

10/10/78 Darshan with Baba Hari Dass on Ayurveda

Editor's note: It is likely that this transcription was originally done by Chetana Mary Jennings from contemporaneous notes and typed circa 2014. Babaji's comments are noted by B:. The chalkboard reader is most likely Shankar Clark Heinrich. His comments are noted by R:. Comments in brackets are those of the typist. Additionally there was an editing in 2024 for format and implementation of IAST transliteration.

B: Śirovasti...

R: ... head oiling, "filling" method

B: ... is good for memory, for hair, for diseases of the shoulders and neck. It is good for everyone. Only the times...

R: ...length of time in minutes...

B: ...and herbs will be different.

R: Babaji calls it capātī therapy!

B: For allergies, special oil [is put]in nose: 24 herbs.

R: There is a 17-day snehana therapy, and there is another 7-day one, for different types of conditions.

Q: How is it that pitta is the doṣa identified with sattva?)

B: Vāta is dry, kapha is wet, pitta is heating and produces a balance between the other two.

Q: How is pitta identified with analysis?

R: Vāta is activation, pitta is analysis, splitting apart (dissection , discrimination), kapha is synthesis.

[These terms were Babaji's, but not exactly these sentences.]

B: In olden times, doctors were saints. Money was not allowed.

Q: So they were sādhu?

B: Yes.

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