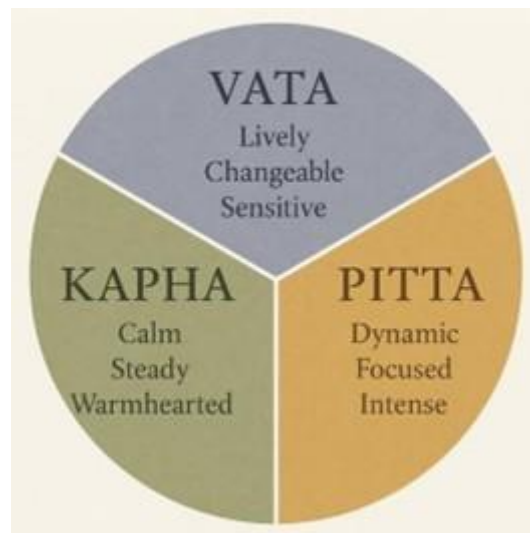


Ayurveda-Compendium

Ayurveda & Osteoporosis – Bone Wisdom in Transition

Asthi Dhātu & Life Rhythm
& Stable Structures



GiveAway Nr. 8

★ 1. Einleitung

The bone does not only carry the body – it carries life. It stands for structure, support, depth. And it changes – slowly, quietly, often unnoticed.

In Ayurveda, **Asthi Dhātu (bone tissue)** is more than the physical skeleton: it is an expression of inner stability, trust in one's own path – and connection to time. When bones lose density, it is often not only a physical process, but also a rupture in rhythm: life phases, hormonal changes, periods of overload or long episodes of “too much.”

Osteoporosis is not a weakness – it is a call: a call for reconnection with one's own foundation. Not only calcium and DEXA scores matter, but also the things that nourish a person from within: rhythmic living, emotional security, supportive relationships, conscious nutrition, regular movement – and loving self-care.

This GiveAway gathers ten impulses from Ayurvedic healing – to strengthen **Asthi Dhātu (bone tissue)**, harmonize **Vāta (the principle of movement)**, and reconnect with the silent wisdom of the bones that accompanies us through all phases of life.

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

Osteoporosis is not a disease of the bones – it is a disruption in the rhythm of renewal. From an Ayurvedic perspective, it is an expression of **Asthi Dhātu Kṣaya** (**loss or weakening of bone tissue**). But before calcium levels begin to shift, something deeper happens: the substance of structure begins to erode – often unnoticed, quietly, slowly.

◎ **Asthi Dhātu (bone tissue)** is formed in the sevenfold **Dhātu (tissue)** metabolism from **Meda (fat tissue)**. If this process is disturbed – due to lifestyle, weak digestion (**Mandāgni** – sluggish digestive fire), hormonal dysregulation, or chronic stress – the tissue loses stability.

Ayurveda sees the causes as multifactorial:

- Disturbance of **Vāta**, especially **Apāna Vāta** and **Viyāna Vāta** (drying, dispersing, depleting forces)
- Weakness in **Agni**, especially **Jāṭharāgni** (digestive fire in the stomach) and **Dhātvagni** (metabolic fire on the tissue level): digestion weakens, tissue formation stalls
- **Meda-Asthi Dhātu connection**: if **Meda** is unbalanced, **Asthi** also suffers
- Disruption of daily rhythm: lack of internal grounding, recovery, or stillness
- Emotional factors like loss, instability, fear, or low self-worth – they “gnaw away” at the foundation

🔍 Early signs from an Ayurvedic view:

- Sense of instability – physical or emotional
- Diffuse bone pain, especially at night
- Brittle nails, hair loss, cracking joints
- Heightened sensitivity to cold
- Recurring inner or outer feeling of “not being held”

◎ Osteoporosis is not merely a calcium issue – it is a matter of rootedness, substance, and self-guidance.

🌱 Ayurveda not only asks: *What is missing?* – but also: *What has gone unheard for too long?*

★ 3. Healing Plants & Herbal Tea Blend for Deeper Stability

Where substance fades, the call for inner nourishment begins – not for substitution, but for rhythm.

Asthī Dhātu (bone tissue) in Ayurveda is not built by calcium alone, but through a finely tuned chain of metabolic stages (**Dhātus** – tissues), a rhythmic lifestyle, and strong digestive fire (**Agni**). When this inner building process is disrupted – through stress, irregular eating habits, chronic fatigue, or hormonal imbalances – the body begins to lose its substance. The task is not to simply add more, but to nourish **absorption** and harmonize the process of tissue formation.

This tea blend gently strengthens metabolism, nourishes deeper tissue layers, and supports **Asthī Dhātu**, particularly through the preceding levels (**Meda, Majjā, Rasa** – fat tissue, nerve tissue, and plasma).

✧ Recommended Herbs:

- **Shatavari** – strengthening, hormone-regulating, supports tissue building
- **Ashwagandha** – deeply regenerative, strengthens bones and nerves
- Nettle – mineralizing, blood-building, promotes acid elimination
- Fennel – calms **Vāta**, improves digestion and absorption
- Cardamom – stimulates metabolism, harmonizing, gently warming

✧ Tea Blend (suggestion):

- 1 part **Shatavari**
- 1 part fennel
- ½ part **Ashwagandha**
- ½ part nettle
- ¼ part cardamom

✧ Preparation:

Pour about 300 ml of hot water over 1 teaspoon of the mixture.

Cover and let steep for 10 minutes.

Best enjoyed warm – slowly, with awareness.

✧ Suggested Intake:

💧 1–2 cups per day – preferably freshly prepared and warm.

Optionally, add one drop of ghee or a touch of date sugar to soothe **Vāta** and support the formation of **Ojas** (vital essence).

✧ Ideal Times:

- Morning (between 7–9 a.m.): to strengthen metabolism and building power
 - Afternoon (between 2–4 p.m.): to support stability and substance
- Not directly after heavy meals – best with a gap of approx. 30 minutes.

❖ Overview of Effects:

This tea blend...

- ✓ ... calms **Vāta**, especially **Prāṇa** & **Samāna Vāta** (types of the movement principle – regulating nerves and digestion)
- ✓ ... strengthens **Agni** (digestive and metabolic fire) without overheating
- ✓ ... promotes the formation of **Asthi Dhātu** (bone tissue)
- ✓ ... supports **Ojas** (nourishing life essence)
- ✓ ... stabilizes **Majjā Dhātu** (nerve and marrow tissue)
- ✓ ... relieves inner restlessness, fatigue, and lack of structure
- ✓ ... is ideal during times of transition, hormonal changes, or prolonged stress

❖ **Ayurvedic Herb Characteristics for the Tea Blend (for substance deficiency):**

1. **Shatavari** (*Asparagus racemosus*)
 - **Rasa** (taste): sweet, bitter
 - **Vīrya** (potency): cooling
 - **Vipāka** (post-digestive effect): sweet
 - **Doṣa**: ↓ **Vāta**, ↓ **Pitta**
 - **Effects**: builds tissue, balances hormones, nourishing
 - **Dhātus**: nourishes **Rasa**, **Rakta**, **Majjā**, and **Asthī**; supports **Ojas**
2. **Ashwagandha** (*Withania somnifera*)
 - **Rasa**: bitter, astringent
 - **Vīrya**: warming
 - **Vipāka**: sweet
 - **Doṣa**: ↓ **Vāta**, ↓ **Kapha**
 - **Effects**: tonifying, nerve-strengthening, regenerating
 - **Dhātus**: strengthens **Majjā**, **Asthī**, **Ojas**; soothes **Prāṇa Vāta**
3. **Nettle** (*Urtica dioica*)
 - **Rasa**: bitter
 - **Vīrya**: cooling
 - **Vipāka**: pungent
 - **Doṣa**: ↓ **Kapha**, ↓ **Pitta**
 - **Effects**: blood-cleansing, mineralizing, strengthening
 - **Dhātus**: supports **Rakta**, **Asthī** and reduces **Āma** (metabolic toxins)
4. **Fennel** (*Foeniculum vulgare*)
 - **Rasa**: sweet, bitter
 - **Vīrya**: cooling
 - **Vipāka**: sweet
 - **Doṣa**: ↓ **Vāta**, ↓ **Pitta**
 - **Effects**: promotes digestion, calms **Vāta**
 - **Dhātus**: harmonizes **Samāna Vāta**, enhances nutrient absorption
5. **Cardamom** (*Elettaria cardamomum*)
 - **Rasa**: pungent, sweet
 - **Vīrya**: warming
 - **Vipāka**: sweet
 - **Doṣa**: ↓ **Kapha**, ↓ **Vāta**
 - **Effects**: stimulates metabolism, gently warming, harmonizing
 - **Dhātus**: supports **Agni**, acts on **Meda** and **Asthī**

♦ **Summary:**

This tea blend not only balances **Vāta**, but also nourishes and stabilizes. It supports the rhythmic regeneration of bones, nerves, and bodily substance – and gently helps dissolve feelings of inner instability.



Note: Don't drink this tea as a *remedy* – drink it as a *reminder*:

The body needs nourishment, not control.

Rhythm – not pressure.

★ 4. Self-Massage (Abhyanga) – The Bones Remember

Deep within the body lies a knowledge older than pain: The memory of the bones.

Ayurveda regards **Asthi Dhātu (bone tissue)** not as rigid matter, but as a living structure in constant transformation. When this structure becomes brittle, it's often not just calcium that is lacking – but **connection**: touch, rhythm, closeness to one's own body. Daily self-massage (**Abhyanga**) is one of the most powerful ways to calm **Vāta** (the movement principle) and nourish the essence of the tissues. Especially in early stages of **Asthi-Kṣaya** (bone loss), it becomes a silent yet strengthening practice.

✧ Recommended Oils:

- Warm sesame oil – deeply nourishing, **Vāta**-balancing, tissue-penetrating
- Optionally enriched with:
 - **Ashwagandha** (strengthening, protective for tissues)
 - **Bala** (tonifying, fortifying)
 - **Dashamula** (balancing, regenerative for **Vāta** disorders)
 - **Mahanarayan Oil** (classical formula for strengthening **Asthi** and **Majjā** – bone and nerve tissue)

✧ Application (Duration: 15–20 minutes):

1. Preparation

Gently warm the oil in a water bath.

Find a protected, warm space – ideally in the morning or evening.

2. Full-Body Application with Focus on Joints & Spine

Begin with circular movements around the joints (wrists, knees, shoulders) – especially in areas of weakness or instability.

Then use long, smooth strokes along the bone lines: arms, legs, spine.

3. Deep Touch – Spine & Chest

Massage gently along the spine – upward from the pelvis to the neck.

Finally, place your hands on your heart and lower abdomen.

Breathe deeply – the body remembers.

4. Rest & Integration

Let the oil absorb for at least 15 minutes – ideally wrapped in warmth.

Then rinse gently with warm water (chickpea flour can be used instead of soap).

✧ **Effects:**

- Nourishes **Asthi Dhātu** (bones) and **Majjā Dhātu** (nerve tissue, bone marrow)
- Calms **Vāta** and strengthens the sense of grounding and connection
- Supports **Ojas** (vital essence) and the development of deep tissue intelligence
- Fosters inner trust during transitions such as menopause, aging, and phases of instability
- Enhances circulation, tissue warmth, and regeneration

💡 **Tip:** This massage is not a cosmetic treatment – it's a prayer in touch. Don't touch your body to "do something" – touch it to say: "**I am here with you.**"

★ 5. Movement & Mindful Body Alignment – The Bones Remember While Walking

Osteoporosis is not stillness – it is a call for rhythmic movement. Not strain at all costs, but gentle, conscious body guidance strengthens what carries us at our core: **Asthi Dhātu** (bone tissue), the substance of the bones – and with it, our inner posture.

In **Ayurveda**, the principle is: What is not moved, loses connection. But movement without awareness leads to exhaustion. Therefore, in osteoporosis, the body doesn't need more training – it needs more depth: in walking, in standing, in breathing.

✧ Recommended movement forms in Asthi-Kṣaya (bone depletion):

- **Walking on uneven natural ground**

- Barefoot or with minimal footwear
- Activates bone receptors in the feet and pelvis
- Provides rhythmic impulses – not as training, but as grounding

- **Tadasana & Vrikshasana** (Mountain & Tree poses in Yoga)

- Simple standing postures with conscious contact to the ground
- Strengthens leg alignment, pelvic stability, and trust in balance

- **Yin Yoga focused on pelvis and lumbar spine**

- Long-held positions like Butterfly or Child's Pose
- Opens subtle layers around the sacrum, SI joint, and hips
- Supports regeneration and soothes **Vāta**

- **Qi Gong: "Nourishing the Spine"**

- Flowing micro-movements while standing or sitting
- Activates **Srotas** (body channels) and strengthens the connection between **Majjā** (nerve tissue/marrow) and **Asthi Dhātu**

✧ Movement Principles in Ayurveda:

- ✓ Slowness over intensity
- ✓ Repetition over variety
- ✓ Rhythm over stimulation
- ✓ Bone awareness over calorie burning

💡 **Tip for everyday life:** While standing, sense how you're supported from your pelvic floor to your crown.

One moment of inner alignment is enough – because healing begins not in the gym, but in body awareness.

✧ Recommended Practice Impulses:

- **Cat-Cow Flow (Marjaryāsana–Bitilāsana)**

- Gentle alternation of forward and backward bends with breath
- Releases tension between shoulder blades and lower back
- Activates **Prāṇa** flow along **Sushumnā Nāḍī** (spinal energy channel)

- **Pelvic rocking while lying**

- On your back, feet grounded, gently tilt pelvis forward and back
- Calms **Apāna Vāta** (downward-flowing energy), relaxes sacrum and lumbar spine
- Ideal in the morning or before sleep

- **Seated forward bend (Pashchimottanāsana – gently!)**

- Not for stretching but as a gesture of surrender
- Let the head hang, round the back – let breath flow deep into the back body
- Encourages inward retreat, centers the mind

- **Crocodile pose (Makarāsana)**

- Lying on belly, hands under forehead, feet relaxed
- Relieves lumbar spine, relaxes deep **Mamsa Dhātu** (muscle tissue)
- Ideal after long sitting periods

- **Walking meditation focused on the sacrum**

- Slow walking, consciously sensing how the lower back moves
- Optionally with a mantra like “So-Ham” in sync with the breath
- Harmonizes body and mind

✧ Effects:

- Balances **Vāta** (especially for inner cold and restlessness)
- Opens **Srotas**, improves circulation and tissue nourishment
- Supports permeability of **Rasa**, **Mamsa**, and **Majjā**
- Reconnects with the inner axis

💡 **Tip:** Don’t choose many exercises – choose one. And repeat it. Because it’s not complexity that heals – but rhythm and presence. The spine is not a mechanical system – it is an energetic bridge. Movement can become remembrance: of life’s flowing rhythm.

*Repetition is remembrance.
And remembrance is healing.*

❖ Recommended Mini-Sequences (Mini-Flows)

Not every practice requires a mat – but every gesture needs attention. These short sequences (under 5 minutes) help release back tension during daily life – gently, quietly, in the rhythm of the breath. Ideal for mornings, breaks, or transitions.

🌿 Mini-Flow 1 – “Waves along the Spine”

Duration: approx. 3 minutes – seated or standing

Sequence:

- Inhale: gently lift shoulders upward
- Exhale: roll them slowly back and down
- Then gently rock the upper body forward and backward (like a wave through the spine)
- Optionally: close eyes – connect movement and breath

Effect: Releases shoulder-neck tension, activates **Sushumnā Nāḍī**, soothes **Viyāna Vāta**

🌿 Mini-Flow 2 – “Pelvis as Anchor”

Duration: approx. 2 minutes – lying on back or seated

Sequence:

- With each inhale: slightly tilt pelvis forward
- With each exhale: gently rock pelvis back
- Keep the movement small – like a micro-motion from within
- Hands resting on abdomen or sacrum

Effect: Grounding through **Apāna Vāta**, releases lumbar area, reconnects to the base

🌿 Mini-Flow 3 – “Connecting Heart & Back”

Duration: approx. 3–4 minutes – upright sitting

Sequence:

- Inhale: lift arms sideways overhead
- Exhale: lower hands in front of the heart
- Then: place hands on upper back (or imagine it)
- Inner focus: “I am allowed to soften.”

Effect: Opens **Anāhata** (heart chakra), harmonizes **Prāṇa** and **Viyāna Vāta**, brings warmth into tissues

🌿 Mini-Flow 4 – “Circles in the Lower Back”

Duration: approx. 2–3 minutes – on your back, feet grounded

Sequence:

- Make small pelvic circles – clockwise first, then counterclockwise
- Let breath flow naturally – no forcing, just listening
- Then rest quietly and feel the echo

Effect: Mobilizes sacrum area, regulates **Samāna Vāta**

💡 **Tip:** Choose one mini-sequence as a daily ritual – morning, break, or bedtime.

★ 6. Breathing Exercises – Releasing the Back from Within

Some tensions cannot be stretched – only breathed. Because the breath is not just **Prāṇa** (life force), but also a space-giver – it flows through the **Srotas** (subtle channels), enlivens the **Majjā Dhātu** (nervous tissue), and soothes **Viyāna Vāta** (distribution of impulses in the body). Back tension is often a sign of inner constriction: too little flow, too much holding. The following breathing techniques invite gentle motion where things feel stuck – not with pressure, but with softness and patience.

✧ Recommended Breathing Practices:

- **Dirgha Prāṇāyāma** – Three-Part Breath

- Inhale into belly → ribs → chest
- Exhale in reverse
- Supports circulation and tissue release in the back
- Balances **Samāna Vāta** and stabilizes the core

- **Bhrāmari** – Humming Bee Breath

- Soft humming during exhalation with closed lips
- Activates vibration in the upper body, calms the **Majjā Dhātu**
- Soothing for stress, muscular tension & mental tightness
- 5 rounds – slow, deep, without striving

- **Chandra Bhedana** – Moon Breath

- Inhale through the left nostril, exhale through the right
- Cooling, grounding, calming for the entire system
- Especially helpful for nervous back tension, evenings or after stress

- **Breath with Visualization of the Spine**

- Sitting or lying down, eyes closed
- Inhale: Breath rises up the spine
- Exhale: Relaxation flows down the spine
- Regulates the flow along the **Sushumnā Nāḍī** (central energy channel)

✧ Effects:

- Relieves the nervous system
- Strengthens the inner axis (spine as breath bridge)
- Calms **Vāta**, especially **Viyāna** and **Samāna**
- Supports **Ojas** – the nourishing life essence

💡 **Tip:** The back doesn't want to be controlled – it wants to be heard. Listen to your breath as if it were the sound of your spine. Attention, not effort, leads to release.

✧ Mini Breathing Routine for Daily Life

Not every day allows for long breath sessions – but every moment can be a doorway to stillness. This short routine reconnects you amidst the noise: in the morning for centering, in-between for release – or in the evening to soothe your system.

ॐ Morning – Arrival & Centering (2–3 minutes)

Goal: Clarity, focus, inner steadiness

Sequence:

1. Sit upright – feet grounded, shoulders soft
2. Take 3 deep breaths – without force
3. **Dirgha Prāṇāyāma** – 3 rounds
 - Inhale: belly → ribs → chest
 - Exhale: chest → ribs → belly
4. Silently whisper a simple mantra, e.g., “I am here.”
 - ◎ *Effect:* Activates **Samāna Vāta**, soothes **Prāṇa Vāta**, strengthens focus

🌿 Midday – Stimulus Release & Breath Space (1–2 minutes)

Goal: Pause, stimulus regulation

Sequence:

1. Stand or sit – with soft gaze or closed eyes
2. Inhale through the nose – exhale with a gentle humming sound (**Bhrāmārī**)
3. Repeat 3–5 times – slow, soft, without aim
4. Then: 3 quiet breaths – feel within
 - ◎ *Effect:* Calms **Majjā Dhātu**, clears the headspace, stabilizes the nervous system

ॐ Evening – Letting Go & Sleep Support (3–5 minutes)

Goal: Discharge, inner retreat

Sequence:

1. Lie on your back – hand on belly or heart
2. **Chandra Bhedana** (Moon Breath):
 - Inhale: through left nostril
 - Exhale: through right
 - 5 calm rounds
3. Then: Close eyes, let breath flow naturally
4. Feel the softening – in you, in your body
 - ◎ *Effect:* Reduces **Prāṇa Vāta**, calms the heart, transitions into rest

💡 **Note:** It's not about perfection – but about intimacy with yourself. Even one minute of conscious breathing can be an anchor. It's not the technique that soothes – but your loving presence.

☆ 7. Sound Vibration & Chakra Toning – Bringing the Back into Resonance

Not every tension can be “resolved” – some need to be attuned. Where words fall short, sound begins. And in **Āyurveda**, sound is not just tone – it is subtle medicine. The spine is regarded as the **Sushumnā Nāḍī** – the central energy channel connecting all the **Chakras**. Especially in the regions of **Mūlādhāra** (root chakra), **Svādhiṣṭhāna** (sacral chakra), and **Maṇipūra** (navel center), emotional tension often settles – unnoticed, yet felt. Toning exercises help bring these energetic centers back into breath, into vibration, into gentle flow – in a soft yet deeply effective way.

✧ Vowels as Sound Bridges:

Vowel	Chakra	Effect
A	Mūlādhāra	Grounding, safety
E	Svādhiṣṭhāna	Flow, emotion, release
I	Maṇipūra	Clarity, strength, center
O	Anāhata	Expansion, heart opening
U	Viśuddha	Expression, self-confidence
M	Ājñā / Sahasrāra	Stillness, alignment, focus

✧ Instructions (*Duration: 10–15 minutes*)

1. Preparation:

Find a quiet space, sit upright – spine alert and free.

2. Toning Sequence:

Inhale gently – and tone the vowels on the exhale:

For example: A – E – I – O – U – M

Feel the area of the body each sound activates.

Optional: Place a hand on the corresponding chakra area.

3. Repetition:

3–5 rounds in your own rhythm. Pause silently between each.

4. Closing:

Place your hands on your heart or lower abdomen.

Tune into the echo of sound in your body – it may be subtle, yet truly there.

✧ Effects:

- Opens the energetic pathways along the **Sushumnā Nāḍī**
- Regulates the interaction of **Prāṇa Vāta** and **Viyāna Vāta**
- Harmonizes **chakra** function in the back and abdomen
- Restores emotional depth to physical perception

💡 **Tip:** Don’t tone “correctly” – tone truthfully.

Healing happens through presence, not performance.

★ 8. Meditation – The Back as a Mirror of Inner Posture

A tense back is not only a physical sign – it often reflects energetic and emotional patterns as well. In **Āyurveda**, what appears in the tissue usually has deeper roots – in thought, emotion, and breath. The back mirrors our stance toward life: Are we carrying too much? Do we stand up for ourselves? Or are we withdrawing? Meditation invites us to observe this mirror – not to fix it, but to behold it in stillness. Not to sit "correctly" or meditate "well" – but to create space. For presence. For relief. For embodied awareness.

✧ Three Approaches to Back Meditation

1. Breath Awareness Along the Spine

- Sit upright, shoulders soft
- Inhale: let the breath "flow" along the spine – from tailbone to neck
- Exhale: release tension – vertebra by vertebra
- Especially calming for **Viyāna Vāta** unrest and **Majjā Dhātu** exhaustion

2. Heart–Back Meditation While Lying Down

- Lie on your back, one hand on your heart, one under your back
- Sense how the heart and back breathe together
- Whisper inwardly: "I am allowed to be held."
- Strengthens **Ojas** and softens your relationship with your body

3. Silent Presence in Back Contact

- Lean your back against a wall or tree
- Close your eyes – feel what supports you
- No goal, no effort – just noticing
- Ideal when overwhelmed, when words feel too much

💡 **Tip:** Back meditation isn't "advanced" – it's an invitation.
Where your back comes to rest, your nervous system may gently follow.

*"The back is not only what we show to others –
but what carries us at the deepest level."*

☆ 9. Final Recommendation

The belly is not a disturbance – but a space of resonance. When it tightens, something within us is speaking. Not always in clear words – but often with a clear feeling: Too much. Too fast. Too far from myself.

Āyurveda invites us to see these signals not as errors – but as invitations. Not control brings us back to our center – but trust, warmth, and repetition.

*"Allow yourself to soften.
In softness, strength begins to grow."*

🌿 Many of the impulses mentioned here can also be found in other **GiveAways** – such as those on digital overstimulation, **ADHD**, mental exhaustion, or insomnia. That is no coincidence: **Vāta**, the subtle principle of movement, manifests not only as restlessness in the mind – but also as tension in the belly, as resistance to stillness, as a diffuse feeling of “not being quite here.”

What heals is not a new method – but **reconnection**: to the breath, to stillness, to the center behind the navel.

*"Healing begins
where you stop searching –
and start feeling again."*

💬 And in the end, perhaps one single sentence is enough – spoken in silence:
"I am here. And that is enough."

★ 10. Thematic Product Recommendations from Ayurveda

This selection is based on classical formulations and has proven helpful in cases of osteoporosis, tissue depletion, and **Vāta**-related instability. While it does not replace an individual consultation, it may serve as a first orientation.

◆ For Bone Strengthening & Tissue Building

When tissue thins, substance diminishes, and the body longs for grounding:

- **Lakṣā Cūrṇa** (*Lac powder*)
 - Traditional remedy to support bone growth – mineralizing and stabilizing
 - For internal use, e.g., with ghee or honey (*only under professional guidance*)
- **Aśvagandhā Cūrṇa** (*Ashwagandha powder*)
 - Adaptogenic, nerve-strengthening, tissue-building
 - Ideal for exhaustion, **Vāta** imbalance, and hormonal transitions
- **Śilājī** (*Shilajit / Asphaltum punjabianum*)
 - “Destroyer of weakness” – rich in minerals, strengthening
 - Known to support **Asthī Dhātu**, libido & vitality

◆ For Agni Strength & Nutrient Assimilation

When digestion & metabolism are too weak to absorb nourishment fully:

- **Trikaṭu Cūrṇa** (*Pepper blend: black pepper, long pepper, ginger*)
 - Activates **Agni**, enhances nutrient absorption, removes **Āma**
 - Small amounts with honey before meals (depending on tolerance)
- **Hingvāṣṭaka Cūrṇa** (*Asafoetida blend*)
 - Balances abdominal **Vāta**, relieves bloating and weakness in the core
 - Ideal for loss of appetite or irregular digestion
- **Medhya Rasāyana**
 - Strengthens the mind, improves nervous system & metabolic synergy
 - Often includes *Mandukaparni* (Gotu Kola), *Brahmi*, *Jatamansi*

◆ For Women & Hormonal Balance in Osteoporosis

When hormonal transitions (e.g., menopause) challenge bone tissue:

- **Śatāvārī Cūrṇa** (*Shatavari powder*)
 - Classic women’s tonic – balances hormones, nourishes tissues
 - Especially beneficial in postmenopause
- **Kumārī Āsava** (*Aloe vera elixir*)
 - Supports liver, menstrual cycle & hormonal regulation
 - Also helpful for dryness, irritability, or restless **Vāta**
- **Balā Taila** (*Oil with Sida cordifolia*)
 - Strengthening, nourishing, tissue-protective
 - Ideal for **Abhyanga** in cases of weakness, unstable joints, back pain

💡 Usage Note:

All products should be used warm or well-integrated (e.g., with ghee, tea, or honey).

If uncertain, a consultation with an **Āyurveda** practitioner is recommended – especially when using internal **Rasāyanas** or undergoing hormonal therapy.

★ 11. Sources for Oils & Herbs

The following suppliers specialize in high-quality **Āyurveda** products – many of them work according to traditional formulations, use pure natural ingredients, and offer tested quality for both therapeutic and home applications. Whether you seek **Vāta**-soothing massage oil, **Aśvagandhā** powder, or a strengthening herbal tea: this selection is guided by the principles of **śuddhi** (purity), **vīrya** (potency), and **doṣa**-specific application.

DE Germany

- maharishi-ayurveda.de
 - One of the oldest providers in Europe. Wide range of massage oils, herbal preparations, **ghee**, **rasāyanas**, and teas. Also suitable for practitioners.
- classic-ayurveda.de
 - High-quality products based on classical **Āyurvedic** recipes. Excellent value. Also offers Ayurvedic cooking, supplements, and literature.
- naturmaedchen.de
 - A small, well-curated shop focused on women's health, hormonal balance, and care products with an **Āyurvedic** touch. Ideal for **Vāta** imbalances, PMS, menopause.
- roots-shop.de
 - Specializes in **ghee**, herbs, superfoods, and naturopathic blends from East & West. Especially helpful for exhaustion, IBS, and metabolism issues.
- amla.com/de-de
 - International supplier of classic **Āyurveda** products (herbal extracts, supplements, single herbs). Emphasis on authenticity and purity.

AT Austria

- ayurveda101.at
 - Over 6,000 items, including many **Vāta**-balancing products. Good shipping options, **doṣa**-based product filters, certified brand offerings.
- ayurvedashop.at
 - Official partner of Maharishi Ayurveda in Austria. Great for classic formulas, **ghee**, **rasāyanas**, and therapeutic blends.

CH Switzerland

- veda.ch
 - Established provider rooted in **Āyurveda** and Vedic philosophy. Offers high-quality herbal oils, specialty **ghees**, and individual consultations.
- ayurveda-paradies.ch
 - Direct import from Kerala & India. Traditional oils (**Balā Taila**, **Mahanārāyaṇa**, **Aśvagandhā**) in various sizes. Suitable for clinics and home use.
- mana-shop.ch
 - Small shop in Bern with a lovingly selected range: **Āyurveda**, sound therapy, yoga, plant essences. Very refined offerings for energetic work.

💡 Tip for Choosing:

Select your products not just by indication – but by trust and resonance. Some oils have an immediate physical effect, others act on subtler levels. Especially for **Vāta**-related issues and body tension, warm, nourishing, and stabilizing qualities are key.

★ 12. GLOSSARY – Terms & Concepts in the Context of Bodily Tension in Ayurveda

Term	Explanation
Agni	Digestive fire; the central force of transformation for food, thoughts, and experiences.
Āma	Undigested residues in the body; considered a root cause of many diseases in Āyurveda .
Aśvagandhā Cūrṇa	Powdered <i>Withania somnifera</i> (Ashwagandha); strengthening, balancing, supports tissue formation.
Asthi Dhātu	Tissue principle of the bones; responsible for structure, support, and uprightness.
Balā Taila	Body oil made with <i>Sida cordifolia</i> ; strengthening, stabilizing, nourishing for joints and bones.
Dhātu	Tissue principle; Āyurveda recognizes seven main tissue layers (e.g., Rasa, Rakta, Asthi).
Ghee	Clarified butter; carrier substance for medicinal herbs, nourishing for body and mind.
Jatamansi	Calming, grounding herb; supports the nervous system and mental regeneration.
Kumārī Āsava	Fermented Aloe Vera elixir; supports hormonal balance and liver function.
Lakṣā Cūrṇa	Powdered <i>Lac</i> resin; traditionally used to strengthen bones and tissues.
Medhya Rasāyana	Herbal tonics that strengthen the mind, concentration, and nerves.
Ojas	Essence of all tissues; represents vitality, immunity, and emotional stability.
Rasāyana	Rejuvenating measures or formulations; promote regeneration and longevity.
Śilājīṭ	Mineral resin from the Himalayas; strengthening, nourishing, supports tissue and vitality.
Śatāvarī	Herb from the asparagus family; hormone-balancing, cooling, restorative – especially for women.
Trikaṭu	Tri-herbal blend of black pepper, long pepper & ginger; stimulates digestion and metabolism.
Vāta	One of the three Doṣas ; governs movement, dryness, and the nervous system – involved in many degenerative and tension-related imbalances.

★ 13. Sources & Inspirations

This GiveAway is not a technical guide but an invitation—to rediscover the deep wisdom of the bones as a resonance chamber for stability, trust, and inner alignment. The content draws from a rich blend of classical **Āyurveda**, modern tissue theory, experiential knowledge, and philosophical reflection.

✧ Classical Texts & Traditional Knowledge

- **Caraka Saṁhitā** – Core text of Ayurvedic pathophysiology; especially *Nidāna Sthāna* (etiology) and *Cikitsā Sthāna* (therapy) with focus on **Asthi Dhātu Kṣaya** (bone loss)
- **Aṣṭāṅga Hrdayam** – Guidance on *Dinacaryā* (daily rhythm), *Rasāyana* (regeneration) and tissue nourishment
- **Suśruta Saṁhitā** – Anatomy of tissue and surgical knowledge; detailed insights on **Asthi**, **Majjā**, and *Snāyu* (bones, marrow, ligaments)
- **Bhagavad Gītā** – Philosophical reflections on steadfastness, devotion, and transformation—esp. Chapter 2 (*Sthitaprajña*) and Chapter 6 (discipline of Yoga)
- **Upaniṣads & Patañjali's Yogasūtra** – Deep insights into inner support, meditation, and the essence of being beyond the physical

✧ Western & Integrative Inspirations (*alphabetical by surname*)

- **Bohm, David** – *Wholeness and the Implicate Order*
→ On undivided wholeness—mirrored in the view of tissue as “memory field”
- **Dispenza, Joe** – *Becoming Supernatural*
→ On epigenetic healing, cell reprogramming & inner alignment
- **Fasching, Wolfgang** – *Knochen stärken, Osteoporose vermeiden*
→ Micronutrient-based prevention of bone degeneration
- **Frawley, David** – *Ayurveda and the Mind*
→ Psychosomatic insights on weakness and structural imbalance
- **Hüther, Gerald** – *Biologie der Angst*
→ On chronic stress, contraction, and emotional shutdown
- **Kraft, Matthias** – *Rückgrat – Die Wirbelsäule als Lebensachse*
→ Symbolism and somatic wisdom of spinal alignment
- **Lad, Vasant (Dr.)** – *Textbook of Ayurveda (Vol. I–III)*
→ Foundational view on **Doṣas**, **Subdoṣas**, **Asthi Dhātu** and **Ojas**
- **Levine, Peter** – *Waking the Tiger / In an Unspoken Voice*
→ Stored body tension, trauma, and the role of somatic grounding
- **Myers, Thomas** – *Anatomy Trains*
→ Myofascial chains & their influence on posture and internal structure
- **Schleip, Robert** – *Faszien – Gewebe des Lebens*
→ Connective tissue as medium of psychophysical communication
- **Tiwari, Maya** – *A Life of Balance*
→ Ritual self-care and feminine regeneration through Ayurvedic rhythms

❖ **Interdisciplinary Embodied Experience**

This edition is rooted not only in textual study but also in decades of lived experience in health education, body wisdom, and inner maturation. Contributions include:

- Long-standing practice in healthcare, psychosomatic education & spiritual guidance
- In-depth training in **Āyurveda** & Yoga—focused on **Asthī Dhātu, Ojas, Vāta**-regulation and bone health
- Experience in meditation, mindful movement, sound healing, body field work, and transitional care
- Authorship and teaching on healing, resilience, life rhythm & consciousness development
- Supplemental knowledge from osteopathy, fascia science, polyvagal theory & micronutrient medicine—not as dogma, but as a resonance field

❖ **In-House Series – Akademie der Weisheit**

This GiveAway is part of the series “**Āyurveda & Body Wisdom**,” weaving together traditional healing knowledge, modern observation, and poetic health education.

Already published:

- No. 1 – Calming **Vāta** & Easing Everyday Overload
- No. 2 – Strengthening the Nerves
- No. 3 – Digital Overstimulation & Sensory Withdrawal
- No. 4 – **Āyurveda** for the Belly – Seat of the Second Brain
- No. 5 – Overthinking & Mental Noise
- No. 6 – Body Tension – When Tissue Speaks
- No. 7 – Connective Tissue Weakness – When Support is Missing
- No. 8 – Osteoporosis – Bone Wisdom in Transition (*this GiveAway*)

👉 **Current overview & PDF downloads:** akademie-der-weisheit.de/ayurveda-giveaways

❖ **Note on Usage**

This collection does not replace medical or psychological advice. It is a quiet invitation to reconnect with a wisdom older than language: the body knows what is true. Tension is not a dysfunction, but often an expression. Of protection. Of history. Of unacknowledged pain. And of the longing to soften—again.

*Healing begins not with technique —
but with permission.*

★ 14. Further Resources – When Tension Speaks

Body tension is more than muscle hardness—it is the expression of inner alertness, stored protective responses, and suppressed motion. In **Āyurveda**, it is closely tied to a depleted or dysregulated **Vāta** principle, which governs movement, impulse flow, and subtle regulation. When tissue hardens, it often speaks for a system that has long been overwhelmed, shaken, or silenced. These extended GiveAways invite you to rediscover your inner softness—not as a technique, but as a relationship:

◆ No. 1 – Āyurveda & ADHD in Adults

→ When overstimulation, tension & drivenness converge

- Āyurveda as guidance in nervousness & somatic overwhelm
- Ideal for chronic tension, hyperfocus & inner pressure

◆ No. 2 – Āyurveda in Collective Exhaustion

→ Tension as a collective response to overload

- Grounding, self-touch, daily rituals
- Helpful in feelings of burnout, collapse & inner pulling

◆ No. 3 – Āyurveda & Digital Overstimulation

→ The senses may rest, the body may sink

- Rituals to reduce stimuli & release muscular tension
- Supportive for tension from screen time & information overload

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

→ Your center is more than digestion

- Harmonizing **Samāna Vāta**, releasing emotional tightness, enhancing body awareness
- Helpful in belly tension, instability & overwhelm

◆ No. 5 – Thought Flood & Overthinking – The Noise in the Mind

→ When the mind gets too loud, the body grows tired

- Mental relief, breathing space, withdrawal from rumination spirals
- Helpful for head, neck & shoulder tension

🌿 More topics in preparation & full list of all issues

This GiveAway series is not a rigid program—but a living source of inspiration in changing times. A new topic appears weekly, inspired by life's questions, the body's signs, and the inner call for reconnection. It touches physical, emotional, mental, and spiritual processes—from Ayurvedic, energetic, and poetic perspectives.

🌿 Find the complete list of current and upcoming GiveAways here:

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

★ 15. Further Reading on the Healing Art of Āyurveda by the Author

The *GiveAway* series is part of the book series **WEISHEITSWISSEN** (*Wisdom Teachings*) – a multi-year project that reinterprets classical Āyurvedic scriptures and makes healing tangible as a path of consciousness.

The following volumes will be published in 2025/2026 and can be read as in-depth companion texts to all GiveAways:

 Volume VI of WEISHEITSWISSEN – THE SCIENCE OF LIFE – *Caraka Samhitā*

Order, healing, nature. Āyurveda as an art of living beyond symptoms.

(February 2026)

 Volume VII of WEISHEITSWISSEN – THE KNOWLEDGE OF THE LIVING BODY –

Suśruta Samhitā

Precision, anatomy, balance. The body as a resonance space of inner order.

(March 2026)

 Volume VIII of WEISHEITSWISSEN – THE HEART OF ĀYURVEDA – *Aṣṭāṅga Hṛdaya*

Rhythm, humanity, healing arts. A poetic guide to inner stillness.

(April 2026)

 Volume IX of WEISHEITSWISSEN – THE LIGHT OF THE PATH – *Rāmāyaṇa*

Love, devotion, return. A spiritual reading of the *Rāmāyaṇa* as an inner journey.

(May 2026)

 Volume X.1 of WEISHEITSWISSEN – THE ORIGIN OF HEALING

Consciousness, rhythm & inner truth – 108 states of human wholeness.

(July 2025)

 Volume X.2 of WEISHEITSWISSEN – IN THE LIGHT OF HEALING

A compendium of 1008 states of human being from the perspective of Āyurveda.

(June 2025)

 **More on the WEISHEITSWISSEN series:**

akademie-der-weisheit.de/weisheitswissen

 **Explore all book series by the AKADEMIE DER WEISHEIT:**

akademie-der-weisheit.de/buecher

For questions or personal exchange, I warmly welcome your message:

© <https://akademie-der-weisheit.de>

With heartfelt regards,

Kati Voß

*In the stillness of the bones
rests the memory
of what once carried us –
and perhaps
still does.*

💛 **Appreciation & Donation**

The GiveAway series is a heartfelt project – free of charge, but not taken for granted. If these impulses have 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 it possible for such content to continue

–

quietly, lovingly, and in service of wholeness.