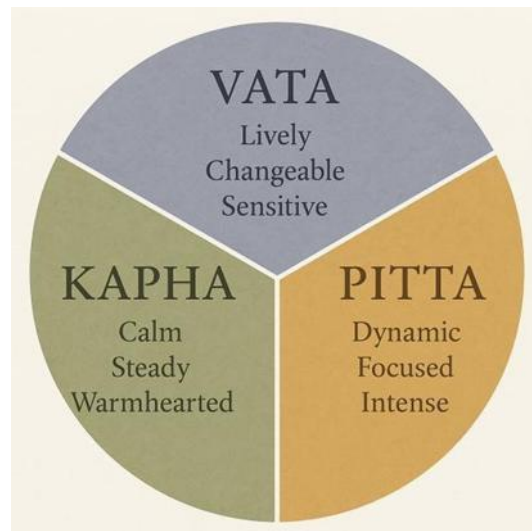


Ayurveda-Compendium

Ayurveda for Digital Overstimulation

A Path to Inner Relief & Clarity of
Perception



GiveAway Nr. 3

★ 1. Introduction

When the world becomes too loud, perception grows numb.

When everything is visible, our gaze loses depth.

Digital overstimulation is not a problem of the future – it has already arrived in the body: as nervousness, irritability, tension in the eyes, neck, and temples.

Ayurveda recognizes these conditions as a disturbance of the **Vata** and **Pitta** doshas, combined with a weakening of the protective sensory boundaries (*indriyas*).

The way back does not lie in retreating to the analog world – but in **conscious care of the senses**.

*"Healing begins with a clear gaze –
turned inward."*

★ 2. Signs & Causes of Digital Overstimulation – An Ayurvedic Perspective

In a time when we are expected to be “online” before we are truly present, many people show the same symptoms: irritability, headaches, insomnia, dry eyes, an inner flickering.

We call it media fatigue – but Ayurveda looks deeper.

This overstimulation is not a failure. It is a warning signal.

A quiet request from the body to slow down.

Ayurveda understands it as a disturbance on three subtle levels:

- When vision is no longer allowed to rest, the brain loses its ability to discern.
- When the flow of the senses remains uninterrupted, mental processing becomes exhausted.
- When **Vata** and **Pitta** rise together, restlessness, overheating, and sensory overload arise.

*"We haven't seen too much –
we have felt too little."*

Signs of this imbalance may include:

- Sensitivity to light, dry or burning eyes
- Sleep disturbances, especially after evening media use
- Irritability, constant inner commentary
- The sensation of being “outside” of one’s body
- Loss of depth, presence, and intuition

The path back begins not with deprivation, but with: **stillness. reduction. rhythm. and care for the senses.**

★ 3. Medicinal Plants & Rebuilding Tea Blend

- Brahmi – clears the mind, enhances concentration
- Gotu Kola – strengthens the nerves, harmonizes
- Tulsi – protects against emotional overload
- Rose petals – cooling, heart-opening
- Sandalwood – calms the senses, soothing as oil

Evening Clarifying Tea:

- 1 part Brahmi
- 1 part Tulsi
- ½ part Rose petals
- ½ part Gotu Kola

Preparation: Pour 250 ml of hot water over 1 tsp of the blend, steep for 10 minutes. Drink in silence, away from screens.

★ 4. Self-Care – Massage & Cleansing

In an overstimulated world where the mind never stops, we need touch – not only externally, but internally.

✧ Ayurvedic Head Massage (Shiro-Abhyanga)

Acts as a quiet signal to the nervous system: "You may let go." Use warm Brahmi oil or gently heated ghee – both calm Vata, mildly cool Pitta, and nourish the subtle mind (Sattva).

Application (approx. 10–15 minutes):

- Begin at the center of the forehead (Ajna Chakra / Third Eye) and massage in circular motions outward over the brows to the temples – helps release accumulated thoughts.
- Gently massage the temples clockwise – calming for pressure and mental overload.
- Stroke the cheeks in upward, outward circles to release tension and relieve the heart chakra through the facial muscles.
- The jaw muscles (especially the masseter) often store unconscious tension – take your time to release this area mindfully.
- Let your fingers wander across the scalp and massage in small spiral motions – from the forehead over the crown (Sahasrara Chakra) to the back of the head.
- Rest your palm gently on the fontanelle (Brahmarandhra) for a few breaths – harmonizes subtle energy flow, both centering and opening.
- The ears are energetic reflex zones in Ayurveda. Massage in small circles, stroke along the helix, gently pull the earlobes, and finally cup both ears – deeply relaxing for the parasympathetic nervous system.

❖ Ayurvedic Eye Rejuvenation with Triphala (Netra-Tarpana)

Gentle care for overstimulated sensory channels

Our eyes are the gateway to the world – and also one of the most overused senses today. Long hours on screens, artificial light, constant input, and little natural balance strain the visual nervous system. The result: tired, burning eyes, head pressure, sleep issues, or difficulty focusing.

In Ayurveda, the eyes reflect inner clarity and are linked to the fire element (Pitta). Especially in times of overstimulation or inner restlessness, a cooling eye treatment with Triphala is recommended.

What is Triphala?

Triphala is a classic herbal blend of three fruits:

- Amalaki (Amla): rich in vitamin C, rejuvenating, antioxidant
- Haritaki: cleansing, supports digestion and elimination
- Bibhitaki: regulates mucosal balance, clarifying

This combination is purifying, regenerating, and cooling – especially for overstimulated sensory organs, disturbed sleep, or inner agitation. Triphala supports eyesight, clarity, and mental freshness.

Application: Triphala Eye Compress (Home Version)

This can be safely and easily done at home – gentle yet effective. Not a medical treatment, but excellent for relaxation and care.

How to:

1. 1 tsp Triphala powder (available in Ayurvedic shops or pharmacies)
 2. Pour 200 ml hot water over it, stir well
 3. Cover and steep for 10–15 minutes
 4. Strain through a fine cloth or filter
 5. Let cool completely – only lukewarm or cool liquid should be used
 6. Soak two cotton pads in the liquid
 7. Place on closed eyes, recline comfortably
 8. Relax for 5–10 minutes – ideally in silence, with no distractions
- 👉 Then rinse eyes with clear water or let them dry naturally – no rubbing, no soap

Benefits:

- Soothes irritated, red, or tired eyes
- Promotes inner calm and clarity
- Supports restful sleep and focus
- Symbolically restores "inner vision"

This method is non-invasive, oil-free, and ideal for Ayurveda beginners.

✧ Nasya – The Art of Nasal Oil Application

Relief, Moisture, and Intuition via the Breathway to the Soul

In Ayurveda, the nose is not just for breathing – it is the gateway to the head: it opens the path to the sinuses, brain, and the Ajna Chakra – the center of intuition, inner guidance, and clarity.

Nasya – applying oil or ghee into the nostrils – moistens, cleanses, and balances these pathways. Particularly helpful in times of mental overload, lack of focus, or dryness due to heating.

What to use:

Two gentle options for beginners:

- Clarified butter (Ghee) – cooling, nourishing, gentle
- Anu-Taila – traditional herbal oil blend that supports the senses and cleanses sinuses (available in Ayurvedic pharmacies)

Always use warm (body-temperature), never cold or hot oils.

Morning Routine Instructions

When: Preferably in the morning, after brushing teeth, before breakfast.

Where: In a quiet, warm place – e.g., bathroom or open window

1. Warm Ghee or Anu-Taila to body temperature (e.g., water bath)
 2. Lie on your back with head slightly tilted back
 3. Put 1 drop into each nostril using a pipette or clean finger
 4. Gently inhale or sniff upward to draw in the oil
 5. Rest a moment, observe sensations
 6. Optionally spit out any oil that drains into the throat or rinse with warm water
- 👉 Advanced practice: 2–3 drops per nostril – always start gently

Benefits:

Physical:

- Moisturizes dry nasal membranes (especially in winter)
- Clears mucus and opens sinuses
- May relieve headaches, hay fever, irritation & focus issues

Energetic:

- Strengthens Ajna Chakra – center of insight & inner seeing
- Clears mental fog, promotes calm and focus

Symbolic:

You consciously nourish yourself through the nose – replacing overstimulation and information overflow with presence and self-care.

★ 5. Pranayama – Breath for Mental Clarity

In a world full of stimuli, constant noise, and digital overload, our breathing often becomes shallow, unconscious, and rushed.

Pranayama – the yogic art of breath control – offers us a reconnection to our inner space.

Especially in times of overstimulation, lack of concentration, or inner restlessness, these three breathing techniques bring balance, cooling, and calm – suitable even for beginners.

1. **Nadi Shodhana** – balancing
2. **Bhramari** – calming
3. **Shitali** – cooling for sensory overheating
 - Practice 5–10 minutes daily – ideally in the morning or evening
 - Without a phone nearby – so the mind can truly settle

1. Nadi Shodhana – Alternate Nostril Breathing for Harmony

Effect:

This classic breathing technique balances both hemispheres of the brain, harmonizes energy flow in the subtle channels (nadis), and promotes mental clarity.

It is especially helpful for inner agitation, decision-making pressure, or difficulty focusing.

Instructions:

- Sit upright, shoulders relaxed, hands resting on your thighs
- Use your right thumb to close your right nostril
- Inhale through the left nostril
- Close the left nostril with your ring finger, open the right – and exhale
- Now inhale through the right, switch again – and exhale through the left
 - This is one round. Practice gently for 7–14 rounds.

Note:

Always breathe calmly – never force. Let it be a flow, not a fight against the air.

2. Bhramari – Humming Bee Breath to Regulate the Nervous System

Effect:

The humming sound creates a soft vibration in the head and chest area.

This vibrational sound calms the autonomic nervous system, reduces stress hormones, and helps soothe overstimulated sensory pathways – especially after a long day of screens and noise.

Instructions:

- Sit comfortably, close your eyes
- Gently place your index fingers on the ear cartilage (tragus)
- Inhale deeply – and as you exhale, hum like a bee with your mouth closed ("mmm...")
- Focus on the vibration in your head and chest

→ Repeat 5–10 times at your own pace

Tip:

Bhramari is especially helpful before sleep or after mentally exhausting activities.

3. Shitali – The Cooling Tongue Breath

Effect:

This technique is useful in times of heat, irritability, overwhelm, or inner tension.

It cools body and mind, reduces excess **Pitta** (fire principle), and soothes emotional imbalance – ideal after long hours in front of a screen.

Instructions:

- Roll the tongue into a U shape (or place it behind the teeth if you can't roll it)
- Inhale slowly through the tongue – you'll feel a cooling airflow
- Hold the breath for a moment (if possible)
- Exhale gently through the nose

→ Practice 8–12 rounds in a calm rhythm

Important:

Do not practice during intense cold or physical weakness – Shitali is best suited for warmer conditions.

Conclusion

Pranayama is not a technique to boost performance.

It is a gift to your presence.

A way back to inner clarity, centeredness, and softness – beyond to-do lists and sensory overload.

“A calm breath is a calm mind.”

★ 6. Sound & Darkness – Rituals for Sensory Withdrawal

In a world of constant overexposure – through screens, noise, information, and expectations – we easily lose touch with that healing emptiness that needs no explanation or structure: silence.

Ayurveda does not view darkness and sound as deficiencies, but as medicinal counterforces to overstimulation.

They do not work by adding more input, but by reducing it. These rituals help relieve the sensory channels, calm the nervous system, and center the inner fire.

1. Vowel “I” – Toning for the Solar Plexus

The solar plexus (Manipura Chakra) is located above the navel – where emotions like anger, tension, or insecurity often accumulate.

The vowel sound “I” brings clarity, focus, and release to this area – like a beam of light cutting through inner fog.

How to practice:

- Sit comfortably, upright and calm
- Close your eyes and take a deep breath
- On the exhale, softly tone: “Iiiiiii”
- Feel the vibration in your abdominal area
- Repeat 3–5 times – ideally in the evening, in the dark

✦ *This simple practice brings light to your center – without needing to understand anything.*

2. 20 Minutes of Darkness – Sitting Without Intent

Darkness is not merely the absence of light – it is a space.

A space where the nervous system can discharge because no stimuli are demanding a response.

How to practice:

- Sit or lie in a completely dark room (shades down, all lights off)
- No book, no phone, no mental agenda
- Just breathe
- For 20 minutes, want nothing – just be

This practice strengthens your **parasympathetic system** (rest and digest), relieves the eyes, and calms the whole body – especially after digital days.

3. Silent Tea – Without Stimuli

Drink a warm, non-stimulating tea in the evening.

Recommended ingredients:

- *Tulsi* – balances emotions
- *Fennel* – soothes the stomach and breath
- *Rose petals* – opens the heart, cools excess heat
- *Calamus* or *Brahmi* – centering

Drink slowly, with closed eyes – no music, no light.

Only the feeling of warmth in your hands and belly.

4. After 9 PM: Lights Out – Body On

When the light dims, the body begins to self-regulate.

Melatonin is released, organs begin to repair, and thoughts slow down.

Ayurveda recommends syncing with nature’s rhythm: the evening is not a second shift – it is a transition into being.

- Dim lights already by 8 PM
- Avoid artificial light after 9 PM
- Use candlelight or complete darkness instead

“The body speaks when the mind is silent.”

Closing Impulse:

*“The darkness heals
what stood in the light for too long.”*

Sensory withdrawal is not an escape – it is self-protection in dignity.

Ayurveda invites us not to heal through new input –
but through *less*.

★ 7. Meditation – Returning to the Space of the Self

In the depths of overstimulation, a quiet voice often calls out:

“I want to be with myself again.”

But the path to that space is not loud – it is silent.

Ayurveda does not view meditation as a technique, but as a natural state that emerges when outer stimuli subside. The transition can be gently guided – through three simple gateways:

- Breath awareness (5 min)
- Mantra: “Om Shanti” or “Hum Sa”
- Pratyahara (withdrawal of the senses)

→ **In the space of silence, reconnection begins**

1. Breath Awareness – Breathing into Spaciousness (5 minutes)

The breath is the bridge between body and mind.

Before thoughts become quiet, the breath may simply be *seen* – not altered, not optimized, just observed.

How to practice:

- Sit upright and comfortably
 - Close your eyes and direct attention to the breath
 - Notice the air flowing in and out through the nose
 - Feel: cool on the inhale, warm on the exhale
 - Follow the natural rhythm – no control, no goal
- 👉 *Five minutes are enough to noticeably calm the nervous system.*

2. Mantra – Sound as Inner Anchor

When the mind gets lost in thoughts, a gentle word of sound helps draw it back – not to hold it, but to gently return.

A mantra is more than a word – it is **vibration**, **protection**, and **reconnection** in one.

Recommended mantras:

- *Om Shanti* – peace, silence, balance
- *Hum Sa* – “I am that” – a breath mantra, linked with inhale & exhale

How to practice:

- Repeat silently or aloud – in the rhythm of the breath
- When thoughts arise, gently return to the sound
- Ideal: 7–21 repetitions or 5 minutes total

👉 *Sound resonates with the soul – and quiets the mind.*

3. Pratyahara – Withdrawal of the Senses

Pratyahara is the fifth step of Raja Yoga, according to Patanjali – the withdrawal of the senses.

In practice, it means: **no longer reacting**. Seeing without grasping. Hearing without judging.

The body remains awake – but the mind gently turns inward.

How to practice:

- Sit in a quiet room – no phone, no music
- Feel the body, but don't follow any impulses
- Imagine: your senses retract inward like a turtle's limbs
- Remain in silent stillness for 10–15 minutes
- Allow yourself: to do nothing. Just be.

Final Impulse:

“In the space of silence, reconnection begins.”

Meditation is not a task – it is a return. Not to an ideal, but to the truth of your being – beyond stimuli, beyond demands. Simply here. Simply now. Simply you.

Further Reading on the Healing Art of Ayurveda

The *GiveAway* series is part of the book series **WEISHEITSWISSEN** ("Wisdom Knowledge") – a multi-year work that reinterprets classical Ayurvedic texts and describes healing as a path of consciousness.

The following volumes will be published in 2025/2026 and can be read as in-depth background reading for all GiveAways:

Volume VI – THE SCIENCE OF LIFE – Caraka Samhita

Order, healing, nature. Ayurveda as the art of living beyond symptoms. (*February 2026*)

Volume VII – THE KNOWLEDGE OF THE LIVING BODY – Sushruta Samhita

Precision, anatomy, balance. The body as a space of inner order and resonance. (*March 2026*)

Volume VIII – THE HEART OF AYURVEDA – Ashtanga Hridaya

Rhythm, humanity, healing. A poetic guide to inner stillness. (*April 2026*)

Volume IX – THE LIGHT OF THE PATH – Ramāyaṇa

Love, devotion, return. A spiritual reading of the Ramāyaṇa as an inner path. (*May 2026*)

Volume X.1 – FROM THE ORIGIN OF HEALING

Consciousness, rhythm & inner truth – 108 states of human experience in wholeness. (*June 2025*)

Volume X.2 – IN THE LIGHT OF HEALING

A compendium of 1008 states of being from an Ayurvedic perspective. (*June 2025*)

More information can be found on the official page of the series:

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