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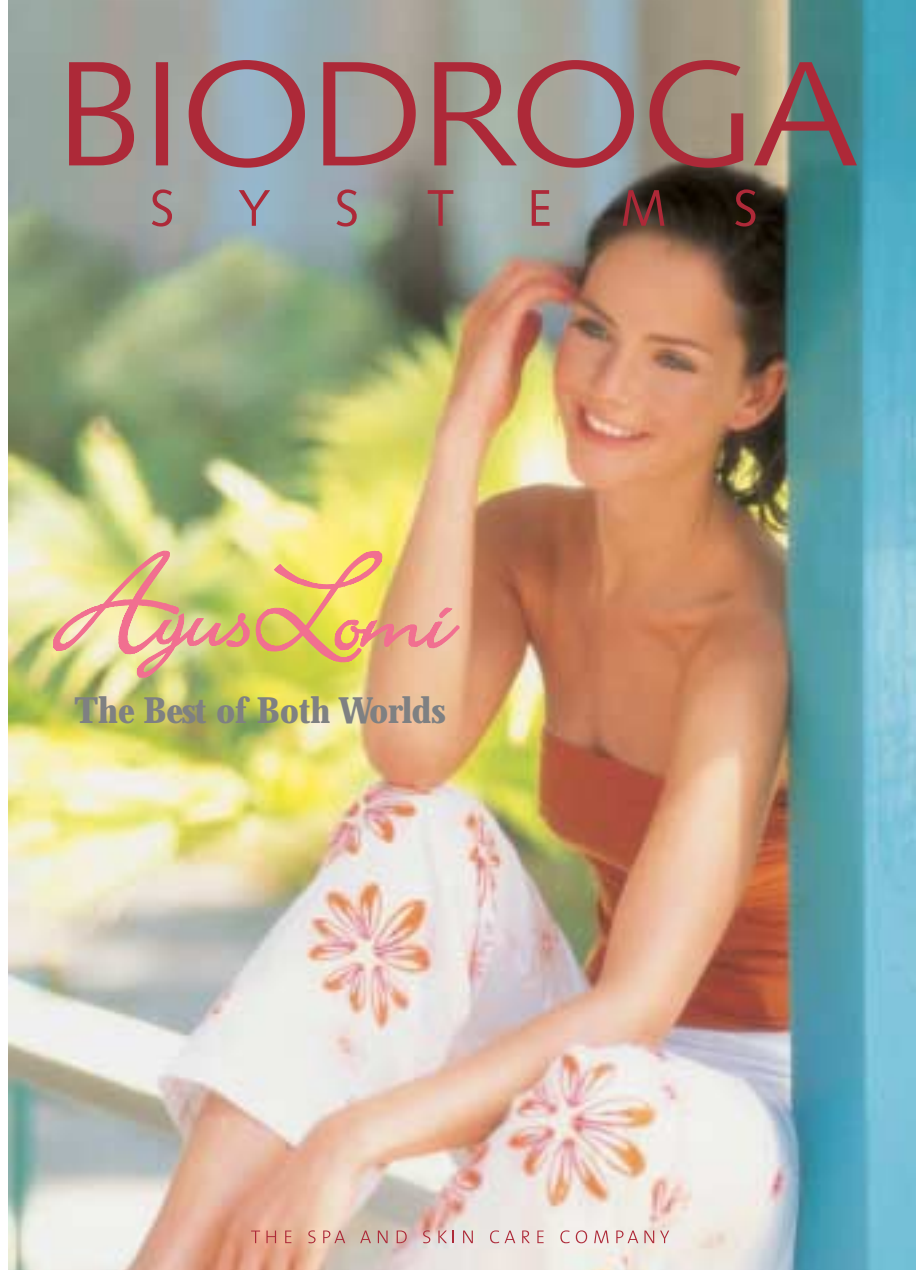
BIODROGA COSMETIC GmbH
76532 Baden-Baden · Germany
www.biodroga.com

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Ayus Lomi

The Best of Both Worlds



THE SPA AND SKIN CARE COMPANY

Ayus Lomi ...The Best of Both Worlds

Ayus Lomi is a modern, innovative combination of traditional care rituals that were developed centuries ago. Ayurveda, the traditional system of medicine in India for holistic well-being, and Lomi Lomi Nui, a Hawaiian massage technique that harmonizes body, spirit and soul, blend to provide the gift of deep relaxation.

Ayurvedic Philosophy

According to Ayurvedic medicine, every human being's constitution comprises a unique combination of the three "doshas," Vata, Pitta and Kapha. If the interaction of doshas becomes imbalanced, feelings of malaise and illness ensue. Traditional Ayurvedic methods strive chiefly to maintain and restore this balance.

Ayurvedic source texts are closely linked to religious creation philosophy. According to these texts, the five elements – ether/space, air, fire, water and earth were "born" from pure, undivided consciousness in a creative act. Each of these elements represents a different kind of power and energy. All matter in the universe is made up of these elements, including the human body.

Thus, the "water" element (Kapha) is associated with bodily fluids (mucous, blood, cytoplasm) as well as the sense of taste. It embodies these characteristics: cold, heavy, mucous, moist, soft and sweet. "Fire" (Pitta) represents the sense of vision and body metabolism, whereas "air" (Vata) is associated with the sense of touch and with muscle movement.

The Doshas

The three doshas form the basis of Ayurvedic diagnostics. From the moment we are born, each of us is made up of a unique mixture of the five elements. They form an unstable balance of internal forces. If the forces become imbalanced, illness and malaise ensue. An imbalance occurs when one of the doshas becomes too powerful. This shift can occur for a variety of reasons, such as climatic factors, incorrect food choices, etc.

The Right Massage Oil for Every Dosha Type:

- Vata Massage Oil (Sesame)
- Pitta Massage Oil (Sunflower Seed)
- Kapha Massage Oil (Almond)



Characteristics of the Three Dosha Types



Vata

Elements:

Air and Ether

Motto in Life:

Changeable

Vata Energy:

Everything is

in Motion

Properties:

Controls activity

and movement,

promotes mental

restlessness, creati-

vity, a small, narrow

build, irregular

lifestyle

Characteristics:

- low weight, slight build, difficulty gaining weight
- tendency towards dry skin
- irregular appetite and bowel movements
- tendency towards constipation
- tendency towards flatulence
- light, interrupted sleep
- dislike of cold, windy weather
- great enthusiasm
- great perceptiveness, rapid forgetfulness
- quick to act
- tendency to worry

Balanced:

- creative, flexible, innovative, creative chaos
- vital, alert
- quick, restless, full of energy, talkative
- cheerful disposition
- slim, narrow build and extremities
- dry, fine skin with small pores
- loves to experiment with new things
- ideal travel destination: warm, humid climate

Imbalanced:

- starts many new projects, poor follow-through
- easily distracted, poor concentration, absent-mindedness
- restless, irregular sleep patterns
- cold hands and feet
- nervous, timid, many fears
- quickly exhausted
- rough, chapped skin, grooved fingernails, dry tongue, gray-brown complexion
- typical symptoms: digestive problems, headache, tinnitus

Causes of imbalance:

- excessive mental and physical exertion
- irregular rhythm of life
- lack of sleep
- travel
- cold, dry or windy and variable weather
- too much raw and dry food
- alcohol

Nutrition

Vata reducing:

- Taste (Rasa): sweet, sour, salty
- Property (Guna): heavy, oily, heat

Vata aggravating:

- Taste: pungent, bitter, tart
- Property: light, dry, cold



Recommended Foods:

- Vegetables and salads: Asparagus, red beets, carrots, cucumbers, garlic, onions (not raw), white radish, green beans, okra, sweet potatoes. Limited amounts of potatoes, green peas, spinach, avocados, zucchini, celeriac root and tomatoes.
- Fruit: Sweet, ripe fruit such as bananas, apricots, peaches, nectarines, berries, mangoes, cantaloupes, papayas, pineapples, plums, oranges, fresh figs, grapes, grapefruits and lemons.
- Grain: Rice, wheat.
- Dairy products: Any, especially milk, ghee, cream/white cheese, butter, yogurt, cream.
- Pulses: Chickpeas, mung beans, red lentils.
- Oil and fat: All edible oils.
- Meat and eggs: White meat such as poultry and fish, boiled or scrambled eggs.
- Nuts and seeds: All are tolerated in small amounts, especially almonds.
- Sweeteners: Natural sweeteners such as honey and maple syrup; sugar cane products.
- Herbs and spices: Sweet, warming herbs are especially beneficial, such as aniseed, basil, juniper, licorice, mace, marjoram, caraway, cardamom, cilantro, cinnamon, cloves, cumin, fennel, ginger, bay leaves, black pepper, mustard, nutmeg, oregano, sage, tarragon and thyme.

Foods to Cut Down On:

- Vegetables and salads: Cabbages such as broccoli, brussels sprouts, red and white cabbage, cauliflower, peppers, eggplant, mushrooms and sprouts. Vata types tend to have a low tolerance for raw foods and salads.
- Fruit: Pomegranates, dried fruit, cranberries, pears, unripe fruit.
- Grain: Millet, corn, barley, buckwheat, rye, oats (uncooked).
- Dairy products: Large amounts of sour milk products.
- Pulses: All pulses except those listed above.
- Meat and eggs: Red meat such as beef or pork, raw eggs.
- Sweeteners: Large amounts of honey and refined sugar.



Pitta

Elements:

Fire and Water

Motto in Life:

Intense

Pitta Energy:

Everything is Transformed

Properties:

Controls digestion, metabolism and heat production, promotes intelligence and decisiveness, impatience, medium build

Characteristics:

- medium build, slim, well-proportioned
- normal to sensitive skin
- tendency towards red hair, freckles and birthmarks
- large appetite, good digestion
- prefers cold food and drink
- dislikes skipping meals
- dislikes hot weather
- average perceptiveness, average memory
- acts with medium speed
- good speaker, keen intellect
- easily agitated and irritated

Balanced:

- highly intelligent, ambitious, focused
- good speaker
- looks for new challenges, enjoys taking the lead
- talented organizer
- high level of energy, warm-hearted, loving
- medium build, easily gains weight but also loses it again quickly
- normal to sensitive, freckled skin
- intense appetite

Imbalanced:

- tends toward graying hair and may lose hair prematurely
- tendency towards irritability, rage and jealousy
- tendency towards overextension
- tendency towards intolerance, prejudice, faultfinding and fits of rage
- impatient, irritable and hot-tempered
- strong dislike of heat
- slightly yellowish complexion, strong perspiration, hot flashes, skin diseases
- disturbed sleep
- typical symptoms: inflammation, especially of the eyes, gastric ulcers, heartburn, hot flashes

Causes of imbalance:

- excessive mental activity (talking and thinking)
- time pressure
- anger
- alcohol and nicotine
- heat
- hot, spicy, sour and salty foods
- red meat

Nutrition

Pitta reducing:

- Taste (Rasa): sweet, bitter, tart
- Property (Guna): cold, heavy, oily

Pitta aggravating:

- Taste: spicy, sour, salty
- Property: hot, light, dry



Recommended Foods:

- Vegetables and salads: Asparagus, broccoli, brussels sprouts, red and white cabbage, celery, cucumbers, green beans, leafy greens vegetables, lettuce, chicory, mushrooms, okra, potatoes, sprouts, peppers, zucchini, avocados.
- Fruit: Sweet, ripe fruit such as apples, pineapple, sweet cherries, coconut, figs, grapes, mangoes, melons, oranges, pears, plums, prunes, raisins.
- Grain: Barley, oats, wheat, white rice.
- Dairy products: Unsalted butter, ghee, cottage cheese, ice cream, milk.
- Pulses: Green beans, fresh peas, mung beans, chickpeas, tofu and other soy products.
- Oil and fat: Coconut, olive, soy and sunflower oil, ghee.
- Meat and eggs: Poultry, pheasant, rabbit, wild game, egg whites.
- Nuts and seeds: Sunflower and pumpkin seeds.
- Sweeteners: All sweeteners except honey and molasses.
- Herbs and spices: Spices should generally be avoided, as they create excessive body heat. Small amounts of these spices may be used: Cardamom, cilantro, cinnamon, dill, fennel, mint, saffron, turmeric (curcuma), ginger and black pepper.

Foods to Cut Down On:

- Vegetables and salads: Red beets, carrots, eggplant, radishes, red radishes, tomatoes, hot peppers, spinach.
- Fruit: Acidic fruit such as sour apples, plums, oranges, grapefruit, lemons, sour cherries, cranberries, papayas, peaches and persimmons.
- Grain: Millet, corn, buckwheat, rye, brown rice.
- Dairy products: Sour milk products such as yogurt, curd cheese, cheese, sour cream and buttermilk.
- Pulses: Lentils (except in soup), red lentils.
- Oil and fat: Almond, sesame and corn oil.
- Meat and eggs: Red meat such as beef or pork, seafood of any kind, egg yolks.
- Nuts and seeds: Sesame, cashews.
- Herbs and spices: Any hot, warming spices such as cayenne pepper, chili peppers, mustard seed, onion and garlic.



Characteristics:

- solid, heavy build, gains weight easily
- tends to have smooth, oily skin
- thick, usually dark hair
- moderate hunger, slow digestion
- regular bowel movements
- long, deep sleep
- dislikes cold, wet weather
- slow perception, good memory
- slow, systematic activity
- slow to become irritable and excitable
- calm, balanced personality

Balanced:

- systematic, consistent, patient, enduring
- enjoys detail work, planning and organizing
- balanced personality, rock-solid
- enjoys the regular and routine
- high vitality, full of energy and tremendous endurance
- solid, heavy build
- smooth, rosy skin that tends toward oiliness
- moderate hunger, epicure

Kapha

Elements:

Earth and Water

Motto in Life:

Calm

Kapha Energy:

Everything has a structure

Properties:

Gives structure, controls body fluids and the immune system, promotes a compact, muscular build

- deep, long sleep
- warmth promotes well-being

Imbalanced:

- slow digestion
- tends to be overweight
- tends to be greedy, envious and grasping
- slowness, lethargy
- desire to hold on to things
- resignation, depressive tendencies
- pale skin, cold hands and feet
- physical sluggishness, takes time to get going
- typical symptoms: mucous, respiratory illnesses, water retention, heavy limbs, tendency towards allergies

Causes of imbalance:

- lack of challenges
- lack of physical activity
- excessive rest and sleep
- cold, wet weather
- heavy food (too oily, cold or sweet)
- excessive consumption of dairy products

Nutrition

Kapha reducing:

- Taste (Rasa): pungent, bitter, tart
- Property (Guna): light, dry, hot

Kapha aggravating:

- Taste: sweet, sour, salty
- Property: heavy, oily, cold



Recommended Foods:

- Vegetables and salads: Almost all types of vegetables such as asparagus, broccoli, red beets, brussels sprouts, red and white cabbage, cauliflower, carrots, celery, eggplant, garlic, leafy green vegetables, mushrooms, okra, potatoes, sprouts, fennel, radishes, red radishes, parsley, any type of lettuce, chicory, onions.
- Fruit: Apples, pears, guavas, pomegranates, cranberries, dates, figs, dried fruit in general (such as raisins, apricots, figs and prunes).
- Grain: Barley, buckwheat, corn, millet, rye, white rice in small amounts.
- Dairy products: Low-fat milk, whole milk (small amounts), butter-milk, ghee (small amounts).
- Pulses: All pulses except soy products, white and black beans.
- Oil and fat: Small amounts of ghee, almond, safflower and sunflower oil.
- Meat and eggs: Poultry, shrimp, small amounts of wild game, scrambled eggs.
- Nuts and seeds: Sunflower and pumpkin seeds.
- Sweeteners: Honey.
- Herbs and spices: All spices except salt, especially hot spices such as ginger, black pepper, coriander, turmeric, cloves, cardamom, cinnamon.

Foods to Cut Down On:

- Vegetables and salads: Cucumbers, tomatoes, zucchini, pumpkin and winter squash, salted, boiled potatoes.
- Fruit: Bananas, sweet grapes, avocados, pineapples, oranges, plums, mangoes, coconut, apricots.
- Grain: Large amounts of brown rice, rolled oats, wheat or white rice.
- Dairy products: Cheese, curd cheese, yogurt, sour milk, curdled milk, cream, whole milk and ghee (in large amounts).
- Pulses: Soy products, white and black beans.
- Oil and fat: All oils and fats except those listed above.
- Meat and eggs: Any seafood, red meat such as beef or pork, lamb.
- Nuts and seeds: All nuts.
- Sweeteners: Sugar, syrup, molasses.
- Spices: Salt.