

INDU ARORA

SOMA

100 Heritage Recipes for Self-Care



Indu Arora

SOMA

100 Heritage Recipes for Self-Care



YogSadhna Inc

Minneapolis, MN

DISCLAIMER

This book is not intended to treat, diagnose, or prescribe. The information contained herein is in no way to be considered as a substitute for a duly licensed health professional.

YogSadhna Inc, Minneapolis, MN

©2020 YogSadhna and Indu Arora

Photographs ©2020 by YogSadhna and Indu Arora

Illustrations ©2020 by YogSadhna and Indu Arora

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any other information storage and retrieval system, without the written permission of the publisher.

The information in this book has been carefully produced, and all efforts have been made to ensure accuracy. YogSadhna and Indu Arora assume no responsibility for any injury suffered or for damages or losses incurred during the use of or as a result of following this information. It is important to study all directions carefully before taking any action based on the information in this book. Where trade names are used, no discrimination is intended and no endorsement by YogSadhna and Indu Arora is implied.

Published 2020.

Creative Coordinator: Agota Sesztak

Editor: Lizzie Leone

E- Book Cover Design: János Gräfl

E-Book Design: Mayfly Design

Illustrator: Ruby Lockard

Photographer: Milán Tóth

ISBN-13: 978-0-578-72943-5

Contents

Preface

1. Dancing to the Tune of Circadian Rhythms

Solar Routine/A.M. Care

- No. 1. I Wake up Grrr...oggy.
- No. 2. Did You Wake up with the Wrong Foot?
- No. 3. Poop Stories
- No. 4. Who Eats Breakfast, Anyway?
- No. 5. I Need a Lucky Charm

Lunar Routine/P.M. Care

- No. 6. Do You Feel Wound Up?
- No. 7. Time Is Flying
- No. 8. Slurp, Gulp, and Chug
- No. 9. I Am So Full, I Cannot Move!
- No. 10. Brrrrrr....My Feet Never Warm up
- No. 11. Who Let the Thoughts Out?

Beauty Rituals

- No. 12. Probiotic for Naughty Skin
- No. 13. Food for Skin—My Secret in 3 Steps
- No. 14. Always Wear Your Invisible Crown—Yogi's Halo
- No. 15. BeHOLD the Beauty—Ancient Ayurveda Apothecary
- No. 16. Siesta for the Sista—Awaken the Sleeping Beauty

Come Back to Your Senses

- No. 17. Eyes, Eyes, Baby
- No. 18. Buzz, Click, Hum, and Ring—Hearrrring?
- No. 19. Losing My Sense of Smell—Now, That's Fishy
- No. 20. Pass the Hot Sauce
- No. 21. Give Love to Rough, Scratchy, Patchy Skin

2. Yoga Rx

- No. 22. Rock the Boat—It's Okay
- No. 23. Emotional Hiss=Mental Bliss
- No. 24. I Cannot Think Straight
- No. 25. I Blew It—Now Blow It

[No. 26. Ten Percent Happier](#)

3. What's Your Mantra?

[No. 27. Say "Yes" to the Universe](#)

[No. 28. Your Mind=Your Power](#)

[No. 29. Power Up!](#)

[No. 30. How Do I Fix This...? The Body](#)

4. Mudra RX

[No. 31. Sleep Like a Baby: Surina Mudra](#)

[No. 32. I Hear Them Pop and Crack—My Joints: Pushan Mudra](#)

[No. 33. Where Did My Energy Go? Prana Mudra](#)

[No. 34. Save Me from the Rabbit Hole: Hakini Mudra](#)

[No. 35. Where There Is No Place for a Headache: Maha Sirs Mudra](#)

[No. 36. For All Those Heart Needs: Shankha Mudra](#)

[No. 37. Yogic TUMS®: Samana Mudra](#)

[No. 38. Easy Breath: Shwasi Mudra](#)

[No. 39. Cleanse on My Tips: Kaya Kalpa Mudra](#)

[No. 40. Zen Mind: Jnana Mudra](#)

[No. 41. Can Someone Move the Lymph, Please? Garuda Mudra](#)

[No. 42. Travel Like a Pro: Apana Vayu Mudra](#)

[No. 43. My Hands are Freezing: Linga Mudra](#)

5. Heritage Recipes

[No. 44. Pickle Up!](#)

[No. 45. Golden Gargles](#)

[No. 46. Shoo-the-Flu Tea](#)

[No. 47. Alkaline Water: It's All About That Base](#)

[No. 48. 3-1-1 of Changing Seasons](#)

[No. 49. Say Goodbye to Gas](#)

[No. 50. Got Acidity?](#)

[No. 51. Muscle Milk](#)

[No. 52. Moon Juice—Boost That Ojas](#)

[No. 53. PanchaMel Tejas Tea](#)

[No. 54. Sticky Throat + Runny Nose? No Problem!](#)

[No. 55. Seeds of Digestion](#)

[No. 56. Prana Fix](#)

[No. 57. Start the Day the Tridoshic Way](#)

[No. 58. Mucus Is Not Welcome Here—Lavanya Ghritam](#)
[No. 59. PMS Relief—This Soup Will Make You Go Nuts!](#)
[No. 60. Sweet Solution to Runners' Leg Cramps](#)
[No. 61. To Pee or Not To Pee](#)
[No. 62. No Dwelling on Swelling—De-swell Pack](#)
[No. 63. The Sweet Balance](#)
[No. 64. Food for Your Brain](#)
[No. 65. Sleep Aid Milk](#)
[No. 66. Palate Cleanser, Mouth Freshener](#)
[No. 67. For All Your Digestive Needs—Trilavana Ginger Pickle](#)
[No. 68. A Bumpy Emotional Ride—Honey Can Fix It](#)
[No. 69. Jet-lagged Feet—3,2,1...No More](#)
[No. 70. Lung Tonic—For Sound Breath](#)
[No. 71. Heat Hydrant—Park the Heat, Stay Cool](#)
[No. 72. Peppery Solution for a Sticky Throat](#)
[No. 73. Easy-Peasy Probiotic Drink—Digest It All](#)
[No. 74. Burrrrp—Relief](#)
[No. 75. Sore and Irritated Throat—Grandmother's Recipe](#)
[No. 76. Breeze Through Sneeze with My Father's Favorite](#)
[No. 77. No Matter the Question, The Answer is Fiber—Get Regular](#)
[No. 78. First Aid for Diarrhea](#)
[No. 79. Decongest—Herbal Steam](#)
[No. 80. Digestive Treat—Pretty Sweet!](#)

6. Crowning Glory

[No. 81. Dry Hair, I Care—Vata Hair Oil](#)
[No. 82. Gray Hair, Do Not Despair—Pitta Hair Oil](#)
[No. 83. Greasy Hair Fix—Kapha Hair Oil](#)
[No. 84. Luster Hair Mask](#)
[No. 85. Probiotic Hair Mask](#)
[No. 86. Vegan Cooling Hair Mask](#)

7. Head Over Heels in Love with the Body

[No. 87. Sight for Sore Eyes—Netra Tarpana](#)
[No. 88. A Kiss of Freshness—Hydrating Rose Lip Scrub](#)
[No. 89. Saffron Face Mask—Radiant Glow](#)
[No. 90. Ubtan Body Scrub—A House Recipe for Beauty and Health](#)
[No. 91. Baby Soft Heels—A Simple Hack](#)

8. Tea Time

[No. 92. Stilling Vata Herbal Tea](#)

[No. 93. Cooling Pitta Herbal Tea](#)

[No. 94. Move It—Kapha Herbal Tea](#)

[No. 95. A Seasonal Cup of \(Authentic, Indian\) Chai Solves Everything—Even Changing Weather](#)

Bonus Tips

[No. 96. It's Just Too Much—Mauna](#)

[No. 97. Thoughts, Thoughts Go Away....Neti Neti](#)

[No. 98. Time to Say Goodbye—Idam Na Mama](#)

[No. 99. A Colorful Fix from My Yoga Guru Shashi Khosla](#)

[No. 100. Timeless Wisdom from My Father—Late Radhey Shyam Arora](#)

[Epilogue](#)

[The Mother](#)

[Namaste](#)

[Acknowledgments](#)

[Resources Used in SOMA](#)

[About the Author](#)

No. 22. Rock the Boat—It's Okay

Are you feeling uprooted, stirred, and restless? There is a value in feeling so. Every feeling and experience has the opportunity to show us the areas where we can grow.

The problem arises when we continue to feel this way. When feeling stirred, overwhelmed, and restless become an endless loop, that is when it becomes a problem. Here is my suggestion to deal with it...

Work on that core—for it is the first to displace when we face challenges, as well. The core is the most important calibrator to keep us centered in situations that are beyond us.

Practice *Nauka Asana/Boat Pose*. (See *Yoga: Ancient Heritage, Tomorrow's Vision* in [Resources Used in SOMA](#).) It is one of the finest postures for centering, strengthening, and warming. A strong core (both physically and as values) acts as the internal compass of a healthy body and healthy mind.

Go into *Nauka Asana/Boat pose* and let the boat of the body rock, roll, and shake if it does. Try not to resist that shaking. Let it calibrate that center of gravity, awaken the digestive fire, and work that core.

It is not about how many times you do it, it is also not about how many minutes you hold it—honor your capacity and try not to mimic anything but the idea of the boat itself.

A good boat is steady, not still; moving, yet stable. Let the boat of your body be steady in these stormy times.

When: With an empty stomach, for as long as you can hold.



Read more in my book, *YOGA Ancient Heritage Tomorrow's Vision*. See [Resources Used in SOMA](#).

Bonus Tip: Double up the vibe! Every sound we create is an exhalation. When practicing *Nauka Asana*, combine it with the chanting aloud of *Gayatri Mantra* or *AUM*. This will help you ease the discomfort and heaviness in the breath and brings a sense of sacredness to the practice. (Find my recording of the Gayatri Mantra in [Resources Used in SOMA](#).)

*Oṃ bhur bhuvaḥ svaḥ
tāt savitúr váreṇ(i)yaṃ
bhárgo devásya dhimahi
dhíyo yó naḥ pracodáyat*

No. 30. How Do I Fix This...? The Body

How many times have you looked into the mirror and obsessed over that acne, freckle, or wrinkle on the face? Or maybe your body does not move the same ways as it used to a few years back. Or maybe it does not look as firm, youthful, and radiant as before. We all harbor some kind of malaise or ego related to our bodies and we just want to fix it with food, exercise, supplements, Yoga, treatments...you name it, or maintain it as it used to be when we thought we looked our best self. It is like a race against time.

Shiryate Anena Iti Shariram (Charaka Samhita)

Sharira (the physical body) is that which is bound to disintegrate, deteriorate, and age with time. This is the very definition of body in Ayurvedic texts. This perspective on what the body is helps us have reasonable expectations from ourselves and our bodies.

By fixating on the body, we have created so many physical and psychological ailments. We all know it ages, it will continue to change, and moreover the biggest truth is (even if you arrest the signs of aging in some way) we all die. Isn't it wise to maintain a constant awareness of the true nature of the body?

Next time, you look at your body and worry, become sad, angry, compare or feel proud, mentally repeat or contemplate upon the teachings of Swami Ramana Maharishi who said, "*Deham Naham. Koham? Soham.*" It means, "I am not the body, then who am I? I am consciousness."

I have personally found refuge in this saying and hope that it will guide your life, too.

Fun Fact: At the age of 16, the first contemplation that was given to me by my teacher was “Koham,” which means “Who am I?” My teacher suggested that I type this question on a sheet, make a printout of it, and paste it right in front of my bed so that every morning, when I wake up, this is the first thought in my mind. I found it pretty awkward for a long time as I always justified the query with the answer, I know I am Indu. As the time passed, the question created more grooves and impressions in my mind. To date, I contemplate upon this, but not with as much awkwardness, but with more curiosity and patience.

No. 44. Pickle Up!

What does not digest well does not nourish the body. In Ayurveda, digestion is the key component for a healthy body. So ginger pickle up! Resolve to make this today! Promise?



Three ingredients are all you need to make fresh ginger pickle .

Ingredients:

- Fresh Ginger
- Fresh Lime
- Salt (Himalayan Pink)

Method:

1. Cut the ginger into julienne and add enough fresh lime juice to soak.
2. Add the salt per your taste.

3. Store in the refrigerator. That. Is. It.

Dosage: Take 1-2 pieces of this ginger pickle (chew well) before/after meals (see *Special Tip* below).

Indications: Poor appetite, nausea, indigestion, heaviness, irregular bowel movements, suppressed sense of taste

Special Tip: In case of poor appetite, take ginger pickle *before* meals. In case of gas, heartburn, heaviness, nausea take it *after* meals. In case of irregular bowel movements, take it before bed. In case of suppressed sense of taste, take it anytime you experience tastelessness.

As per Ayurveda, we are as healthy and young as robust is our digestion.

No. 70. Lung Tonic–For Sound Breath

The word for breath in Sanskrit is *prana* and for a human being is *prani*. We are beings of *prana*. It is breath that is the connection between birth and death. A breath that is smooth, continuous, quiet, and even is a breath that becomes *prana*. A breath that is rough, choppy, loud, and uneven represents a stressed, overwhelmed, confused, scattered, or dull state of mind. Let's tend to the breath with this three-ingredient recipe passed on to me by my *Guru's Guru* for the benefit of many.

Ingredients:

- 2 10-12–inch leaves Fresh Aloe Vera
- $\frac{3}{4}$ cup/250 g Honey (local, raw, organic)
- 2 Tbs Brandy (as preservative)

Method:

1. Wash, dab dry, and remove the spikes from both the sides of aloe leaves. Chop the leaves finely.
2. Mix the chopped leaves with honey and brandy. Use hands to mix well.
3. The *Lung Tonic* is ready. Pour in an airtight glass jar and refrigerate.

Yield: 20 Days

Shelf Life: 30 Days

Dosage: 2 Tbs, 3 times a day, 10 days on and then 10 days off for 2 months. 30 minutes before meals on an empty stomach

Indications: Wheezing sound in breath, *kapha* and *vata* aggravation in chest/lungs/respiratory channels, mucosal congestion, heaviness in breath, shortness of breath, bouts of coughing

Benefits:

1. Aloe Vera is known to soothe the dryness, ease the breath, and lubricate the lungs.
2. The combination helps in releasing bronchial congestion and spasms.
3. Helps move the mucosal congestion from the lungs.

Special Tip: Add 2 pinches of turmeric powder to each dose for added anti-inflammatory benefit.

*May I not just breathe but inspire,
May I not simply exhale but expire,
Inspire the within and without,
Expire what does not serve the right.*

No. 92. Stilling Vata Herbal Tea

Even though *vatafied* is not a proper English term, it is a common expression, a byproduct of the popularizing of Ayurveda. When someone says that about someone or themselves, they are essentially pointing towards, “signs of confusion, overwhelm, restlessness, impulsivity, forgetfulness” or “symptoms of constipation, dryness of skin, gases, dryness of hair, etc.” to name a few. Here is a tea to keep the *vata* under control.



Ingredients:

- 5 Cloves (whole)
- 5 Black Peppercorns (whole)
- 1 Cardamom Pod (black, whole)
- 2 tsp Coriander Seeds
- 4-5 Mint leaves (fresh)
- ¼ tsp Ajwain Seeds/Carom seeds

- 1 tsp/1 tea bag Holy Basil/*Tulsi* leaf (fresh or dried)
- 1 tsp Fresh Ginger (grated)
- 8 ½ cups/2 L water

Method:

1. Bring water to a rolling boil.
2. Add all the fresh and dried ingredients.
3. Boil for 5 minutes on medium heat.
4. Set aside and strain into a Thermos® flask to keep warm.

Yield: 8 cups

Shelf Life: 12-14 hours, make fresh every day

Dosage: Drink about 8 cups of this tea in a day for 7 consecutive days, or as a healthy addition to your diet, you may start with 1 cup per day.

Usage: Drink warm throughout the day. You may add a little bit of honey as a sweetener.

Indications: Abdominal distention, digestive system irregularity, gassiness, cold hands and feet, irregular appetite, dryness, constipation

Benefits: Clove: Soothes sore throat; Black Pepper: Blood purifier and boosts blood circulation; Cardamom: Metabolism and healthy heart; Coriander: Supports digestion; Cumin: Antiflatulent; Fennel: Antacid; *Tulsi*: Decongestant and immunity booster; Ginger: Boosts digestion

Caution: Do not carry forward to next day, refrigerate, or reheat.

Fun Fact: This is my personal recipe of herbal tea that I make to pacify *vata*, strengthen immunity, balance blood circulation, maintain energy levels, as a decongestant and to support digestive health. It is very simple to make, has a warm, earthy aroma and is simply delicious for the body.

About the Author

Acknowledged as a strong, clear, and authentic voice in the Yoga and Ayurveda community, Indu considers herself a student for a lifetime. For more than two decades, Indu has dedicated her life to studying, contemplating, and sharing Yoga and Ayurveda.

Indu's 2019 book, [*Yoga: Ancient Heritage, Tomorrow's Vision*](#) has become instant classic—a treasured favorite among Yoga teachers and students, alike. As a leading expert on Mudras, her 2014 book, [*Mudra: The Sacred Secret*](#), has been translated into French ([*Mudra: Le Secret Sacré*](#), 2017) and German ([*Das große Buch der Mudras: Heilende Übungen für Körper und Seele*](#), 2018).

The most significant influences in her life are her parents, teachers, and nature, though she considers nature her greatest teacher and enjoys every opportunity to witness a sunrise. In her words, “*Yoga is not to be learned and done, but explored and realized.*”

Indu travels extensively throughout the United States, Canada, Europe, and India to teach and speak about Yoga, Yoga Nidra, Ayurveda, and Mudras. She finds true pleasure in exploring new ways to distill, simplify, and share Yoga and Ayurveda with her students.

Her unique gift is in helping students bring Yoga and Ayurveda to the heart by making them an everyday practice, which is equally useful for a beginner as a sincere seeker who has made Yoga a lifelong journey. Described by students and fellow teachers as “*The Real Deal*,” Indu's in-person and online classes are consistently described as engaging, motivational, authentic, and life-changing.

When not sharing her love of Yoga and Ayurveda with her students, Indu enjoys exploring the natural beauty and culture of her adopted home of Minneapolis with her wife.

Connect with her on [Instagram](#) @induaroraofficial and at [yogsadhna.com](#).

