

Gentle Yogic Cleanse Instructions

Yogis use cleansing techniques to help maintain the body and decrease the over development of doshas in the G.I tract. Doing a cleanse is a good time to shift bad habits and restructure our daily routines. A basic cleansing diet is best done at the juncture of the seasons. Spring and fall are the best times for cleansing. While Ayurveda uses detailed cleansing techniques (Pancha Karma) to reduce specific doshas and target specific tissues, most anyone can benefit from a basic mung beans and rice mono diet. Mung beans and rice are a complete protein and full of fiber. In Yoga and Ayurveda it is considered to be the perfect food for yogis and brings gentle cleansing to the body. With veggies we get a well round basic nutrition allowing the body to be nourished while giving room for detoxification to take place.

How to Prepare

- Write out your personal dinacharya program (daily routine)
- How many days? How long will you do yoga for? Can you do Yoga more than once a day?
- Practice making mung dal and rice
- Practice making teas
- Make a shopping list
- Ask family members and close friends for support. Let them know what you are doing and how it may impact them.
- Start cutting back on rajasic stimulants like alcohol, caffeine, tobacco (“cold turkey” will make the mono diet more challenging)

Basic Structure

- Wake up earlier than usually and practice
Shower oral hygiene etc
Yoga, Pranayama & Meditation
- Three meals of mung beans and rice a day. Make it fresh if possible
- Drink lots of water and teas
- Get plenty of rest and take hot baths in the evening set your intention
- Decrease screen time
- Increase nature time

How to Reduce Cleanse Response

- If you feel that the light headedness from the reduction in food is making it hard for you to function, take care of kids and work, you can eat fruit, veggies or nuts between meals. Cooked apples are great this time of year. <https://www.mapi.com/ayurvedic-recipes/spice-chutney-sauces/stewed-apples.html>
 - Vata might need snacks and more than just kitchari then other doshas
 - Nuts slow cleansing but might be need for certain people
 - Better to snack than crash out of the cleanse all together
 - For vata you can add small amounts of dairy or whole grain breads if you feel like you are getting to weak when you have your kitchari meals. Try to only snack on fruit or nuts

- Don't snack on fruits and nuts together.
- Because this cleanse is in mid fall it is a great time for heavier root and ground veggies like potatoes and squashes. Save spring and fall for reducing cleanse. This advice is more relevant for Vata and less so for Kapha. Pitta needs to evaluate on a one on one basis.

How to Intensify Cleansing Response

- Decrease the quantity of food per meal. Particularly at dinner or breakfast this is best for Kapha types.
- Skip dinner or breakfast, this is best for Kapha.
- No snacking between meals.
- Longer yoga sessions
- More pranayama and mediation

Tea

Below are a few suggestions for teas to support your dosha during the cleanse. Kapha herbs can also be taken by Vata (for heating) but in smaller amounts. Too much heat can be drying which increases Vata. Pitta should not take the Vata or Kapha herbs during the cleanse.

Vata Tea — equal parts ground ginger, cumin and coriander

Pitta Tea — equal parts ground cumin, coriander and fennel

Kapha Tea — equal parts ground ginger, cinnamon, and a pinch of clove

Water

- Make sure you drink filtered water.
- Drink at least half your body weight in ounces of water daily (this is good not only during cleansing)
- Avoid cold water and cold beverages
- Make the water warm when you can
- Optional drink 2 or 3 sips of warm water every 15 minutes this will support your cleanse, decrease crashing and help support your digestion to “do its thang.”

Oil

Topical oil helps to encourage cleansing. It is not required for the cleanse but can add a great dimension to it.

Vata - Sesame or Olive
Pitta - Coconut or Sunflower
Kapha - Mustard

When cooking use either coconut oil or ghee. Olive is great but it is not made to be heated to high temperatures. Other than the oil that is used to cook your spices Pitta and Kapha should not add any more oil. If Vata is feeling high (dryness and constipation) you can add coconut, ghee or olive oil to your kitchari in addition to the oil used in cooking. You can add up to half a tablespoon. Because this is a fall cleanse it is important to keep oil in the diet for Vata.

Herbal Capsules

Do not take more than two capsule per meal. You can start out with one capsule and see how it goes for you. Dosage can vary based upon cleansing reaction. Reach out if you have any questions.

HAPPY CLEANSING MAY THE FORCE BE WITH YOU!!!