

October 17, 1978 Darśana with Baba Hari Dass on Āyurveda

Edit notes: The following was typed from notes handwritten at the time of the darśana. Q denotes a question. B indicates what Babaji wrote on his chalkboard, as read by the reader, and then as heard and noted by someone present. R is comments likely of the chalkboard reader. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: Śirovasti...
- B: Pañcakarma is oiling, sweating, vomiting, purging, enema. Can be done for purification or for a disease.
- Q: If you have a cold?
- B: Sweat.
- Q: Without the other four?
- B: Yes.
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- Q: In India, when do they start solid food?
- B: Six months. They do a ceremony.
- Q: What kind of food is given first?
- B: Khicaḍī [“khichari”].
- Q: Other early foods?
- B: Juices, rice balls.
- B: No advantage to keeping all the food raw as long as possible?
- B: No.
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- B: Pine sap plaster: spread sap on a cloth, heat it, and stick.
- R: ... on the skin.
- Q: How long?
- B: Overnight. Pine sap will take away bone inflammation.
- Q: How often?
- B: Three times. There is one herb called hadjod. Its paste can cure any bone injury. I could not find it in USA. It grows in dry rocky places.
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- Q: What to eat after varisara dhautī?
- B: Khicaḍī [“khichari”]. In any of the basti methods, air is alleviated, which makes the system dry because pitta and kapha don't move. The person needs to eat something afterwards, to make the system move again. People do fasting, enema, etc. all together, and get sick. The three-day vegetable juice fast makes you prepared for the pañcakarma ritual. The fourth to sixth day, take Khicaḍī [“khichari”], the fifth day oiling, the sixth sweating. If you want to do all five, then it takes about seventeen days. March is better time.

B: Humors are always deranged. It is a part of their work. When you eat, the bile is deranged. When you digest, the air is deranged. When a doctor says your pitta is deranged, it means a sickness caused by deranged pitta.

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