

## VATA KITCHARI CLEANSE GUIDELINES

<b>PRE-CLEANSE</b>	<ul style="list-style-type: none"> <li>• <b>7 days</b></li> </ul>
<b>KITCHARI CLEANSE</b>	<ul style="list-style-type: none"> <li>• <b>3 to 5 days</b></li> </ul>
<b>BEST OIL FOR EXTERNAL OLIATION</b>	<ul style="list-style-type: none"> <li>• <b>Vata Massage Oil</b></li> <li>• <b>Ashwagandha Oil</b></li> <li>• <b>Ashwagandha Bala Oil</b></li> <li>• <b>Refined Sesame Oil</b></li> </ul>
<b>BEST OIL FOR INTERNAL OLIATION</b>	<ul style="list-style-type: none"> <li>• <b>Triphala Ghrita</b> (Triphala Ghee) - best! - take 1 teaspoon to 1 tablespoon each morning on empty stomach</li> <li>• <b>Ghee</b></li> <li>• <b>Sesame Oil</b></li> </ul>
<b>BEST SWEATING OPTIONS</b>	<ul style="list-style-type: none"> <li>• <b>Steam Room</b></li> <li>• <b>Sauna</b> (perform oil massage directly before or during to avoid dryness)</li> <li>• <b>Ginger Baking Soda Bath</b></li> </ul>
<b>BEST MAIN INGREDIENTS FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Basmati Rice</b>; use brown rice if constipation occurs</li> <li>• <b>Split Yellow Mung Dal</b> (soaked overnight); use whole mung beans if constipation occurs</li> <li>• <b>Bone broth can be used as a base to avoid depletion</b> (as preferred)</li> </ul>
<b>BEST SPICES FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Vata Churna</b></li> <li>• <b>Hingvastak Churna</b></li> <li>• <b>Warming digestive spices</b> such as turmeric, fresh ginger, black pepper, cumin, Krishna jirak, fenugreek, ajwain, and mineral salt</li> </ul>
<b>BEST OIL FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Sesame Oil</b></li> <li>• <b>Ghee</b></li> </ul>
<b>BEST VEGETABLES FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Root veggies</b> (sweet potato, carrot, beet, etc)</li> <li>• <b>Warming greens</b> (chard, spinach, etc)</li> <li>• <b>Summer or winter squash</b> (depending on season)</li> <li>• <b>Garnish with fresh cilantro, scallions, and lemon juice</b></li> </ul>
<b>BEST HERBS DURING CLEANSE</b>	<ul style="list-style-type: none"> <li>• <b>Daily Detox Formula</b> - ¼ to ½ teaspoon before meals</li> <li>• <b>Triphala Churna</b> - ½ to 1 teaspoon before bed nightly (repeat in AM if constipation occurs)</li> <li>• <b>Detox Tea</b> - 1 to 2 cups daily</li> </ul>
<b>BEST PANCHAKARMA TREATMENT</b>	<ul style="list-style-type: none"> <li>• <b>Dashamula Basti (Enema)</b> - 1 to 3 treatments throughout cleanse; follow-up with one weekly treatment for four weeks as needed</li> </ul>
<b>BEST NASYA OIL</b>	<ul style="list-style-type: none"> <li>• <b>Prana Nasya</b> - 3 to 5 drops per nostril each morning; continue post-cleanse as needed</li> <li>• <b>Sesame Oil</b> - same as above</li> <li>• <b>Vacha Oil</b> - same as above</li> </ul>
<b>ADDITIONAL RECOMMENDATIONS</b>	<ul style="list-style-type: none"> <li>• Avoid intense activities and exercise (gentle walks are encouraged)</li> <li>• Limit working, social activity, electronics, and stress</li> <li>• Rest, rest, rest!!</li> <li>• Perform gentle Yoga or stretches daily and nightly</li> <li>• Meditate for at least 10 minutes daily and nightly</li> </ul>

