



Cellulite Solutions

with
Transdermal Herbal Formulas,
Recipes,
&
Marma Massage Map



An Online Course with
Live-Stream Sessions

Join from Anywhere in the World!

Course Starts
November 5, 2016



Discover a whole new "cellulite-free you" through a full spectrum of tools and remedies - from ayurvedic sutras to modern science!

Topics Covered:

- 1) What is cellulite, why and how it happens, its different stages of development,
- 2) How can you reduce or eliminate it;
- 3) Practical massaging techniques and SVA Marma Massage protocols;
- 4) Research based dietary guidelines: what to eat and what not to eat for cellulite prone physiologies;
- 5) Ayurvedic and Western herbs and plants that have been shown to remedy fat formations; including special SVA formulations.

This course is for anyone wishing to take care of their own health, or that of others. If you are a health professional (Ayurvedic Practitioner, licensed medical doctor, Marma Specialist, Massage Therapist, Naturopath, etc.), this course will offer you additional supplemental SVA training and tools to help your clients reduce/eliminate cellulite with hands-on treatments and protocols, including recipes, and SVA formulations.

- 12 videos totaling 2 hrs each posted on the electronic forum
- Printed study materials posted on the forum - 9 Chapters Plus one in-depth Chapter on Practical Tools and Protocols
- Six Full Sessions of Live 1 hour Video via Global Webstream - plus Q&A
- Ongoing Q&A on the forum - Interact with Vaidya, SVA experts, and peers
- Sampler Kit with SVA Cellulite Formulations - a Gift Sampler for Practitioners includes a total of 5 products.

Live Calls' Schedule for 6 Saturdays

November 5, 2016,
December 3, 2016,
January 14, 2017,
January 29, 2017,
February 11, 2017,
February 25, 2017.

Unless otherwise specified, calls start at 9:30am and last 60-90 minutes

Total Cost of the course: \$900.
Super-early Bird is 25% off - sign up by September 15, 2016 - only \$675
Early Bird 2016 is 20% off - sign up by October 1, 2016 - only \$720
After October 1, 2016, \$900.

FOR MORE INFORMATION OR TO SIGN-UP

call 1.818.709.1005

email info@prana-center.com

Registration fees are non-refundable



Lesson One - November 5, 2016

Introductory Lecture on Causative Factors of Cellulite

I am very happy to inaugurate the SVA Cellulite Course. I have been quite involved in researching the Sutra to Science approach to cellulite. The first and foremost step to take before starting any course is to understand the basic principles from the shastras and modern science. Everyone knows that cellulite is not easy to cure or to help. But, during my research on making this course, I tried to create a protocol which should help with certainty. It will help at least from stage one to stage five. Cellulite (like other health conditions) can be classified in terms of stages: stages 1 – 6. The shastras say that when any disease, any condition, goes to the sixth stage it's difficult to manage. You will learn more about these stages later.

Today, I am going to cover the basic principles of Ayurveda but in a very unique way. I am going to teach these principles with special relevance to cellulite. We will learn a sutra that will help us understand cellulite, physiologically and anatomically. Understanding from the deep source of any condition helps us to manage it. If you don't understand from the deep source, the management will always be superficial. Your management will either be ineffective or only partial.

Cellulite Management based on Tri-Sutra Ayurveda

What is happening these days, in cellulite particularly, if anyone receives even a little benefit from this or that therapy, they get so happy. With even a little help or benefit, they get brainwashed. But what I am doing is trying to understand the source, the reasons for a particular person's cellulite. As always, I follow tri-sutra Ayurveda: hetu linga aushadh gyanam swastatur parayanam. We want to understand the hetu (reasons) for that particular person's cellulite. This is etiologically based understanding, discovering the etiology of their condition. Then management becomes very easy – etiological based understanding - because you don't have to shoot in the dark. You will know why that person has cellulite. You will understand and treat the 'why' as

well as the linga (symptoms). We understand the symptoms. It's hetu based; but we also treat the symptoms - for sure. Then, we manage everything.

We have a plan for this course after starting: first choose a family member (or friend, or client) who has cellulite. As you study over these seven weeks, start taking care of that person as you learn new theory and practicum each week: like what do first, what to do second week, what to do for third week, seven weeks in all. You will receive an evaluation chart. During the seven weeks, you evaluate and follow that person's progress until the end. Of course, you have an option to work with more than one person with cellulite. As part of this course, you will get a kit for one person. If you choose to work with more people, you can purchase extra cellulite kits. It's safe and effective. You can photograph your results and send to my office. We will talk about the kits and evaluation process in detail.

What is Ayurveda?

Today, I am going to give you all the basic principles of Ayurveda with relevance to understanding and managing cellulite. First, we must understand "What is Ayurveda." Two words: *Ayu* and *Veda*. *Ayu* means 'life'. *Deha Prana Samyoge Ayuh*. This is the definition of life, used in my family tradition. There are so many definitions of life, but this is what we use and follow. It's very easy to use and follow. *Deha* means 'body'. *Prana* is the vibrational life and health giving energy. Cellulite happens in the physical body, so we have to know the physical body. You have to know all the aspects of the body. Another component of physical body is the prana. You have to understand all about the vibrational energy we receive through the nadis and the marmas. In cellulite, if the vibrational energy is not received and circulating only then cellulite happens. So, you have to know all about the vibrational channels (nadis) and all about prana. This is why we study these things.

What does Veda mean? *Deha Prana Samyoge Ayuhu*. You have to understand the source of this knowledge. If the source of the knowledge is 100% truthful, then you can trust the knowledge. It's not like someone woke up in the morning and said 'this will work on cellulite and start doing it.' No. The wisdom we will study and know is as ancient as the creation of the universe and of the body. The source is so pure because it's based on siddhantas –

perfect principles, always 100% proven truth. No recalls. No 99%. This whole course is based on a solid foundation. This will give you confidence that 'yes this whole protocol will be effective and safe today, safe after ten years, and safe the entire life'. These protocols are based on siddhantas, based on the most ancient proven truth. So that's why this Ayurveda is the source of our knowledge.

Agni, Soma, and Marut

Deha means physical body. Prana has three components: Agni, Soma, & Marut. Why must we study these components to understand cellulite? Soma (lunar energy) is raw material of energy. You must understand in evaluating a person's cellulite what kind of somagenic food or lifestyle they have: what kind of water (good source of Soma); the food sources of Soma; the environmental factors, like air and exposure to the moonlight (source of Soma). This is why we must understand Soma. Agni is the power of transformation. Our bodies have several kinds of Agni. Whatever we inhale, or ingest, or apply on the skin is it being properly transformed, or not? This is why we must understand Agni. Marut is the energy which supports circulation and intelligence of the body. You see now why it makes sense to understand about whether your food has Soma or not (cooling, nurturing, raw material) whether in carbs, or vegetables having Soma. Then, we need to understand the spices, which generally are more agneya (having more Agni) because you will learn about the good and bad nutrients. How well we transform our food has much to do with the formation of cellulite. The power of circulation is a big deal in cellulite. No one else talks about the Marut, circulating intelligence, in this condition. We will discuss in detail how the body digests, metabolizes, and synthesizes different kinds of nutrients. We must know how things are processed in the body, where they are sent, etc. It matters a lot: the body's intelligent deciding factor, the Akash component or space element of Marut.

The Role of the Three Doshas in Cellulite

Then we must have an understanding of the three doshas (Vata, Pitta, and Kapha) in terms of cellulite. We can also say Vat, Pitt, & Kaph. The pranic materials - Agni, Soma, & Marut - are the raw materials for Vata, Pitta, &

Kapha. These doshas are in the body. They govern our body, including the physiology of the skin. They govern the relationship of the skin and mind, cellulite and mind; relationship of cellulite and the heart (emotions); and the relationship of cellulite and the immune system. So, vata governs circulation, all the intelligence inside the body. This intelligence, or lack of intelligence, has much to do with cellulite: how it gets formed, and how it triggers the formation. Pitta governs transformations in body, the thermogenesis. In cellulite, you will find lack of proper thermogenesis and lack of circulation. Vata governs circulation; pitta governs thermogenesis. When thermogenesis goes wrong, inflammation can happen in the muscle and fat layers of the skin. This is why we must understand pitta. Kapha is the accumulating factor. Kapha manifest from Soma, from the earthy component and the watery component of Soma. In cellulite, water retention plays a big causative role. It's one of the related trigger factors. When more of the earth element comes into play, then this condition becomes even tougher to manage. This is why you have to understand vata, pitta, and kapha.

The Role of the Sub-doshas

We must understand these 15 sub-doshas: five vatas, five pittas, and five kaphas. We start with five sub-doshas of vata. Prana Vata is in the head area. From the head area, it receives a lot of Prana from the environment. Prana Vata governs all the sensations of the body (receiving sensory input) particularly of skin and cellulite. Another vata is called Vyana Vata – governing intelligence and circulation in and under the skin. Vyana is found all over the body – we can call it ‘cellular vata.’ All the cellular connections and communication is governed by vyana. But, vyana vata (found all over body but particularly governing those areas of cellulite) is governed by prana vata of the head. Vyana vata is cellular vata. So, you have to know at least these two sub-doshas of vata (prana vata & vyana vata) to understand cellulite. Vyana vata is local in the areas of cellulite; but it communicates with and is governed by prana vata. These two you must understand, the vyana (cellular) and prana vata, governing the mind. There are five vata sub-doshas; but you don't have to go through all of them. You need to understand just these two.

Pitta, you need to understand four of the sub-doshas. Sadhaka Pitta governs the heart and the emotions. It's the emotional pitta. This one has lots to do with the relationship between the skin and emotions. Also, we must look at bhrajaka pitta, which directly governs the skin. Bhrajaka governs the transformations, the bio-chemical changes, of the skin and the entire cellular system. Like vyana vata, it is found all over the body. Vyana the cellular vata governs circulation, the intelligence. Bhrajaka pitta not only governs the skin but all the cellular system's transformations. Then, we have to know ranjaka pitta, which governs the liver. It governs all transformations in the liver, pancreas, and spleen. These three organs are governed by ranjaka pitta. You will see in your course that our liver has lots to do, a lot of work. Our liver must transform everything we eat, both the good and bad nutrients. The liver (controlled by ranjaka pitta) gives intelligence to the blood. Ranjaka also governs the pancreas. The pancreas controls the sugar, the glucose, metabolism – another triggering factor of cellulite. This is why we must know about ranjaka pitta – governing liver, pancreas, and spleen. If there is a toxic build-up in the liver then toxins and free radicals pass through the liver and form cellulite. This is why you must understand the role of ranjaka in cellulite formation. Now we look at pachak pitta. Pachak pitta is the source, central area, of all five pitta-s. So, pachak pitta is the powerhouse of our digestion. Whatever we eat goes first to the stomach, the residence of pachak pitta. It cooks and processes the food. Then the food moves down the colon after some time. You have to understand how the person's main digestive fire is doing. We have to evaluate pachak of every person with cellulite. Why? If someone's pachak pitta is not working well, the person will make semi-digested materials, called *ama* in Ayurveda. That ama is the raw material for *amavisha* (free radicals). Free radical deposition and accumulation under the skin in the muscles, fat, and fascia is one of the main causative factors in cellulite. So, you will understand pachak pitta (power of digestion) ranjaka pitta (transformation in liver), and bhrajaka pitta. Ultimately, the adhithan, the main site of cellulite manifestation is in areas governed by bhrajaka pitta. And, you will learn about sadhak pitta, because there is an emotional connection with cellulite formation. You will learn in this course how to evaluate all these pitta factors in this condition.

For kapha, you have to understand only two kapha sub-doshas with respect to understanding cellulite. One is kledak kapha, the lubricating and protective barrier in the stomach. For example, when pachak pitta in the stomach is too high then kledak protects and nurtures the mucous membrane of the stomach. Kledak kapha can mix with any excess enzymes, the high hydrochloric acid, and pacify them. The other kapha is shleshaka kapha. Shleshaka is the lubricating factor for the whole cellular system, including the surface and under the skin. You will learn in this course about the fascia. A lot of people researching cellulite are talking about fascia. In Ayurveda, we call it *kala*. There are various kalas and we will be talking about them. The fascia is totally governed by shleshaka kapha. In this course, you will have an excellent understanding of fascia from Ayurveda, which makes total sense and agreement with today's scientific discoveries about fascia. Please understand that all three doshas are always at work in all organs, systems, and layers. But the predominance in terms of sub-doshas in the fascia is shleshaka kapha. Shleshaka is a lubricant, lubricating action, all over the body. Shleshaka is a lubricating, nurturing, protective barrier in and for the skin. Shleshaka is a lubricant for the whole body; particularly it supports the fascia, even the creation of the fascia – shleshanam yati.

The Seven Dhatus (7 tissues) and Cellulite

So, these are the sub-doshas we should know in terms of cellulite management. We also have to understand the structure of the entire body – the dhatus (tissues). *Dharayante iti dhatwah*. This term means 'holding our body together.' We have seven tissues holding our body. I will explain what they are and their relevance to cellulite. The first tissue is Rasa dhatu, the clear part of plasma, which is made after digestion and absorption from the intestine. How is it relevant to cellulite? A lot of women with cellulite have a problem of water retention. You will understand how to evaluate whether that victim of cellulite has a water retention problem or not. Then you will also know what to recommend. If water retention is a problem, then your SVA therapy for cellulite is not going to work - if we don't also manage the water retention. It will create a barrier function over the skin. You will know which layer of the skin is the host of rasa dhatu. You will know where rasa dhatu flows in the skin according to modern science and Ayurveda. This is very in-

depth. The second dhatu is called Rakta dhatu (blood tissue). When rasa, the gist of our food, goes to our liver, the intelligence of the liver transforms the rasa to rakta, the blood tissue. This is why our blood becomes intelligence, because the liver provides that intelligence. You will learn which layer of the skin is the main host of rakta dhatu. You will know about the purity or impurity of the blood. To support and help cellulite, the person needs to have pure, toxin-free blood. If the amavisha (free radicals) are circulating and getting deposited in the cellulite areas of body then inflammation and narrowing of channels happens. Then, the cellulite grows. So, we must have this understanding of the blood. The next, the third tissue, is mamsa – the muscle tissue. Muscle tissue is manufactured from the raw material of blood. The blood has to be pure then muscle becomes intelligent. In cellulite, when impurities get transformed from rakta (blood) to mamsa then the muscle layer under the skin becomes inflamed. The mobility of muscles become less and less; they become stiff. Muscular atrophy can happen. Understanding the muscle is necessary to understand and manage a person's cellulite. As I mentioned, if someone has water retention in rasa dhatu we have a specific tea and diet for that. If someone has the problem in rakta dhatu, we also have a specific diet. If the problem of cellulite is mainly in mamsa, the muscles, we also have protocols for that. There is always some problem in the tissues; but these localized problems are connected with the accumulation of toxins. So, we have specific herbal teas for specific symptoms. You will know, you will learn to test the dhatus for problems. You will learn how the superficial skin and rasa is doing; how the rakta is doing; how mamsa is doing; and so forth. Then you will learn management with specific teas, diet, and topical management. So, this is mamsa – the third tissue that upholds the body.

Then, we have meda – the fat or adipose tissue. This is the fourth dhatu, the fourth layer of the skin. When researching cellulite, I discovered a lot of things about fatty deposits in the areas of cellulite. A lot of findings. It's essential to understand what good fat is and what bad fat is. Shushruta talks about a special kind of thick, saturated fat called *vasa* which gets deposited under the skin and then causes bumps. Again, the fat tissue is called meda. This is the fourth dhatu, the fourth layer.

Rasa, rakta, mamsa, meda we have discussed. Now we talk about asthi, the fifth dhatu, the bone tissue. The bone tissue sometimes has calcification at the basis of cellulite. So we have to understand the bone tissue and how it can play a role in cellulite. What kind of calcium a person eats and how they metabolize that calcium is very important. We need to find out: are they eating good calcium, dumb, calcium, or not enough calcium? As important is how well do they are metabolizing the calcium? You will understand this factor and have a special food to enhance calcium metabolism – like Kulthi dhal or Kulthi Vegan Protein Powder. Kulthi can de-crystallize calcium deposits and support the health of the bones.

Majja dhatu is the bone marrow. Bone marrow supports our immune system; it supports the intelligence of the immune system. Whenever toxins go beyond the bone tissue to the majja dhatu you should refer your cellulite client to an MD. Don't go into any details. But, a lot of auto-immune problems can happen. If you start treating, they can go into severe detox crises. Sometimes it can be related to cancer also. Ayurveda sees majja dhatu as one of the most intelligent tissues to support the immune system. When it gets affected, there will most likely be severe complications and it's best and safest not to work with that level/layer.

Shukra dhatu, we can say is the reproductive fluid. We have to understand this dhatu. A lot of research connects cellulite with the hormonal system. Hormones are produced at the eighth stage of transformation from dhatu to dhatu. This is the level of apara ojas. But, the raw material for apara ojas is shukra dhatu, the reproductive tissue.

The Significance of Ojas in Cellulite

So, the hormones are ojas. After building the shukra (the 7th tissue) the next 'material' the body produces is ojas. Ojas is the essence of all our food after it's gone through 6 tissues of transformation. It's the primary material for making and establishing communication from one system to another, from one organ to another, and so forth. According to those scientists who understand Ayurveda, our neurotransmitters and hormones are ojas. This ojas is the connecting and communicating factor in the body. Research shows much

relationship between chronic cellulite and the hormones. This is why it's good to understand ojas for this course.

Srotas – the Physical Channels and Cellulite

Now we will understand the srotas. In SV Ayurveda we go into great detail about the channels: the physical channels (srotas) and the vibrational channels (nadis). We can see the srotas, the physical channels, either directly with the eyes, or with the help of a microscope. There are macro channels, like esophagus, bronchial channels, veins, arteries, and capillaries. And there are micro channels. Why must we understand channels? One of the reasons for cellulite is lack of thermogenesis or deposit of amavisha (free radicals). In both cases, the channels get negatively affected. In Ayurveda, the macro and micro channels are well described. So, you have to evaluate the channels and open the channels, lubricate the channels, and soften them. Why? The channels are doing two primary functions: either they detoxify (detox pathways), or they nurture (nutritional pathways). If the channels have any problem - shrunken, ruptured, or blocked - we have to do something. There are three kinds of description in Ayurveda about problems with the channels: ruptured, blocked, or narrowed. No matter what the problem, it's not good. The nutritional supply will be less, hormones cannot interact properly with their target, and toxins will accumulate. These are the physical channels role in the formation and management of cellulite.

We have very specific protocols to support and open the channels if blocked; lubricate them if shrunk; and enhance their intelligence. You see, the channels must be intelligent. The number one reason for lack of intelligence is toxins. So, what do we do? Do we eliminate them? If the body lacks proper nutrition, we help the channels transport better. We have to re-establish intelligence in the channels. In SVA we have wonderful protocols: we lubricate, unblock, and re-establish the intelligence of the channels. We use dietary regimens, or herbal teas, and other protocols. The physical channels' health plays a major role in cellulite formation. If they are not healthy, cellulite appears. If they are healthy, cellulite goes away. A big body of research talks about the role of the channels. But, Ayurveda has understood this for ages.

Nadis – Vibration Channels and Cellulite

But no one is talking about vibrational channels and their connection to cellulite. The vibrational channels, the nadis, supply the pranic energy – the raw ‘material’ of vata, pitta, and kapha to the entire cellular system. This is direct communication and support of the cosmic energy to all systems and organs of our body. The nadis deliver the cosmic intelligence, helping to connect and communicate with the divine. We also must and will study to understand the marma points. Marmas are vibrational energy centers which connect with the nadis of Soma, nadis of Agni, and nadis of Marut. These nadis are connected to the body’s cosmic energy. In our therapies, we will do some actions on the marmas to awaken the pranic energy within the cellulite so that the body’s intelligence is activated in those areas. This will send more pranic energy going to the cellulite and activate the intelligence of the cellulite. When the cellular system of cellulite is awakened then the physical channels are awakened. Then, the detox will start happening automatically. Also, more nutrition and nurturing energy will be delivered all over the body. This knowledge and practical application of marma therapy is a special aspect of our management of cellulite. We will learn the precise locations in the disturbance in the flow of pranic energy underlying the cellulite. After determining the marmas involved, we then know where and what to do to re-establish the flow of intelligence. This will be a major aspect of this course through marma therapy and other aspects of the Transdermal Marma System (TMS), reestablishing the pranic flow to re-establish the intelligence in the cellulite areas. These are our basic principles.

Cellulite and the Malas

Then, we have another factor to understand – the concept and impact of the *malas* (waste or metabolic by-products). There are many kinds of waste products produced by the body; but for this course we need to know about three main malas: urine, fecal matter, and sweat. What are malas? We do not call them toxins. They are the waste products of metabolic transformation. When food goes to stomach and then the colon after digestion for elimination, that is one mala, the physical fecal matter. Then, when our blood is being formed and processed urine forms. Next, we have sweat. First and foremost

in Ayurveda we evaluate three malas for anything, whether cellulite or any other condition. Our digestion has to be optimal; bowel movement good; urination good, and sweating proper. In cellulite, these three factors must be understood – very necessary to understand these three malas. If the sweat is toxic and the person does not eliminate toxins on time via the sweat then it can go to the cellulite areas and create inflammation. As mentioned, water retention plays a major role in cellulite. If someone's urinary system not intelligent enough to eliminate the toxins through urination, we must support that system. The bowel movement also has lot of impact on daily detox. It takes away a lot of waste. These three factors must be addressed in our protocols. Perhaps someone has a problem in releasing the malas, and that is becoming the trigger factor in their cellulite. Who knows? So, this is one of the points on an assessment checklist you will have, one factor among the 30 etiological factors for cellulite.

The Four kinds of Toxins and Cellulite

During my research I discovered that free radicals create inflammation in the areas of cellulite. Only in SV Ayurveda do we discuss four distinct kinds of toxins: 1) Ama – material formed when stomach or any area of digestion not transforming our food totally. Semi-digested food is called ama. This toxin can block the physical channels. 2) Amavisha – when these toxins block the channels they don't just sit quietly. They undergo chemical interaction, ferment, and become free radicals. This we call amavisha. 3) The third kind of toxin we recognize is garvisha (xenobiotics). This toxin plays a big role in cellulite. These are toxins from day to day life: the environmental toxins, preservatives, pesticides, food colors, fumes, heavy metals, etc. These are garvisha. 4) The last one is EMF/EMR/RF (electromagnetic fields, electromagnetic radiation, and radio frequencies). These are the vibrational toxins. In Ayurveda, we call them Indravajrabhijanya visha. I believe that this toxin has a lot to do with cellulite as a trigger factor, because this toxin disturbs the pranic flow in those areas. I have not found any modern research yet; but I believe that EMF has lot to do with triggering cellulite, because it disturbs the nadis (vibrational channels) of that area. These are the four toxins and we will see how they are related to cellulite.

Closing Points

In this course, you will always see a discussion about all the points we discussed today in terms of the etiological factors for a particular cellulite victim and how they appear in that person. Why are we discussing these things? All these points will be in your checklist of etiological factors. Based on this list, you will ask certain questions whenever any cellulite victim comes to you. Then you proceed from those specific hetu (causative factors). This will give you a roadmap to understand that person's cellulite and how to manage it. You will use all this knowledge to understand the hetu, to understand the etiological factors. If you see ten people with cellulite, each person's hetu will be different. When you understand the etiological factors and how they manifest you can be successful. I am going to teach you how the specific hetus (etiological factors) manifest. Then the management will be so easy – and effective – because you are hitting the target. You are not fooling around. That's why other therapies don't work: they focus on just one or two things. No. To be effective, cellulite therapy must be etiological factor based. It must be pathogenesis-based; then only do we manage and we do so according to that pathogenesis.

Thank you.

Namaste!

Vaidya Mishra

California November 2016