz delved into the profound impact of subtle energies and spirit attachments, known as Bhutas in Ayurveda, on mental, emotional, and physical health. Drawing on nearly four decades of Ayurvedic practice and his expertise in energy healing, Tomaz gave us a deeper understanding of

these influences and their practical implications for holistic health.

Highlights from the talk included:

**Understanding Bhutas:** Tomaz explained how spirit attachments exploit emotional wounds or energetic imbalances, often manifesting as chronic pain, emotional instability, or recurring negative patterns.

- **Chakras and Energy:** He demonstrated how trauma distorts the vibrational purity of energy centers, creating openings for attachments, and emphasized the importance of restoring balance to these centers.
- **Doshas and Susceptibility:** The discussion explored how Vata's creative energy, Pitta's fiery nature, and Kapha's nurturing tendencies make them uniquely vulnerable to specific types of Bhutas.
- **Case Studies:** Real-life examples, including a client overcoming chronic back pain linked to past-life trauma, highlighted the transformative potential of addressing spirit attachments.

# SPIRIT ATTACHMENTS AND HOW THEY CAN AFFECT OUR WELLBEING: BHUTA VIDYA AND ENERGY HEALING

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One of the most practical aspects of the session was Tomaz's advice for practitioners. He emphasized the importance of clearing a client's energy field and shared self-care tips to ensure practitioners remain grounded and

protected. His insights into the interplay between trauma, ancestral patterns, and energetic vulnerabilities offered actionable strategies for integrating Bhuta Vidya into modern practice.

For me, the webinar was not only informative but deeply inspiring. Tomaz's ability to blend ancient Ayurvedic wisdom with modern techniques provides a valuable framework for addressing health issues that conventional methods may overlook. This talk is an excellent resource for anyone looking to expand their understanding of spirit attachments and energy and their role in holistic wellness.



## Find out more

Tomaz is planning a half-day course on Bhuta Vidya – Understanding Spirit Attachments & Well-Being. You can find out more and register your interest here: <https://tomazmueller.kartra.com/page/bhuta-vidya>

Tomaz is a skilled practitioner of **Soul Center Healing Hypnosis**, a method that combines past life regression, entity removal, and source connection to clear energetic attachments and restore balance. For more information about his work: <https://tomazmueller.kartra.com/page/SCHH>

**Tomaz's Awakening Alchemy Retreat Centre:** <https://bit.ly/alchemy-about-us>

# CALL TO VOTE ON THE APA COMMITTEE



## Happy New Year to everyone for the 1st APA Newsletter of 2025

There will shortly be an opportunity for all the APA Members to vote.

In May 2024, we asked the APA members if they are happy with the current APA committee to continue. Apart from 2 negatives, the answer was yes.

APA members will shortly be emailed with a vote for 2025. Please make sure to use your vote as a member of the APA. The Closing date is March 3rd, 2025.

We have added a text box for comments this year (votes are anonymous) if needed to explain Yes or No.

You can also: Email the office (or myself, [sueayurveda@gmail.com](mailto:sueayurveda@gmail.com) if you prefer) with anything you would like to share or comment on regarding the election process, wish to be noted and are happy to share.

Please include a number if you would like me to call and discuss any points.

Repeated requests have been made for new APA committee members. Committee members have stepped down, so there is a need for new energy to maintain an effective team. APA members, you are still welcome to apply. Email the office for the application pack if interested. Thanks for your time and confidence in the APA committee.

**Sue**

*Sitting President of the APA*

### **Here is the current APA Committee:**

- Sue Clark
- Tomaz Mueller
- Colette Park
- Dr Kanchan Sharma
- Angela Hope-Murray
- Dr Akanksha Bhardwaj
- Lynne Ford
- Dr Vinayak Abbot
- Andrew Mason

You can learn more about the current APA Committee Members by visiting this webpage <https://apa.uk.com/about-us/committee>





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