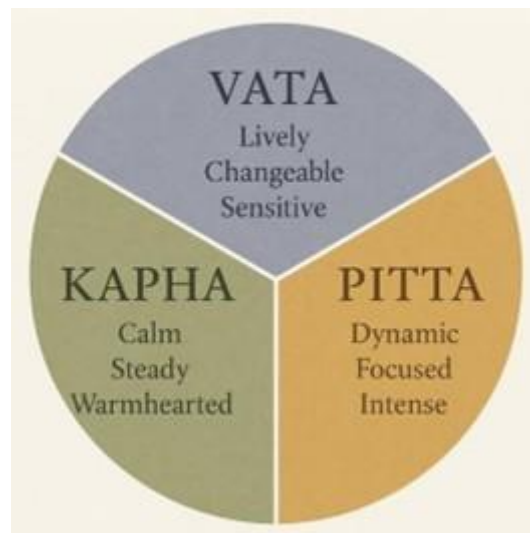


Ayurveda-Compendium

Ayurveda & ADHD in adults

A holistic path to inner calm,
focus & balance



GiveAway Nr. 1

★ 1. Introduction – Overstimulation, Movement, and Reconnection

In Western systems, adult ADHD is often linked to a deficit in functioning – seen as a disorder, a neurological imbalance, a deviation from the “norm focus.” But in Ayurveda, the perspective is different: Here, ADHD is not pathologized – but understood as an expression of increased *Vāta* energy.

Vāta represents movement, sensitivity, speed, and creativity – but also dispersion, instability, and exhaustion when out of balance. A chronically activated *Vāta* – fueled by sensory overload, lack of sleep, pressure, irregular routines, or missing grounding – leads not only to physical tension in Ayurveda, but also to mental fragmentation:

- Thoughts flicker before they can settle.
- Stimuli hit an open system unfiltered.
- Focus dissolves before it can align.
- The power of intuition gets lost in inner restlessness.

This compendium does not invite you to correct yourself – but to remember. Not to fight your nature – but to find the rhythm in which it can unfold safely. A rhythm that doesn’t aim for functionality, but for connection. That doesn’t discipline – but holds. That doesn’t accelerate – but centers.

Through the support of herbs, touch, breath, sound, movement, and quiet attention, a space can emerge in which you no longer need to react – but can begin to feel yourself again. Because ADHD is not only a way of processing stimuli. It is also a way of perceiving the soul – which needs space, structure, and respect.

**What you call restlessness
is often just the echo of a system
longing for order.**

★ 2. Signs & Causes – The Ayurvedic Understanding of ADHD

When the body has already begun to react – while the mind is still searching. Restlessness often doesn't begin in the mind, but in the system: in the breath, in the tension, in the lack of grounding. What we experience as difficulty concentrating, impulsivity, or sensory hypersensitivity is, from an Ayurvedic perspective, a sign of overactive *Vāta* (the principle of movement) – especially within the *Manovaha Srotas* (the system of mental and neural pathways) and the subtle control systems of the mind (*Prāṇa Vāta*, *Udāna Vāta*).

The symptoms are not a personality disorder – but a disturbance in subtle regulation. What we feel – the flickering focus, the reaction before thought, the constant sense of "too much" – is a message: *"Something in me is seeking grounding."*

This chapter invites you to view ADHD not as a deficit – but as **an excess of energy without direction**. As the expression of a system deeply longing for regulation – not through discipline, but through **touch, structure, rhythm**. The focus is not on functionality, but on connection to yourself. Not control – but **co-regulation**.

*Healing begins where you stop adapting –
and start understanding.*

Typical signs:

- Inner restlessness, racing or jumping thoughts
- Sensitivity to stimuli – especially to light and sound
- Trouble concentrating, drifting attention
- Chronic tension, sleep disturbances
- High creativity coupled with exhaustion

Ayurvedic causes:

- Increased *Vāta* in the *Manovaha Srotas* (mental channel system)
- Weakened *Ojas* (life essence, systemic resilience)
- Lack of *Snehana* (nourishing care and self-attention)
- Mental overload, lack of rhythm

🌿 **Āyurveda does not fight – it balances.**

★ 3. Healing Herbs & Herbal Tea Blend for Mental Stability

When the nervous system is overloaded, the mind loses its center – thoughts begin to jump, stimuli become overwhelming, and inner restlessness spreads. In Āyurveda, this is a classical sign of disturbed *Vāta* – particularly in the areas of *Prāṇa Vāta* (subdosha for mental activity and sensory perception) and *Viyāna Vāta* (subdosha for circulating impulses throughout the body).

This form of inner instability affects not only thinking, but deeper layers: the *Majjā Dhātu* (nerve and bone marrow tissue) is weakened, the formation of *Ojas* (life essence and psychological stability) is reduced, and the *Manovaha Srotas* (the subtle channel system of the mind) loses clarity and flow.

This condition is especially common in adults with ADHD: Thoughts circle, focus dissolves, inner restlessness and emotional overload alternate. What helps in such moments is not stimulation – but deep nourishment, grounding, and calming care: through herbs that center the mind, strengthen the nervous tissue, and clear the inner space.

These plants are called *Medhya Rasāyanas* in Āyurveda – rejuvenating tonics for the mind. They enhance memory, concentration, and inner alignment without sedation. Instead, they nourish – subtly, deeply, and consistently.

✧ Recommended Herbs:

- **Aśvagandhā** (*Withania somnifera*) – strengthens and soothes the nervous system, reduces stress and exhaustion
- **Brāhmī** (*Bacopa monnieri*) – enhances focus, clarity, and memory
- **Śaṅkhapuṣpī** (*Convolvulus pluricaulis*) – calms mental unrest, dissolves cognitive tension
- **Gotu Kola** (*Centella asiatica*) – regenerates *Majjā Dhātu*, strengthens *Ojas*
- **Tulsi** (*Ocimum sanctum*) – adaptogenic, supports heart and breath, promotes emotional centering
- **Jatāmāṁsī** (*Nardostachys jatamansi*) – grounding, anti-anxiety, sleep-promoting

✧ Suggested Tea Blend:

- 1 part Aśvagandhā
- 1 part Brāhmī
- ½ part Śaṅkhapuṣpī
- ½ part Tulsi
- ¼ part Jatāmāṁsī (use sparingly, as it is potent)

✧ Preparation:

Pour approx. 300 ml of hot water over 1 teaspoon of the blend, cover, and let steep for 8–10 minutes.

Drink slowly, mindfully – preferably in the evening or during moments of inner fragmentation.

A drop of *Ghee* (clarified butter) may be added to further harmonize *Vāta*.

✧ Dosage, Timing & Effect Profile

💧 Dosage recommendation:

1–2 cups daily – always freshly brewed. Do not leave standing for hours.
Optionally, add ghee or warm plant milk for added softness.

🕒 Ideal times:

- Afternoon (2–5 p.m.): for mental restlessness, hyperactivity, or nervousness
- Evening (8–9 p.m.): to prepare for sleep, gather inwardly & support regeneration

🌿 Effect profile at a glance:

- ✓ Calms *Prāṇa Vāta* & *Viyāna Vāta* (mental activity & nerve impulses)
- ✓ Nourishes *Majjā Dhātu* (nervous tissue) and promotes psychological stability
- ✓ Supports the formation of *Ojas* (vital essence, immunity, emotional resilience)
- ✓ Enhances concentration, mental structure, and emotional self-awareness
- ✓ Gently promotes reconnection with your inner center – without sedation

💡 **Tip:** This tea blend is ideal as a gentle evening ritual – with mindful drinking, perhaps in dim light or accompanied by a short breathing practice.
Not as a “solution” – but as a gesture: **“I take care of my mind – gently.”**

❖ Ayurvedic Herb Characterization – Tea for Mental Stability

Each plant includes:

- *Rasa* (taste)
- *Vīrya* (energetic/thermal effect)
- *Vipāka* (post-digestive effect)
- Dosha action
- Note on its effect on Dhātus/Subdoshas

1. Aśvagandhā (*Withania somnifera*)

- *Rasa*: sweet, bitter
- *Vīrya*: heating
- *Vipāka*: sweet
- *Doṣa*: ↓ Vāta, ↓ Kapha
- *Effect*: strengthens the nervous system, reduces stress, promotes grounding
- *Dhātu/Subdoṣa*: strengthens *Majjā Dhātu*, nourishes *Ojas*, stabilizes *Prāṇa Vāta*

2. Brāhmī (*Bacopa monnieri*)

- *Rasa*: bitter, sweet
- *Vīrya*: cooling
- *Vipāka*: sweet
- *Doṣa*: ↓ Vāta, ↓ Pitta
- *Effect*: improves memory, concentration, and mental clarity
- *Dhātu/Subdoṣa*: acts on *Manovaha Srotas*, calms *Prāṇa Vāta*, strengthens *Majjā* and *Rasa Dhātu*

3. Śaṅkhapuṣpī (*Convolvulus pluricaulis*)

- *Rasa*: bitter, slightly sweet
- *Vīrya*: cooling
- *Vipāka*: sweet
- *Doṣa*: ↓ Vāta, ↓ Pitta
- *Effect*: anti-anxiety, promotes mental calmness, reduces emotional overload
- *Dhātu/Subdoṣa*: strengthens *Majjā Dhātu*, harmonizes *Manas Doṣa* and *Udāna Vāta*

4. Gotu Kola (*Centella asiatica*)

- *Rasa*: bitter, sweet
- *Vīrya*: cooling
- *Vipāka*: sweet
- *Doṣa*: ↓ Vāta, ↓ Pitta
- *Effect*: regenerates nerves, supports mental stamina and emotional balance
- *Dhātu/Subdoṣa*: nourishes *Majjā* and *Rasa Dhātu*, balances *Prāṇa Vāta*, strengthens *Ojas*

5. Tulsi (*Ocimum sanctum*)

- *Rasa*: pungent, bitter
- *Vīrya*: heating
- *Vipāka*: pungent
- *Doṣa*: ↓ Kapha, ↓ Vāta, ↑ Pitta (in high doses)
- *Effect*: adaptogenic, opens respiratory pathways, balances emotions
- *Dhātu/Subdoṣa*: supports *Udāna Vāta*, strengthens *Majjā*, harmonizes *Prāṇa Vāta*

6. Jātāmāṁsī (*Nardostachys jatamansi*)

- *Rasa*: bitter, astringent
- *Vīrya*: cooling
- *Vipāka*: pungent
- *Doṣa*: ↓ Vāta, ↓ Pitta
- *Effect*: deeply calming, sleep-promoting, anti-anxiety
- *Dhātu/Subdoṣa*: nourishes and stabilizes *Majjā Dhātu*, soothes *Manas*, harmonizes *Prāṇa Vāta*

◆ Summary:

This herbal combination works to:

- Regulate *Vāta* – especially *Prāṇa* and *Viyāna Vāta*
- Strengthen the nervous system by nourishing *Majjā Dhātu*
- Center the mind by soothing *Manas* and clarifying subtle pathways
- Promote *Ojas* – stabilizing, strengthening, and protective for mind & body

🌿 **Ideal for:** mental fragmentation, hyperactivity, sleep disorders, nervous exhaustion, emotional withdrawal, or inner disintegration.

★ 4. Nutrition & Spices – Rhythm on the Plate

What fragments the nervous system can be reconnected through food.

Ayurveda in the context of ADHD doesn't mean "eat less" – but rather "nourish more consciously." Food should calm, structure, and center – not overstimulate or distract.

Vāta-dominant individuals (as many adults with ADHD are) especially benefit from:

- regular, warm meals
- sufficient healthy fats
- well-spiced, cooked foods
- reduced sensory stimulation during meals

Spices with Calming & Nourishing Effects

These spices help stabilize **Vāta**, enhance digestion, and simultaneously calm the nervous system:

Spice	Effect on Vāta & Nervous System
Cumin	warms, relieves bloating, calms the gut – helpful for inner restlessness
Fennel seeds	mildly sweet, digestive, soothing for the nerves
Coriander	balancing, cooling, enhances sensory clarity
Turmeric	anti-inflammatory, purifies the blood, mildly grounding
Ginger (dried & fresh)	stimulates Agni , mobilizes sluggish energy without irritating
Ceylon Cinnamon	sweet-warming, balancing for emotional instability
Nutmeg (in small amounts!)	calms the nervous system, supports sleep – ideal for the evening
Ajwain (Carom seeds)	reduces Vāta in stomach & gut, grounding during stress eating
Asafoetida (Hing)	strongly carminative, helpful in abdominal Vāta imbalances

Dietary Recommendations for Vāta Balance & Mental Focus

Supportive in ADHD (from an Ayurvedic perspective):

- warm, cooked meals – e.g. Kitchari, stews, soups
- high-quality fats: **Ghee**, sesame oil, omega-3-rich plant oils
- root vegetables (carrots, sweet potatoes, parsnips) – grounding
- rice pudding with **Ghee**, saffron & nutmeg – calming in the evening
- almonds (peeled, soaked), dates – for **Ojas** building
- small, regular meals – avoid fasting with ADHD
- herbal teas with **Brahmi**, **Tulsi**, fennel – instead of coffee or black tea

Less suitable (Vāta-increasing or overstimulating):

- cold, raw foods (salads, muesli, raw vegetables)
- dry snacks (rice cakes, crackers, crispbread)
- excessive coffee, black tea, caffeinated drinks
- strong chili spices – overstimulate **Prāṇa Vāta**
- very late or skipped meals – destabilizes **Ojas**
- “snacking without grounding” – eating without presence or connection

❖ **Small Everyday Integration Tips**

- Start the day with warm water & a fennel-ginger infusion
- During stressful phases: golden milk (with **Ghee**, turmeric, nutmeg, plant milk)
- Treat eating as a ritual: no distractions, no multitasking
- Eat with your hands (if possible) – to regulate sensory input through touch
- Pay attention to taste: sweet, mildly salty & warm foods soothe **Vāta** best

💬 **Nutrition is not just supply – it is communication with your system.**

When you cook, don't just ask: “What do I need today?”

Also ask: “*What does my nervous system need to become whole again?*”

★ 5. Daily Rhythm – Structure as Gentle Medicine

ADHD is not just a matter of attention – but often a lack of rhythm.

A system constantly processing stimuli eventually loses its beat. And a mind that never gets to rest eventually loses itself. In **Ayurveda**, rhythm is not an external order – but an inner home. A reliable framework that calms **Vāta**, builds **Ojas**, and guides **Prāṇa** back into harmonious flow. With ADHD, what helps is not control – but gentle regularity.

Not rigid scheduling – but recurring gestures of care.

✧ What Recurs Brings Stability

Principle	Effect on ADHD & Vāta
Consistent wake-up time	stabilizes the inner clock, reduces morning hypersensitivity
Warm main meals at set times	regulates digestion, supports Samāna Vāta & grounding
Rituals at the start & end of the day	calms Udāna Vāta , supports presence & sleep quality
Breathing or tea breaks between tasks	prevents overwhelm through structured pauses
Repetitive movements, fixed meal times, clear light cycles	synchronizes body, mind & hormone system

🌿 Suggested Daily Rhythm for ADHD & Vāta Imbalance

Time	Suggestion	Effect
6:30–7:30 am	gentle awakening, warm water with fennel or ginger	activates Agni , grounds Vāta
8:00 am	warm breakfast (e.g., porridge with Ghee & cinnamon)	builds Ojas , centers the mind
9:00–12:00 pm	focused tasks – in a clear, structured environment with breaks	harnesses Vāta creativity consciously
12:30 pm	main meal (warm, nourishing, with Ghee & spices)	stabilizes Samāna Vāta
1:30–3:00 pm	short rest or walking meditation	promotes integration rather than stimulation
3:30–5:30 pm	creative or social activities, light movement	maintains energy without overstimulation
6:30 pm	light dinner (sweet, warm, soft)	prepares the system for withdrawal
8:00–9:00 pm	oil ritual, herbal tea, humming or soft music	soothes Prāṇa & Udāna Vāta

Time	Suggestion	Effect
10:00 pm	bedtime – without screens, but with scent, darkness & a sense of safety	Ojas regeneration, deep relaxation

It's not the schedule that heals – but the repetition.

Not discipline – but relationship to the present moment.

A stable daily rhythm reduces the need to constantly react.

It creates an inner “handrail” – a guide for the nervous system to reorient itself.

★ 6. Movement as Language – What the Body Reveals in ADHD

What cannot be calmed often just wants to be felt.

People with ADHD often experience movement in a paradoxical way: On one hand, there is a constant inner urge – to act, to respond, to run. On the other hand, what movement could actually offer is often missing: A sense of direction, breath, and center. In **Ayurveda**, especially with **Vāta dominance**, the goal is not exhaustion – but gentle, rhythmic movement that reconnects: Mind and body, breath and presence, outer and inner.

✧ Forms of Movement That Soothe Rather Than Agitate:

- **Walking meditation** (barefoot, slow, in silence): grounds, reduces sensory overload, brings **Prāṇa Vāta** back into the feet
- **Slow yoga flows** (e.g., Moon Salutation, Pawanmuktāsana series): enhance breath awareness, release blockages, reduce **Vāta**
- **Balāsana** (Child’s Pose): offers retreat, safety, calmness for an overstimulated system
- **Swaying, rocking, circling** (gently while sitting or standing): recalls early childhood regulation – soothes **Udāna Vāta**
- **Shoulder circles with breath focus**: connects movement with awareness – clears body and mind
- **Mini-movements with sound** (e.g., humming or So-Ham): support sensory integration, relax the forehead, open the heart

✧ Effects of Rhythmic Movement:

- reduces **Prāṇa Vāta** and **Viyāna Vāta**
- strengthens **Majjā Dhātu** (nervous tissue) through mindful mobilization
- harmonizes **Manovaha Srotas** (mental communication pathways)
- stabilizes **Samāna Vāta** – supports internal coordination
- opens **Srotas** – energetic and physical channels
- brings centering – not through control, but through embodiment



Movement for ADHD doesn’t have to push – it can support.

One step. One breath. One circle. And the body begins to call the mind home.

✧ Ritual Suggestions for Daily Transitions:

- **Morning**: 3 conscious breaths + 1 drop of warm oil on the heart
- **Midday**: 5 minutes of walking meditation, focusing on the soles of the feet
- **Evening**: warm foot bath + tea with nutmeg, fennel & tulsi
- **Before sleep**: forehead oil with **Brahmī** + humming or sound (**Bhrāmārī**)

🗨 *ADHD is not “too much” – but often a lack of connection.*

Connection to time. To the body. To the inner place.

★ 7. Self-Massage (Abhyanga) – Calming Through Touch

In a world full of stimuli, touch is often the first thing to go missing – yet it is one of the most powerful tools in **Āyurveda** to center the mind and calm **Vāta** (the principle of movement). Especially in ADHD-related restlessness, inner fragmentation, and emotional disconnection, daily self-massage with warm oil acts like a gentle recall to the nervous system: *You are here. You are held.*

Through the intentional oiling of the body – especially the abdomen, chest, neck, and feet – **Prāṇa Vāta** (mental activity), **Viyāna Vāta** (impulse distribution), and **Manovaha Srotas** (the subtle channels of the mind) are harmonized. The body is not merely cared for – it is **reminded**: of connection, rhythm, and inner safety.

✧ Recommended Oil:

- **Warm sesame oil** – nourishing, protective, reduces **Vāta**
- Optionally enriched with:
 - **Aśvagandhā** – grounding and stabilizing
 - **Jatāmāṁsī** – calms mind and nerves
 - **Brahmī oil** – enhances concentration and mental alignment

✧ Instructions (Duration: 10–15 minutes):

1. **Preparation:**
Gently warm the oil. Create an atmosphere of calm – no pressure, no distractions. Music? Only if it doesn't pull you outward.
2. **Application & Rubbing In:**
Start at the **abdomen and solar plexus**, using slow, clockwise circular motions. Move to **neck, shoulders, sternum**, then **hands and feet**. Use the **flat of your hand**, rhythmically and slowly.
3. **Centering & Connection:**
Place one hand on your **heart**, the other on your **belly**. Feel. Breathe. Stay. Let **touch** lead you – not thought.
4. **Closing:**
Wrap yourself in a towel or take a warm shower – but without rushing. Stay with yourself for a moment. You may sense: You were never broken – only overwhelmed. Now something is reordering itself.

✧ Effects:

- **Calms Prāṇa & Viyāna Vāta** – mental activity is grounded
- **Strengthens Manovaha Srotas** – the mental guidance channels
- **Supports Ojas** – resilience, inner stability, centering
- **Nourishes Majjā Dhātu** – strengthens nerves & sensory integration

💡 **Tip:** Even if you only have 3 minutes – a single drop of warm oil over the **heart** or between the **shoulder blades** can work wonders. **Touch means:** *I am here. I perceive myself.* That is the first step out of sensory overwhelm – and back into inner presence.

★ 8. Grounding Exercises & Mental Centering

In ADHD, the nervous system is often overloaded – not because there’s “too much” on the outside, but because there’s too little integration on the inside. The mind jumps, and the body becomes restless. In such phases, intense workouts don’t help – but **gentle, rhythmic movement** does. It regulates excess **Vāta**, nourishes **Majjā Dhātu** (nerve tissue), and restores the flow of **Prāṇa Vāta** (subdoṣa governing mental movement).

Āyurveda recommends practices that combine body awareness, breath guidance, and inner axis stabilization. It’s not about performance – it’s about **connection**: to the earth, to the breath, and to your center.

✧ Recommended Movement Practices:

- **Seated Side Flow (gentle swaying)**
 - Sit cross-legged, arms at your sides
 - Slowly sway your upper body left and right, synchronized with your breath
 - Calms **Prāṇa Vāta**, centers the mind, stabilizes **Samāna Vāta**
- **Shoulder Rolls with Breath Focus**
 - Standing or seated, slowly roll both shoulders backward
 - Inhale → lift shoulders; Exhale → lower and relax
 - Opens the chest, eases tension during inner restlessness
- **Child’s Pose (Balāsana)**
 - Forehead on the floor or on a cushion, arms alongside the body
 - Breathe deeply into the back, especially between the shoulder blades
 - Calms the nervous system, nourishes **Majjā Dhātu**
- **Supine Twist (Supta Matsyendrasana)**
 - Lying on your back, let your knees fall to one side, arms extended
 - Gaze in the opposite direction, let the breath flow deeply
 - Promotes mental retreat, balances **Prāṇa & Viyāna Vāta**
- **Walking Meditation with Ground Contact**
 - Barefoot, slow, silent – focus on the soles of your feet and gravity
 - Optional: synchronize breath with a mantra (e.g., *So-ham*)
 - Grounds, reduces sensory overload, guides from fragmentation into rhythm

✧ Effects:

- Regulates **Prāṇa** and **Viyāna Vāta** – enhances clarity & inner calm
- Strengthens **Majjā Dhātu** – supports nerve tissue, improves sensory processing
- Opens **Srotas** – energetic and physical pathways
- Centers the mind – guiding it back to the inner axis

💡 **Tip:** You don’t need a lot – but you need **consistency**. Choose a simple practice that touches you. Repeat it daily – as a small island of reconnection. In ADHD, it’s not only **focus** that’s “lost” – it’s often the **rhythm** that would carry it. Movement becomes an invitation: *into your own tempo*.

❖ Recommended Mini-Sequences (Mini-Flows)

Here are three flow sequences for adults with ADHD – gentle daily companions for **Vāta regulation**, mental centering, and inner reconnection. All practices are soft, short, and repeatable – ideal during overstimulation, mental jumpiness, or exhaustion.

❖ Mini-Flow 1: *Morning Centering* (Duration: 5–7 minutes)

Goal: Arriving in the body, mental focus, grounding in your center

1. Sit upright – place hands on belly and chest
2. 3 conscious breaths – feel your body being supported
3. Gentle head tilt left/right (with breath) – soft, without pulling
4. Shoulder rolls (5x) – exhale with awareness
5. *Balāsana* (Child’s Pose) – rest for 1–2 minutes
→ Close with a sentence like: *“I am here. And that is enough.”*

❖ Mini-Flow 2: *Midday Pause* (Duration: 3–5 minutes)

Goal: Ease the nervous system, soften sensory load

1. Stand with eyes closed – feel your feet, breathe
2. Place hands on heart and belly – take 3 breaths
3. Gentle body swaying (forward/back or side to side)
→ Like a plant in the wind – soft, no control
4. Deep exhale with sound (e.g., humming or “Aah”)
→ End in silence – place hands on your center

❖ Mini-Flow 3: *Evening Calm & Sleep Preparation* (Duration: 5–8 minutes)

Goal: Calm **Prāṇa Vāta**, support sleep, relax nervous system

1. Lie on your back – knees bent, arms relaxed
2. Gentle pelvic tilts – very slowly (5–10x)
3. Breath visualization – inhale up the spine, exhale down
4. Supine twist (*Supta Matsyendrasana*) – 1–2 min per side
5. Place hands on heart and lower belly – *“I am allowed to let go.”*
→ Optional: wrap up warmly and sip a calming herbal tea

💡 **Note for all sequences:** These movements are **invitations**, not expectations. They don’t work through effort – but through repetition, care, and presence.

★ 9. Breathing Practices – Calming the Mind, Centering the Body

In adult ADHD, it's not just the thoughts that race – the nervous system often shifts into “flight mode.” The breath becomes shallow, the heart unsettled, the mind scattered. But **Āyurveda** knows: What seems fast on the outside is often exhausted on the inside. Especially in cases of elevated **Prāṇa Vāta** (subtle mental movement energy), it's not control that helps – but breathing that creates space. It soothes **Majjā Dhātu** (nervous tissue), clears the sensory channels, and gently calms **Vāta**. These breathing exercises are not training – but **listening**. A soft return to yourself.

✧ Recommended Breathing Exercises:

- **Dirgha Prāṇāyāma – Three-Part Breath**
 - Inhale: belly → ribs → chest
 - Exhale in reverse: chest → ribs → belly
 - lengthens the breath rhythm, calms the autonomic nervous system
 - strengthens **Samāna Vāta** – coordination in the body's center
- **Bhrāmari – Humming Bee Breath**
 - Gentle humming exhale with closed lips
 - calms **Majjā Dhātu**, regulates **Prāṇa Vāta**
 - especially helpful during overthinking, mental tension, or sensory overload
- **Nāḍī Śōdhana – Alternate Nostril Breathing** (simplified form)
 - Inhale left – exhale right (and vice versa)
 - balances brain hemispheres, enhances focus and attention
 - ideal for overstimulation or emotional imbalance
- **Breath with Mantra Focus** (e.g., “So-Ham”)
 - Inhale: *So* – Exhale: *Ham* (mentally or whispered)
 - calms the mind, enhances presence
 - restores mental centering in times of scattered thinking

✧ Effects:

- Reduces **Prāṇa Vāta** – mental hyperactivity
- Calms **Majjā Dhātu** – promotes nervous strength and mental peace
- Strengthens **Ojas** – emotional resilience and inner stability
- Clears the breath space, improves focus, structure, and self-awareness

💡 **Tip:** ADHD doesn't require “more” – but a **conscious less**. Even 3 minutes of mindful breathing daily will shift more than you expect. It's not technical depth that heals – it's the **consistency of care**.

✧ Recommended Mini-Breathing Routine for Daily Life

Here's a gentle routine for adults with ADHD – for mornings, pauses, or evenings.

★ Mini Breathing Routine – Morning Focus, Evening Calm

Duration: approx. 2–5 minutes

Location: Anywhere – seated, standing, or lying down

Tools: None – just yourself

ॐ Morning – Centering & Focus (2 minutes)

Goal: Clear presence, mental structure, gentle start

1. Sit upright, feet on the floor, shoulders relaxed
2. Take 3 deep, relaxed breaths – aware, but effortless
3. **Dirgha Prāṇāyāma** (3 breaths):
 - Inhale: belly – ribs – chest
 - Exhale: chest – ribs – belly
4. **Mantra Breathing:**
 - Inhale: *So* – Exhale: *Ham* (mentally or whispered)
 - Repeat 5–10 times
5. Finish by placing hands on heart or forehead – pause briefly.
“I am here.”

ॐ Evening – Unwinding & Soothing (3–5 minutes)

Goal: Calm the nervous system, reduce mental activity

1. Lie on your back, hand on belly or heart
2. **Bhrāmarī (Humming Bee Breath)** – 5x:
 - Inhale deeply, exhale with a gentle hum (*mmm...*)
 - Feel the vibration in your head and heart space
3. **Moon Breath (Chandra Bhedana)** – 5 rounds:
 - Inhale through the left nostril
 - Exhale through the right nostril
 - Calms both body and mind
4. **Stillness (30 seconds):**
 - Eyes closed, natural breath
 - Notice: What has softened?

💡 **Note:** This is not a “must” – it’s an **invitation**. Even one of these exercises is enough. What matters isn’t length, but **loving repetition**.

★ 10. Sound Vibration & Chakra Toning – Focus Through Inner Resonance

Some thoughts don't want to be calmed – they want to be heard, not corrected. In **Āyurveda**, sound is not just vibration – it is medicine for the subtle system. Especially in adult ADHD, when thoughts are racing, the mind is scattered, and the nervous system overstimulated, sound can help restore a deeper sense of order. Toning vowels acts like an internal tuning fork: it centers, slows down, and connects – without pressure, without a goal. Particularly in the areas of the **Ājñā Chakra** (brow center), **Anāhata** (heart space), and **Mūlādhāra** (root chakra), sound anchors awareness in the body – where it is finally allowed to rest.

✧ Vowels as Bridges of Sound:

Vowel	Chakra	Effect
A	Mūlādhāra	Grounding, safety
E	Svādhiṣṭhāna	Letting go, emotional softness
I	Maṇipūra	Clarity, focus, willpower
O	Anāhata	Heart opening, self-acceptance
U	Viśuddha	Self-expression, communication
M	Ājñā	Centering, intuition, mental stillness

✧ Instructions (Duration: 10–15 minutes)

1. Preparation:

Choose a quiet space and sit upright. Let your spine be long, your gaze soft, your breath calm.

2. Toning Sequence:

Take a deep inhale – and tone one vowel per exhale, for example:

A – E – I – O – U – M

Sense where each sound resonates in the body.

Optionally, place a hand on the corresponding **chakra**.

3. Repetition:

3–5 rounds in your own rhythm. Between rounds: pause in silence. No goal – just listening.

4. Closing:

Place both hands on your heart or forehead. Feel what has changed. Maybe something slowed down. Maybe you arrived.

✧ **Effects:**

- Regulates **Prāṇa Vāta** (mental impulse flow) and **Viyāna Vāta** (inner restlessness)
- Strengthens **Majjā Dhātu** (nerve tissue) through subtle vibration
- Supports emotional centering, clarity, and self-acceptance
- Activates chakras commonly imbalanced in ADHD: **brow** (focus), **heart** (overwhelm), **root** (grounding)

💡 **Tip:** Don't tone to sound "nice" – tone to sound **true**.

*This is not about singing. It's about vibration as the language of the inner world.
Sound is not a goal – it is a **bridge into stillness**.*

★ 11. Meditation – The Mind as a Mirror of Inner Alignment

A scattered mind is not merely a question of concentration – it is often the expression of a deeper restlessness. In **Āyurveda**, what appears in the mind has its roots in lifestyle, breath, and imbalanced **Vāta** (the principle of movement). People with ADHD often experience exactly that: too much input, too little integration. Too much impulse, too little pause.

Meditation for ADHD is not about discipline – but about returning. Not to “stillness,” but to **awareness**. Not to a “performance mode,” but to **self-perception**. The goal is not to stop thoughts – but to give them a space where they no longer have to push or pull.

✧ Three Pathways into Meditation for ADHD:

1. Breath-Tracking Meditation Focused on the Brow

- Sit upright, gaze lowered or eyes closed
- Inhale: consciously guide the breath to the brow (**Ājñā Chakra**)
- Exhale: let thoughts go, feel the breath descend through the body
→ Calms **Prāṇa Vāta** (mental impulses), clears the mind

2. Heart Space Meditation (Sitting or Lying)

- One hand on the heart, the other on the belly
- Inhale: sense expansion; exhale: silently say, “I am here.”
- Thoughts may come – but they don’t have to dominate
→ Strengthens **Ojas** (vital essence), brings compassion into thinking

3. Sound Awareness (Active Mindfulness)

- For 2–3 minutes, consciously listen to your surroundings – without judgment
- Silently name: “I hear... a car. I hear... my breath.”
- Always return to sound
→ Ideal for mental overstimulation or sleep difficulties

✧ Effects:

- Reduces **Prāṇa Vāta** and **Viyāna Vāta** (mental restlessness & distraction)
- Strengthens **Majjā Dhātu** (nerve tissue) and the capacity for self-regulation
- Supports centering, self-awareness & inner coherence
- Emotionally relieving – without pressure, without goals

💡 **Tip:** Meditation for ADHD can be simple. What matters is not the length – but your relationship with yourself. When you observe yourself without judgment, **healing already begins**.

“A restless mind does not need control.”

★ 12. Reflection & Self-Awareness – When Attention Turns Inward

ADHD is not just an excess of external input – often, it's an inner oversight.

Many adults with ADHD experience themselves mainly in the mirror of performance: too much, too jumpy, too unfocused, too irritable. But **Āyurveda** asks differently: Not what isn't working in you? – but: What within you hasn't been given a voice for a long time?

Reflection is not a system of judgment. It is a space. A space for observation without evaluation. For what happens between the stimuli. For what you usually skip over.

✧ Recommended Forms of Reflection for ADHD:

1. **The Impulse Journal – not to control, but to name**
 - Jot down moments of overstimulation or distraction – without judgment
 - Example: “I started writing the email three times. Then my focus drifted.”
 - These notes help make patterns visible – not to correct yourself, but to understand.
2. **The Daily Review – fragmented, yet connected**
 - Ask yourself three simple questions at night:
 1. What scattered me today?
 2. When was I truly present with myself?
 3. What would I like more of tomorrow – not as a goal, but as a direction?
3. **The Body Question – strengthening somatic intuition**
 - Place a hand on your belly or heart and silently ask:
“What do you need today – less stimulation or more grounding?”
 - The body often responds more clearly than the mind.
4. **The Focus-Feeling Pair**
 - Once a day, note down two words:
A: What drew your focus today?
B: What did you feel while it did?
 - This simple practice strengthens the **Citta–Buddhi** connection (emotion & insight)

✧ Ayurvedic Effects:

- Enhances **Sattva** – inner clarity & equanimity
- Strengthens **Ojas** through self-compassion & regular inner attention
- Calms **Prāṇa Vāta** by redirecting attention inward
- Integrates sensory perception – not through discipline, but through understanding

Reflection is not overthinking – it is reconnection.

A quiet moment of relationship with yourself.

★ **Reflection Questions – For Quiet Self-Encounter in ADHD:**

1. When today was I truly with myself – without rushing or judging?
2. What scattered my mind today – and what held it together?
3. Was there a moment of stillness – in the middle of all the noise?
4. What did I react to – before I really felt it?
5. What feeling did I overlook today – and which one was allowed to stay?
6. What part of me sought safety today – and where did I not find it?
7. What did I resonate with – not with the mind, but with the body?
8. If I could offer a gesture to my inner child today – what would it be?

💬 *These questions are not an analysis – they are invitations.
Not to function – but to feel.*

★ 13. Final Recommendation

ADHD is not a “fault in the system.” It is a way of being – with its own rhythms, sensations, and needs. **Āyurveda** invites us not to fight this form – but to understand it. Not through control, but through contact. Not through adaptation, but through reconnection.

What often overwhelms us is not the stimulus – but the **absence of an inner anchor**. It’s not the thoughts that “cause problems” – but the pace, the density of stimuli, the constant demand to perform.

What heals in the depth is not a new system – but the remembrance:
of calm. of rhythm. of dignity.

*“Healing begins where you no longer run from yourself –
but meet yourself gently.”*

🌿 Many of the impulses mentioned here can also be found in other **GiveAways** – such as those on insomnia, mental withdrawal, overstimulation, or exhaustion. That’s no coincidence. Because **Vāta**, the subtle principle of movement, often shows itself first in the mind: as distraction, overstimulation, restlessness.

Āyurveda does not respond with sensory deprivation – but with **rhythmic attention**: Repetition instead of overwhelm. Depth instead of more.

💬 Perhaps this one sentence is enough: **“I am allowed to heal at my own pace.”**

★ 14. Ayurvedic Product Recommendations – For Greater Focus, Calm & Mental Centering

© *What cannot be structured often doesn't want to be calmed – it wants to be held.*

These product recommendations are based on classical formulations for **Vāta** pacification, mental stabilization, and nervous system support – especially for adults with **ADHD**. They do not replace individualized consultation but may support daily self-regulation: as ritual, in stillness, through recurring care.

◆ For Focus, Concentration & Mental Clarity

When the mind jumps, focus shatters, and stimuli become overwhelming.

- **Brāhmī Ghṛta** (Brahmi Ghee)
 - Promotes concentration, memory, and mental centering
 - ½ tsp in the morning with warm water or on an empty stomach
- **Medhya Rasāyana** (Brahmi, Mandukaparni, Śaṅkhaṇḍī, Jatāmāmsī)
 - Classical herbal blend to support **Manas & Majjā Dhātu**
 - As powder, capsule, or tea blend – morning and evening
- **Gotu Kola Cūrṇa** (*Centella asiatica*)
 - Regenerates nerves, strengthens **Ojas** & mental focus
 - ½ tsp with ghee or plant milk in the morning or afternoon

◆ For Inner Calm, Grounding & Nervous Stability

When thoughts race, restlessness dominates, and the body overreacts to stimuli.

- **Aśvagandhā Cūrṇa** (*Withania somnifera*)
 - Adaptogenic, anxiolytic, strengthens nerves
 - ½ tsp in the evening with warm plant milk or ghee
- **Jatāmāmsī Cūrṇa** (*Nardostachys jatamansi*)
 - Calms **Prāṇa Vāta**, clears the mind during overstimulation
 - ¼ tsp as needed in the evening or during inner tremors
- **Vāta Oil** (e.g., with nutmeg, lavender, or jatāmāmsī)
 - Apply externally to chest, feet, or neck
 - Supports sensory grounding & body awareness

◆ For Evening Calm, Withdrawal & Restful Sleep

When the nervous system won't "switch off" – despite exhaustion.

- **Kṣīrabala Taila** (Sleep oil with milk & *Bala* plant)
 - Nourishes **Majjā Dhātu**, reduces muscle & mental tension
 - Apply externally to feet, lower spine, or solar plexus
- **Golden Milk with Nutmeg, Aśvagandhā & Ghee**
 - Gently sedative, builds **Ojas** & supports centering
 - 1 cup in the evening, ideally 60–90 min before bed
- **Bṛṅgarāja Ghṛta** (Bhringaraj Ghee)
 - Classical remedy for mental overstimulation & hypersensitivity
 - ½ tsp in warm milk or plant milk before sleep

**Application Notes:**

- Take all products **calmly**, with awareness, and at the **same time of day**.
- Effects are most noticeable with **regular use over several weeks**.
- Always consume **ghee, milk or teas warm – not hot**.
- In cases of strong inner heat (e.g., **Pitta disturbance**, night sweats), **adjust dosage or seek advice**.

★ Application Table – Ayurvedic Products for ADHD & Vāta Imbalance

Product	Effect	Application	Time of Day
Brāhmī Ghṛta	Focus, memory, mental clarity	½ tsp with warm water	Morning, on an empty stomach
Medhya Rasāyana	Mental centering, Ojas strengthening	Powder or capsule	Morning & evening possible
Gotu Kola Cūrṇa	Nerve tonic, regenerative	½ tsp with ghee or plant milk	Morning or afternoon
Aśvagandhā Cūrṇa	Adaptogenic, calming	½ tsp with warm milk	1–2 hours before sleep
Jatāmānsī Cūrṇa	Anxiolytic, mind-clearing	¼ tsp in milk or water	With restlessness or insomnia
Vāta Oil	Sensory grounding, relaxing	External (feet, chest, neck)	Evening ritual
Kṣīrabala Taila	Muscle relaxing, nerve strengthening	External (lower spine, feet)	Evening
Golden Milk	Ojas-building, Vāta harmonizing	1 cup with ghee, nutmeg, etc.	60–90 min before sleep
Bṛṅgarāja Ghṛta	Calming, Ojas-strengthening	½ tsp in warm milk	Before sleep

☞ *These products do not work by ingredients alone – but through presence, rhythm, and the relationship with your body.*

★ 15. Sources for Oils & Herbs

The following providers specialize in high-quality **Ayurvedic products** – many of them follow traditional formulations, use pure natural ingredients, and offer certified quality for both therapeutic and home applications. Whether you're looking for **Vāta-calming massage oils**, **Ashwagandha powder**, or a **strengthening herbal tea**, this selection is based on the principles of **purity (śuddhi)**, **potency (vīrya)**, and **dosha-specific application**.

DE Germany

- **maharishi-ayurveda.de**
One of the oldest providers in Europe. Wide range of massage oils, herbal preparations, ghee, rasāyanas & teas. Also suitable for practitioners.
- **classic-ayurveda.de**
High-quality products based on classical Ayurvedic original formulas. Very good price-performance ratio. Also includes Ayurvedic cooking, supplements & literature.
- **naturmaedchen.de**
Small, finely curated shop focused on women's health, hormonal balance & Ayurvedically inspired care products. Ideal for **Vāta imbalances**, PMS, menopause.
- **roots-shop.de**
Specialized in ghee, herbs, superfoods, and naturopathic remedies from East & West. Especially useful for exhaustion, irritable bowel, metabolic issues.
- **amla.com/de-de**
International supplier of classic Ayurvedic products (plant extracts, supplements, single herbs). Focus on authenticity & purity.

AT Austria

- **ayurveda101.at**
Over 6,000 items, including many **Vāta-regulating** products. Good shipping conditions, thematic sorting (Vāta–Pitta–Kapha), certified brand products.
- **ayurvedashop.at**
Official partner of Maharishi Ayurveda in Austria. Ideal for classical formulas, ghee, rasāyanas & therapeutic blends.

CH Switzerland

- **veda.ch**
Long-standing provider with deep roots in Ayurveda and Vedic philosophy. High-quality herbal oils, specialty ghees, individual consultations.
- **ayurveda-paradies.ch**
Direct imports from Kerala & India. Classic oils (Bala Taila, Mahanarayan, Ashwagandha) in various sizes. Suitable for clinics and home use.
- **mana-shop.ch**
Small store in Bern with a lovingly selected range: Ayurveda, sound therapy, yoga, plant essences. Very refined products for energetic work.

💡 **Selection Tip:** Don't choose your products based only on indication – choose them based on **trust and resonance**. Some oils have an immediate physical effect, others work more on a subtle level. Especially in **Vāta-related conditions** and physical tension, **warm, nourishing, and stabilizing qualities** are key.

★ 16. GLOSSARY – Terms & Concepts in the Context of ADHD in Ayurveda

Term	Meaning
Abhyanga	Self-massage with warm oil – centers the mind & body, reduces Vāta , and strengthens sensory self-awareness.
ADHD	Attention Deficit/Hyperactivity Disorder – in Ayurveda, seen as an expression of overactive Vāta and lack of inner rhythm.
Āyurveda	“Science of Life” – a holistic medical system focused on balance, rhythm, and individual constitution.
Brahmi Ghṛta	Ghee infused with Brahmi – supports memory, concentration, and emotional centering.
Buddhi	Discernment & intuition – helps differentiate between stimulus and response.
Citta	Heart-consciousness – seat of emotion, memory, and inner processing.
Dinacaryā	Daily rhythm – a therapeutic structure in Ayurveda to calm Vāta and stabilize life energy.
Gotu Kola	Herb to strengthen the nerves and enhance mental clarity – regenerates Majjā Dhātu .
Jatāmāmsī	Calming root – reduces anxiety, builds Ojas , stabilizes mental overstimulation.
Majjā Dhātu	Nerve and bone marrow tissue – central to sensory processing and mental stability.
Manovaha Srotas	Subtle channel system of mind and sensory processing – particularly sensitive in ADHD.
Medhya Rasāyana	Herbal combination for mental stability – enhances concentration, clarity & resilience.
Ojas	Essence of vitality – foundation for psychological resilience, calmness, and deep integration.
Prāṇa Vāta	Subdosha for mental movement & sensory intake – often overactive in ADHD.
Samāna Vāta	Subdosha for digestion & inner coordination – influences focus & metabolic stability.
Sattva	State of inner clarity, calm, and equanimity – the Ayurvedic goal in regulating ADHD.
Snehana	Self-nurturing through oiling, warmth & softness – essential for Vāta balance.
Udāna Vāta	Subdosha for speech, expression, and mental upliftment – often imbalanced under inner pressure.
Vāta	Principle of movement – governs impulse transmission, sensory openness, creativity, but also restlessness & distraction.
Viyāna Vāta	Subdosha for distribution of impulses – often overstimulated in ADHD, leading to mental hyperactivity.
Śaṅkhaṇḍī	Herb for calming the mind – reduces anxiety and strengthens emotional clarity.

★ 17. References & Inspiration

This GiveAway is not meant as a technical manual – but as an invitation to reconnect with your **inner rhythm**. It honors the dignity of a sensitive nervous system, sees attention as a gift, and reminds us of the power of **gentle, regular care** when focus, energy, and centeredness seem lost. The content is based on a rich interplay of **classical Ayurveda, modern somatic and nervous system work, Western ADHD research**, lived experience, and **poetic-philosophical reflection**.

✧ Classical Texts, Western Literature & Integrative Impulses

(alphabetically by author)

Author	Title & Thematic Focus
Bainbridge Cohen, Bonnie	<i>Body-Mind Centering</i> – the body as a space of experience for sensory self-regulation & Vāta balance
Bhagavad Gītā	Chapter 6 – on mental discipline, meditation, detachment & the path to inner stillness
Boyce, Thomas	<i>Orchid and Dandelion</i> – on heightened sensitivity & sensory processing ("Orchid children")
Caraka Saṁhitā	Origins of Ayurvedic pathophysiology – esp. on Vāta disturbance, Ojas, Prāṇa Vāta, Manovaha Srotas
Frawley, David	<i>Ayurveda and the Mind</i> – psychological causes of mental distraction in the Ayurvedic context
Goleman, Daniel	<i>Emotional Intelligence</i> – impulse control, self-awareness & nervous system care
Groen, Christoph	<i>The Vagus Nerve Toolbox</i> – practical exercises for regulating an overstimulated autonomic nervous system
Hallowell & Ratey	<i>Driven to Distraction</i> – ADHD in adults as an interplay of hyperfocus, distraction & creativity
Kahl, Heike	<i>Understanding ADHD in Adulthood</i> – sensory openness, emotional instability & daily strategies
Krause, Klaus	<i>Neurodiversity & ADHD</i> – ADHD as a neurological variant, not a disorder
Lad, Vasant (Dr.)	<i>Textbook of Ayurveda (Vol. I-III)</i> – on Doṣas, Rasāyana, Vāta regulation & mental stability
Levine, Peter	<i>Waking the Tiger / In an Unspoken Voice</i> – trauma-informed somatic work for overstimulation & internal pressure
Maté, Gabor & Neufeld, Gordon	<i>Hold On to Your Kids</i> – attachment as a prerequisite for regulation & focus (transferable to adults)
Middendorf, Ilse	<i>The Perceptible Breath</i> – breath awareness to calm mental activity
Myers, Thomas	<i>Anatomy Trains</i> – fascial connections and their role in sensory processing & fragmentation
Patañjali – Yogasūtra	Collection on calming the mind (<i>cittavṛtti nirodhaḥ</i>) – cultivating focus, self-observation & stillness
Porges, Stephen	<i>The Polyvagal Theory</i> – nervous system, safety & social regulation under sensory overload

Author	Title & Thematic Focus
Rhyner, Hans H.	<i>Ayurveda – The Healing Power of India</i> – classical applications for Vāta disorders, mental restlessness & Ojas deficiency
Rosenberg, Stanley	<i>The Healing Power of the Vagus Nerve</i> – activating the vagus for mental calming & self-awareness
Schnack & Schnack-Iorio	<i>The Vagus Meditation</i> – breath-based rituals for co-regulation in ADHD & vegetative restlessness
Shārṅgadhara Saṁhitā	Classical source for the preparation and use of Medhya Rasāyana & Ghee formulas
Slomka, Gunda	<i>Fascia in Motion</i> – movement as a rhythmic coordinate system for nervous system self-regulation
Solden, Sari	<i>Women with ADHD</i> – inner fragmentation, masking & emotional sensitivity in affected women
Sushruta Saṁhitā	Foundations of Majjā Dhātu , nerve tissue & Doṣa regulation in the context of mental imbalance
Tiwari, Maya	<i>A Life of Balance</i> – nutrition, rituals & spiritual practice for Vāta stabilization & Ojas strengthening
Winkler, Martin (Dr.)	<i>ADHD in Adulthood</i> – neurology, diagnostics & psychotherapeutic strategies

❖ Interdisciplinary Lived Knowledge

This issue draws from over **20 years of integrative practice** at the crossroads of:

- psychosomatic health education, nervous system work & the inner path
- in-depth training in **Ayurveda, Yoga, Prāṇāyāma** & trauma-sensitive **breath therapy**
- teaching experience on topics such as **ADHD, self-regulation, resonance pedagogy & high sensitivity**
- original authorship on **Vāta healing, sensory processing, self-care & poetic health education**

Perspectives from **Polyvagal Theory, fascial medicine, neurodiversity research**, and **mindfulness practice** are also integrated – not as fixed methods, but as a **resonance space** for **inner reconnection**.

★ 18. Further Resources – When Sleep Withdraws

Sleeplessness is more than just the absence of sleep – it is often a sign of **inner restlessness**, **disrupted rhythms**, and **lost connection**. From an **Āyurvedic perspective**, it is closely linked to a disturbed **Vāta** principle, weakened **Ojas**, and an exhausted **nervous system**. Yet what appears restless does not always want to be "fixed" – it wants to be held. These further **GiveAways** invite you not to force sleep – but to **welcome it back**. With **warmth**. With **rhythm**. With **yourself**.

◆ No. 1 – Ayurveda & ADHD in Adults

→ When sensory overload, tension & inner drive converge

- **Ayurveda** as orientation for restlessness & body symptoms
- Ideal for chronic tension, **hyperfocus** & inner pressure

◆ No. 2 – Ayurveda for Collective Exhaustion

→ Sleeplessness as a symptom of societal nervous breakdown

- Grounding, **self-touch**, daily **rituals**
- Helpful for inner emptiness, meaninglessness & night-time wakefulness

◆ No. 3 – Ayurveda for Digital Overstimulation

→ Sleep can return when the senses are allowed to rest

- **Rituals** for sensory reduction & **mental unwinding**
- Supportive for sleep issues caused by screen time & information overload

◆ No. 4 – Ayurveda for the Belly – The Seat of the Second Brain

→ Sleep begins in the belly – in **Samāna Vāta**, in your center

- **Harmonizing digestion** & cultivating lightness at night
- Helpful for restlessness caused by fullness, bloating, or indigestion

◆ No. 5 – Flood of Thoughts & Rumination – The Noise in the Head

→ When the mind becomes too loud, sleep disappears

- **Mental relief**, **breath awareness**, withdrawal from rumination loops
- Helpful for lying awake at night, circling thoughts & inner tension

◆ No. 6 – Physical Tension – When the Tissues Speak

→ Tense muscles – tense mind

- **Vāta** relief through oil massage, **warmth**, and **inner softness**
- Helpful for nighttime teeth grinding, muscle tension & startle reflexes

◆ No. 7 – Connective Tissue Weakness & Inner Instability

→ When the outer sheath finds no rest

- Connection of **skin**, **nerves**, and **inner grounding**
- Helpful for restless sleep, anxiety & the feeling of "falling out of yourself"

◆ No. 8 – Ayurveda & Osteoporosis – Bone Wisdom in Transition

→ Bones remember – even in the night

- **Vāta reconnection** through structure, warmth & night ritual
- Helpful for fragility, insecurity & sleep disturbances in older age

🌿 **More topics in preparation & complete overview of all editions**

The **GiveAway series** is not a rigid program – but a **living companion**, evolving with time. A new topic is published every week, inspired by the **questions of life**, the **signals of the body**, and the **inner call for reconnection**.

It addresses physical, emotional, mental, and spiritual processes – from **Āyurvedic**, **energetic**, and **poetic perspectives**.

🌿 You can find the complete overview of all past and upcoming editions here:

🔗 akademie-der-weisheit.de/ayurveda-giveaways

★ 19. In-Depth Reading on the Healing Art of Ayurveda by the Author

The **GiveAway series** is embedded in the book series **WEISHEITSWISSEN – Wisdom Knowledge** – a multi-year work that reinterprets classical **Āyurvedic texts** and presents **healing as a path of consciousness**.

The following volumes will be published in **2025/2026** and may be read as **in-depth background** to accompany all GiveAways:

📖 **Volume VI of the WEISHEITSWISSEN series** – *THE SCIENCE OF LIFE – Caraka Saṁhitā*
Order, healing, nature. **Ayurveda** as the art of living beyond symptoms. (February 2026)

📖 **Volume VII** – *THE KNOWLEDGE OF THE LIVING BODY – Suśruta Saṁhitā*
Precision, anatomy, balance. The body as a **resonance space of inner order**. (March 2026)

📖 **Volume VIII** – *THE HEART OF AYURVEDA – Aṣṭāṅga Hṛdaya*
Rhythm, humanity, healing. A **poetic guide** to inner stillness. (April 2026)

📖 **Volume IX** – *THE LIGHT OF THE PATH – Rāmāyaṇa*
Love, devotion, return. A **spiritual reading of the Rāmāyaṇa** as an inner journey. (May 2026)

📖 **Volume X.1** – *ON THE ORIGIN OF HEALING*
Consciousness, rhythm & inner truth – **108 states of human wholeness**. (July 2025)

📖 **Volume X.2** – *IN THE LIGHT OF HEALING*
A **compendium of 1008 human states** from the perspective of Ayurveda. (June 2025)

🔗 More about the **WEISHEITSWISSEN** book series:

akademie-der-weisheit.de/weisheitswissen

🔗 Overview of **all book series by the AKADEMIE DER WEISHEIT**:

<https://akademie-der-weisheit.de/buecher/>

For personal questions or exchange, I'm happy to be available:

© <https://akademie-der-weisheit.de>

With heartfelt regards,

Kati Voß

*Not every restlessness seeks rest.
Some simply longs
for space.*

💛 **Appreciation & Donation**

The *GiveAway* series is a heartfelt project – free of charge, but not taken for granted.

If the inspirations resonated with you and you'd like to give something in return,

I warmly welcome a voluntary donation:

👉 PayPal.me/VossKati

Thank you for your appreciation.

It helps make content like this possible –
quietly, lovingly, and in service of wholeness.