

# Handouts










## LEAKY GUT AND THE MICROBIOME

*Mon, Oct 25, 2021, at 5:00 pm with William Dean, MD, AD*

Grahani roga spans a wide range of gastrointestinal problems from leaky gut to SIBO to irritable bowel syndrome (IBS) to more severe diseases such as inflammatory bowel disease (IBD). In essence grahani roga is an agni disturbance of the bowel. The microbiome is an aspect of agni. Contemporary research suggests a strong link between various digestive complaints and a microbiome imbalance in which the more virulent bad bacteria in the intestines outnumber the good gut bacteria. The foundations of therapy include gut alkalization, microbiome supplementation, and home virechan therapy.

# Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

## August/September/October Bladder Diary

Aug 20/20	BSP	PH	Supplements	Foods added	Symptoms
1	BSP 1-2Aa	6.2	Bh p; cal/mag n; Yarrow probio a; Aloe Fillet 4-5 times a day.	GCPR ProHi; Pitta Masala; paneer; Cooked apple; Tapioca; BarleyFlakes; almonds; al milk; fruit; CCF tea	
2	BSP 1-2Aa	6.2	“ “		
3	BSP 1-2Aa; 3-4Aa	5.8	“ “		Email doctor: stomach acid; Rewatched GCPR video, too much green; Hornet Attack
4	BSP 1-2Aa	5.8	“ “		
5	No entry		“ “		
6	BSP 3Aa	5.8	“ “		freq urine; decrease burn;
7	BSP 3Aa; 3Ap;	5.8	Added T3HP a/p		
8	BSP 3Aa	6.0	“ “		freq urine/spasms/burn
9	BSP 1-2Aa	6.0	“ “		
10	BSP 3gsAa;	6.0	“		
11	No entry		“ “		
12	BSP 2Aa	6.0	“ “		freq urine/burn but better;
13	BSP 3-4Aa	6.2	“ “		PFT am; Flare pm;
14	BSP 1-2Aa; 4Aa	5.8	“ “		Flare
15	BSP 1Aa; 2Aa; 4Aa	6.0	“ “		Flare better; SKIN CLAY on hives!! Brought lots of red fire to skin surface!!
16	BSP 1Aa; 5Aa	6.0	“ “		Flare w/spasms; rash-shingles? Better w/lemon balm compress
17	BSP 1-2Aa; 4Aa	6.0	“ “		Decrease flare
18	BSP 5Aa; 5AaPh	6.4	“ “		Decrease flare
19	BSP 1-5Aa;	6.0	“ “		Some burn/freq; back hurting.
20	BSP 2Aa; 6Aa;	6.2	“ “		some burn/freq
21	BSP 1Aa; 5-6Aa;	6.2	“ “		Freq/burn in am
22	BSP 3-4Aa; 6Ap;	6.6	“ “		frq urine overnite; slept poorly;
23	BSP 3Aa; 6Aa; 3Ap;	6.2	“ “		freq/spasms/burn
24	BSP 3Aa; 3Aa;	5.8	“ “		
25	BSP 1-4Aa; 3Aa;	6.4	“ “		Dec in freq/burn; Chiro adj
26	BSP 1-4Aa; 4Aa;	6.6	“ “		Levator spasms; Acupuncture; decrease in freq/burn.
27	BSP none;	6.4	“ “		Travel
28	BSP 3Aa	6.2			some freq
29	BSP 3Aa	6.2	“ “	Added: coconut water and jelly; lentils; star fruit	Facetime with doctor
30	No entry				
31	BSP 2Aa; 3Ap; PH 6.4;	6.4	“ “		beach; light flare; headache; hives on spleen area-skin clay

<b>Sept 20/20</b>	<b>BSP</b>	<b>PH</b>	<b>Supplements</b>	<b>Foods added</b>	<b>Symptoms</b>
1	BSP 3Aa	6.2	Bh p; cal/mag n; Yarrow probio a; Aloe Fillet; T3HP a/p	Added Papaya	Light flare
2	BSP 3Aa	6.2	“ “		
3	BSP 3Aa	6.4	“ “		Some freq
4	BSP 3Aa; BSP3Ap;	6.4	“ “		Flare
5	BSP 3Aa; BSP4Aa; BSP3Aa;	6.0	“ “		Poor sleep; Flare am; rested all day
6	BSP3Aa BSP3Aa BSP4Ap	6.2	“ “		
7	BSP 3Aa; BSP5a;	6.2	“ “		Weak in am-No yoga
8	BSP3Aa; BSP5Aa BSP7Aa	6.2	“ “		Yoga; rested/tired
9	BSP 3Aa;	6.2	“ “		Flew home
10	BSP 3Ap; BSP7Ap; BSP7Ap	6.4	“ “		Fever/diarrhea am/pm; tired; Did Covid test-negative
11	BSP 3Aa	6.4	“ “		Wt loss; mild/mod flare
12	BSP 3Aa	6.6	“ “	Date Shake-good	
13	BSP 3Aa	6.4	“ “		Mild flare
14	BSP 3Aa	6.4	“ “		Mild flare
15	BSP3Aa	6.4	“ “		Good day
16	BSP 1Aa; BSP 3Aa	6.2	“ “		Flare after eating not quite ripe mango!
17	BSP 2Aa; BSP3Aa; BSP7Aa	6.4	“ “		Acid stom Ovrnite; Email doctor
18	BSP 3a; BSP4Aa;	6.4	“ “	Start CF tea-no cumin No coconut H2O etc.	Acid stom better
19	BSP 2Aa;	6.6	“ “		Incr in spasms/freq
20	BSP 1Aa; BSP2Aa; BSP4Aa; BSP5a	6.0	“ “		Bladder/Pelvic spasms pressure
21	BSP 6Aa	6.2	“ “		
22	BSP 2Aa; BSP5Aa	6.6	Add microspore		Acid Stomach
23	BSP 2a; 5Aa	6.4	“ “		Vomited acid overnight 6x;
24	BSP 3Aa	6.2	“ “		
25	BSP 3Aa;	6.4	“ “		
26	BSP 3Aa	6.2	“ “		Stom acid; poor appetite in pm.
27	No entry		“ “		

28	BSP 2Aa; 4Aa	6.6	“	“		Donated Blood; Consult doctor No need for Tram past 4 days; Addr stom acid/wt loss/root canal
29	BSP 3Aa	6.2	“	“	Readded date shakes and date roll; coconut H2O	
30	BSP 3Aa; Ph 6.2;	6.2	“	“		Stomach acid/pain

Oct 20/20	BSP	PH	Supplements	Foods added	Symptoms
1	BSP 3Aa	6.4	Bh p; cal/mag n; Yarro probio a; T3HP a/p; microspore a; Aloe Fillet		Slight Flare
2	BSP 2**Aa	6.6	“	“	Flare pm-used Tramadol again
3	BSP 1gs**Aa;	6.0	Added Shavarti ghee		Flare
4	BSP 3Aa; BSP4**A^^a; BSP3A^^a	6.2			Flare esp pm
5	BSP 1**Aa; 2Aa	6.2			spsm freq/urg/burn
6	BSP2**Aa; BSP4**; BSP6**A^^a;	5.8			Signfic Pain in blad to ureth; spsm/freq/burn. Tested/culture for blad infect- neg. Email doctor “releasing gunas” adv shroto/moringa-
7	BSP3Aa	6.0	Added 1 Tbl Psyllium Husk pm		Decrease pain etc; Taking Tramadol to assist
8	BSP2Aa; BSP3**aA^^	6.0			Burn/freq/spasm/pressure
9	BSP2**aA; BSP5**aA^^	6.6			Burn/freq/spasm-vulvadynia Stom acid/appetite much better!
10	BSP 3Aa; BSP5**A^^a	6.2			Burn/freq/spasms/pressure
11	BSP3A**a; BSP6**a;	6.0			Pain from navel to vulva; spasms etc. Flare
12	BSP 3A**a	6.2			Burn/freq/spasm in am. PM much better
13	BSP 4**A^^a; BSP 4A**a;	6.2			Decrease in flare-moderate Acupuncture
14	BSP2-3**Aa; BSP5**A^^a;	6.2			Mod burn/freq/spasm but bet
15	BSP 4-4**Aa;	6.2			Mod burn/freq/spasm but bet
16	BSP3-4Aa; BSP4**A^^	6.0			Freq waking at nite-hot feet; flare better
17	BSP3Aa; BSP4**A^^a;	6.2			Freq waking-vomit acid-hot feet; flare better

18	BSP4A^^a; BSP4Aa; BSP5A^^a; BSP6^^a	5.8		Added ½ teas of Shroto Shuddi and Moringa to GCPR	Hot feet; stomach acid; am frequency; rash in left arm and left groin. Responded to skin clay. Flare better
19	BSP3A BSP 6A^^a;	6.2			Nightmare-panic attack 1 am. Mild hot feet and stom acid.
20	BSP3Aa BSP5**A^^a	6.2			Mild freq/burn/spasm
21	BSP2**Aa	6.0			Good day!! Hungry; bone scan
22	BSP2Aa BSP4Aa BSP5**A^^a	6.2			Mild freq/spsm
23	BSP2Aa	6.0			Mild freq/burn; tongue sore
24	Forgot to post				
25	BSP3Aa BSP4Aa	5.5			Little flare-root canal
26	BSP3Aa BSP5A^^a	6.2			Overnight heat; poor sleep; tooth pain
27	BSP3Aa** BSP3a	6.0			Flare-freq/burn/spsm
28	BSP1Aa**	6.0			Flare-finished root canal
29	BSP3**Aa; BSP4Aa	6.2			Freq/burn/spsm in am; PM better (acupuncture)
30	BSP2Aa; BSP4Aa BSP5**A^^a	6.2			Freq/burn/spsm
31	BSP3Aa BSP5**A^^a	6.0		Loki lunch	Mild freq/burn/spsm; headache/stomache

NOV 20/20	BSP	PH	Supplements	Foods added	Symptoms
1	BSP4**A^^a BSP7**A^^a	6.4	Bh p; NM calc n; Yarro probio a; HPT3 a/p; Megaspore a; Aloe Fillet 6-8x Coriander/fen Tea	GCPR protocol contd	Massage from friend. Crazy tight in shoulders; jaw; neck. Sleep better.
2	BSP5Aa	6.4	“ “		Chiro for tight neck/back
3	BSP4A**a BSP7**A^^a	6.8		Loki lunch	Flare freq/burning/spasm; Date shake-delicious
4	BSP3Aa BSP4**Aa; BSP7**A^^	6.0		Split pea lunch	Freq/burning/spasm. Went to Uro/gynecology. Microgen
5	BSP 3a; BSP 4Aa	6.2			Some freq/burn better (spouse to dentist emerg)
6	BSP3a; BSP4Aa;	6.6			AM ok; PM freq/burn
7	BSP3Aa BSP5Aa	6.0			AM freq/burn/spsm
8	BSP3Aa; BSP7A**a	5.5			Burn/freq/spasm/pressure (temp stopped calcium)

9	BSP3Aa; BSP4Aa	6.0			Decr freq/burn/spasm
10	BSP1a; BSP4Aa	6.6			Good day
11	BSP1Aa BSP4Aa	6.2			Some flare freq/burn/spasm; pain in midline of bladder
12	BSP1Aa BSP4a BSP7**A^^a	6.2			Burn/freq/spasm; Vulva pain Sent log to doctor for tomorrow consult
13	BSP3sAa	6.8			Consult with doctor over Zoom
14	BSP1sAa BSP5sAa	6.4			Mild to mod burn/freq/spasm
15	BSP2gsAa 4gsAa	6.0		GCPR Protocol cont..	Overnite freq 6x to bathroom Mod to severe burn/freq/spasm
16	BSP1sAa; BSP3sa	6.4	NEW: Started NETI and Kalabhati		Better day
17	BSP 2sAa 4gsAa 5gsAa	6.2			Poor sleep waking at 3am; Ears popped and hurt w/Neti; Stomach acidic
18	BSP 2sAa BSP 1gAa	5.8			Email doctor abt ears hurt and going down throat. Changed position during Neti-better
19	BSP2gsAa BSP3Aa	6.0		Neti: runs down cheek and back of throat	Poor sleep waking at 3am; Decrease in burn/freq/spasm
20	BSP3gs	6.4			Poor sleep wakiing at 3am
21	BSP 3s	6.4	NEW: Started Turkey Tail		Bone scan sent.doctor replied very helpful!!
22	BSP1gsA; BSP4gsA	6.0			Mild to mod Burn/freq/spasm
23	BSP2gsAa 3gAa 3ga	6.4			Freq/spasms no burning
24	BSP4gsAa BSP6gsAa	6.2			Freq/spasms-esp pain w/spasms
25	BSP 3gsAa	6.0			Poor Sleep-HOT!! Neti: mucous out on R side
26	BSP3gsAa BSP5gsAa	6.4	NEW: Started Nasaya	Ate root medley from Divya Alter recipe for Tgiving	Mild to mod burn/freq
27	BSP 2gsAa BSP 6gsAa	6.6			Flare!! Freq/painful spasm in bladder/burn; pain-bladder midline down to urethra/ vulva
28	BSP1gsAa BSP5gsAa	6.2	NEW: started SVA Bone Herb; SVA Maha Kanchanar		Flare still present as above but a little better w/meds Neti: mucous on right-ears better
29	BSP2gsAp	6.2		“ “	Flare still present but better; urethra burn
30	BSP1gsAa BSP4gsAa	6.0		Neti; lots of mucous on right side coming out	Flare!! Burn/very frequent; pain in bladder midline this am. Email doctor-rec purgation. 3tsp T3

Dec 20/20	BSP	PH	Supplements	Foods added	Symptoms
1	BSP1gsa BSP3gsAa BSP5gsAa BSP6gsAa	6.6	NM calc n; Yarro probio a; New 1Tsp-T3 a/p; Megaspore a; Turk Tail a/p; Aloe Fillet 6-8x Coriander/fen Tea	GCPR protocol contd	Flare better; slept better previous night. Took 3tsp of T3 for purgation prev night. Minor cramping. Increase in BM today.
2	BSP1gsAa BSP3gsAa	6.0	“ “		Flare back; slept better tho; freq/spasms
3	BSP1gsAa BSP4gsAa BSP4gsAa BSP8gsAa	6.2			Purgation seems to have arrived!; Decr in freq/burn/spasm.
4	BSP2gsa BSP8gsAa	6.6			Neti: middle drain-no cheek- mucous L&R; diarrhea; Decr freq/burn/spsm; 1 <sup>st</sup> day of work
5	BSP3gsAa	6.6			Neti: Muc L&R-no cheek-center drain; Dec in freq/burn/spsm
6	BSP1sa BSP3sAa; BSP4sAa	6.6			Neti: Muc L-no chk-cent drain; Dec in freq/burn/spsm
7	BSP1-3sAa	6.6			Neti: mucous L & R; no cheek; freq/burn/spsm 40% better;
8	BSP1sAa; BSP4a BSP4gsAa BSP4gsAa	6.6			Neti: Mucous L; R ear drum pain; Cheek. Dec freq/burn/spasm
9	BSP1gsAa; BSP5gsAa	6.0			Decr freq/burn/spasm
10	BSP 1gsAa BSP 3gsAa; BSP 3gsAa	6.2	Stopped T3 RestartedHPT3 a/p-see symptom		Interr sleep from signif pain in Lower R large intestine. Resolved with castor pack and BM
11	BSP3gsAa 5gsAa BSP4Aa	6.0			Poor sleep; hot acid stomach; Neti: Mucous L&R
12	BSP1gsAa BSP3gsAp	6.0			Good day; disturbed sleep- waking hot
13	BSP2gsAa BSP4gsAa	6.2			Good sleep-some mild freq/burn during day
14	BSP2gsAa BSP3gsAp	6.2			Poor sleep-waking hot; Neti: mucous L
15	BSP2gsAa BSP3gsAp	6.2		GCPR Protocol cont..	Flare previous evening. Today much better
16	BSP2gsAa; BSP2gsAp	6.2			Some Straining with BM Neti: Mucous L&R
17	BSP1gsAa	6.6			Straining with BM;



	BSP1gsAa BSP1gsAa				Neti No mucous during; mucous after
18	BSP1gsAa BSP1gsAa BSP1gsAp BSP2gsAp	6.6			Straining during BM Neti: mucous after
19	BSP1gsAa BSP2sAa BSP3gsAa	6.2			Better sleep
20	BSP1sAa; BSP3gsAa BSP4gAa	6.4			Interrupted sleep; strange dreams
21	BSP1gsAa BSP3gAa BSP1sAp	6.6			Interrupted sleep; mild flare
22	BSP1gsA; BSP4gsA	6.0			Lower back Hurts after yard work
23	BSP1gsAa BSP2gsAa BSP2gsAp	6.0			Gave blood; iron 13.4. Neti: Mucous L
24	BSP4gsAa BSP6gsAa	6.2			Slept good; Light headed; slight flare/bladder pressure
25	BSP1gsAa BSP3sAa BSP4sa	7.0		Ate Divya alter Curry and Chutney for xmas	Slept good; Light headed weak waking; mild freq/burn
26	BSP1sAa BSP3sAa BSP4gsAa	7.0			Mild freq;burn am. Slept good Neti; mucous R&L;
27	BSP1gsAa BSP3gsAa	6.4			Sleep better; Some waking hot. Neti: muc R; cheek and no cheek
28	BSP1gsAa BSP3sAa BSP4sA	6.4			Freq/Burning Met with doctor
29	BSP1gsAa BSP4gsAa	6.6			Poor Sleep; overnite burning; headache
30	BSP1gsAa BSP3sAa BSP6gsAa	6.6			Burning/frequency-woke every hour to urinate. Awake at 1:30am
31	BSP2gsAa BSP3gsAa BSP3a	6.2			Sleep better; flare better

Jan2021	BSP	PH	Supplements	Foods added	Symptoms
1	BSP1gsAa BSP4sAa BSP5gsAa	6.0	NM calc n; Yarro probio a; 1Tsp-T3 a/p; Megaspore a; Turk Tail a/p; Aloe Fillet 6-8x Coriander/fen Tea	GCPR protocol contd	Poor fitful sleep; acid stomach; Started weight exercises MWF am.

2	BSP1gsAa BSP4gsAa BSP5gsAa	6.6	“ “		Fitful sleep; mild to mod flaring e.g freq/burning. Waking hot 2am
3	BSP1gsAa BSP4sAa BSP3gsAa	6.6			Slept better; still waking 2am hot
4	BSP1gsAa	6.0			Woke 12:30-hot all over;esp feet Exhtd; flare-freq/burn; about covid vaccine and heat
5	BSP1gsAa BSP2gsAa BSP4sAa	6.6			Slept better; headache in afternoon. Went to chiro
6	BSP1gsAa BSP3gsAa; BSP3sAp	6.0			Covid vaccine; no freq/burn at work; slept better
7	BSP2gsAa BSP4gsAa	6.2			Sleep better; Minimal freq/burn
8	BSP1gsAa BSP3gsAa	6.4			Sleep better; some freq/burn in eveng. Att purgation w/3tspT3 Neti: some burning-ammonia
9	BSP1gsAa BSP4gsAa	6.4			Decrease burn/freq. 1/4T
10	BSP1gsAa BSP4gsAa BSP5gsAa	6.4			Prob falling asleep; woke hot; then slept. Vivid dreams 1/2T
11	BSP1gsAa	6.6			Fitful sleep; some freq/burn 1/2T
12	BSP1gsAa BSP3gsAa	6.2			Poor sleep awake 2-4am. Slept with vivid dreams. 1T
13	BSP1gsAa BSP3gsAa	6.4			Slept better; mild flare freq/burn during day
14	BSP1gsAa BSP3gsAa BSP3gsAa	6.6			Flare: Freq/burning; some intermittent sensation in bladder marma line
15	BSP1gsAa	6.8	EZ lax at noon No T3 evening	GCPR Protocol cont..	Sleep better; Flaring w/burn/urgency (every hr) EZ lax at noon
16	BSP1gsAa; BSP4gsAa BSP2gsAp	6.6	No T3 morning T3 evening.		Sleep better w/ 1 urination-Yay Some freq/burn during day- email Dr. D re: no purgation 1/2T
17	BSP2gsAa BSP4gsAa BSP4gsAa BSP5gsAA	6.4	Back to regular T3 protocol		Email purgation arr! w/some mild cramping. Freq w/some burn No Neti or practice today.
18	BSP3gsAa BSP4gsAa BSP4gsAa	6.6			Some Interr sleep-hot; Neti: clogged right ear
19	BSP2gsAa BSP3sAa	6.6			Interrupted sleep-hot 2am

20	BSP2gsAa BSP4gsAa	6.2			<b>Poor Sleep.</b> Woke hot at 1:30am Could not fall back asleep
21	BSP1gsAa BSP3gsAa BSP4gsAa	6.2	Trenev Trio started		Slept Better; Freq/mild burn
22	BSP1gsAa BSP4gsAa BSP4gsAa	6.6			Flare today-freq/burn; pain bladder midline
23	BSP1gsAa BSP1gsAa	6.4			Slept well. Some freq/burn; flare better. Neti: clog right ear still
24	BSP1gsAa BSP3gsAa	6.4			Slept good; freq/less burn
25	BSP1gsAa	6.4			Interrupt sleep; woke hot at 1:30
26	BSP1gsAa BSP1sAa BSP2gsAa	6.6			Interrupt sleep; freq urination overnight; woke at 3:30am
27	BSP1gsAa BSP3gsAa BSP3gsAa	6.2			Flare-Freq/urethra nerve pain/spasms; final covid vacc.
28	BSP1gsAa	6.6			Achey; low grad fever; headache Frequency/burn
29	BSP1gsAa	6.4			Slept better; overnite freq; day better; mild to mod burning.
30	BSP1gsAa	6.4			Slept well; Neti: ammonia smell; lft clogged ear
31	BSP1gsAa BSP4gsAa	6.2			Sleep better; crusty rash at base of skull; Neti

<b>Feb2021</b>	<b>BSP</b>	<b>PH</b>	<b>Supplements</b>	<b>Foods added</b>	<b>Symptoms</b>
1	BSP1gsAa BSP1gsAa	6.2	NM calc n; 1Tsp-T3 a/p; Megaspore a; Turk Tail a/p; Tren Trio a; Aloe; CFtea	GCPR protocol contd	<b>Poor fitful sleep;</b> Woke 1am hot; writhing; fell back 3am; day headache; flare; burn; urg; press on bladder midline
2	BSP1gsAa BSP4gsAa	6.8	“ “		Sleep better; afternoon headache; chiro; Neti: ammonia smell after
3	BSP1gsAa BSP3gsAa	6.0			Fitful sleep; Flare; freq/urg/burning/urethra nerve pain; bladder pressure; headache; Clogged right ear.
4	BSP1gsAa	6.0			Freq waking; Flare am; spasm freq; pain in midline to rt ovary
5	BSP1gsAa BSP1gsAp BSP1gsAp	6.6	<b>TOOK EZ LAX AT NOON-NoT3 PM</b>		Sleep ok but freq waking; flare better; mild to mod freq/burn/spasm;
6	BSP1gsAa BSP3gsAa; BSP4ga BSP4gsAa	6.6	NO T3 AM		<b>Poor sleep;</b> some freq/burn

7	BSP1gsAa; BSP3gsAa; BSP4a BSP6gsAa	6.8			Sleep better; Levator spasms; some freq/burn/spasm
8	BSP2gsAa BSP4gsAa	6.6			Flare; better w/mint/castor oil Neti: Ammonia smell; lft ear pain
9	BSP1gsAa; BSP4gsa	6.2			Sleep-hot at 2am. Neti: mucous w/Nasya. IC sympt better!
10	BSP1gsAa BSP4gsAa	6.6			Poor sleep 2am awake till morn. IC sympt still better-ice storm
11	BSP1gsAa BSP5gsAa	6.2			Sleep better; some freq-IC better; Acid stomache
12	BSP1gsAa BSP3gsAa BSPgsAp	6.4			Sleep better-IC better; Acid stomach more noticeable; still using ½ Tram.
13	BSP1gsAa	6.8			Slept better; IC sympt better
14	BSP1gsAa BSP4gsAa BSP3gsAa	6.6			IC symptoms improving; some mild to mod freq/burn/spasm; New: sciatica
15	BSP1gsAa BSP4gsAa	6.8		G CPR Protocol cont..	Sleep better; IC same progress SNOW/COLD; stom acid; sciatica
16	BSP3gsAa	6.4			Interr sleep; nightmare; IC better Stomach acid; sciatica
17	BSP1gsAa	6.6			Sleep ok. Woke at 11:30pm.
18	BSP1gsAa BSP1gsAp	6.8			Woke again at 11:30-yoga to go back to sleep
19	BSP1gsAa	6.2			
20	BSP1gsAa BSP4gsAa	6.8			Some freq/burn; Sciatica pain
21	BSP1gsAa BSP4gsAa BSP3gsAa	6.2	Added Acid Care daily am/pm	Incr Shroto Shruddhi & Moringa to 1tsp; Decr HP Masala to1 tsp.	Some freq/burn (4); back pain predominant; started core ex
22	BSP3gsAa BSP3gsAp	6.4			Neti: Mucous rt side; after water rt Side.
23	BSP3gsAa BSP4gsAa BSP4gsAa	6.2			Poor sleep; Woke at 2am no return Neti:Mucous/after water lft side
24	BSP2gsAa BSP3gsAa BSP4gsAa	6.8			Some freq/burn; tired
25	BSP3gsAa BSP3gsAa	6.8			Back Pain; center of lower lumb Chiro adjust-better
26	BSP3gsAa BSP3gsAa BSP3sa; BSP3sp	6.6	TOOK EZ LAX AT NOON-NoT3 PM		Took Ez lax at noon-no T3pm; <b>poor sleep</b> ; some freq/burn; back pain.
27	Bsp2gsAa BSP 4gsAa BSP6gsAa	5.8			Sleep better; no T3 am
28	BSP3sa BSP4gsAa	6.4			Sleep ok; woke to lumbar pain midnight;

	BSP7gsAa				
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Mar2021	BSP	PH	Supplements	Foods added	Symptoms
1	BSP3gsAa BSP3gsAp	6.6	NM calc-n; iron-n T3 pill a/p; Megaspore a;Turk Tail a/p; Tren Trio- a; Aloe; CF tea	GCPR protocol cont 1tsp of each-Shroto; Moringa and HP masala	Sleep good; some freq/burn; some back pain Taking ½ Tram and ½ Clon since mid Feb.
2	BSP3gsAa BSP4gsAa BSP3gsAa	6.4	“ “		<b>Terrible sleep</b> ; frequent overnight urination; flare in daytime. Stopped Vitanica iron
3	BSP1gsAa BSP3gsAa	6.2			<b>Poor sleep</b> ; gave blood-13.8 hemo; mod freq/burn
4	BSP3gsAa	6.2			Slept good; Some freq/burn; no practice but follow diet.
5	BSP3gsAa	6.8		Split Pea soup	<b>Poor sleep</b> -diff falling asleep; freq overnight urine; Day-flare.
6	BSP3gsAa BSP4gsAa	6.4	Add Prakrit a/p Add Chandi T3 a/p	Increase Moringa to 1.5tsp.	Disturbed sleep; mild to mod freq/burn-pain bladder midline
7	No BSP	5.8			Some freq/burn; some backpain
8	BSP1gsAa BSP3gsAa BSP3gsAp	6.4			BM and intest pain after lunch; mild freq/burn
9	BSP1gsAa BSP4gsAa	6.2			<b>Poor sleep</b> ; woke with headache rt back side and behind eye.
10	BSP1gsAa BSP3gsAa BSP3gsAp	6.2			<b>Poor sleep</b> ; Took extra Tram and Clon to fall asleep; headache 4pm lft side.
11	BSP1gsAa BSP3gsAa	6.2			Sleep better; some freq/burn
12	Bsp1gsAa BSP2gsAa Bsp3GaAp	6.4	Took EZ lax at noon; no pm T3		Sleep ok; Tired; Neti Drain left side. IC symptoms better
13	BSP1gsAa Bsp3gsAa Bsp4gsAa	6.4	No T3 am		Stomach acid
14	BSP2gsAa	6.4			Sleep good; stomach acid am
15	BSP1gsAa	6.6			Sleep better; 3am woke hot;
16	Bsp3gsAa Bsp3gsAa BSP4gsAa BSP4gsAa	6.4			<b>Poor sleep</b> ; woke at 1:30 am did not ret. Dentist two fillings; some IC flare
17	BSP3gsAa	6.4			Sleep better; stom acid pain rt side from stomach to heart; lots of belching; right ear congest
18	BSP3gsAa BSP4gsAa Bsp4gsAa	6.4			<b>Poor sleep</b> woke at 2:30am; flare; some stom acid; belching; Rt ear congest;
19	BSP3gsAa BSP4gsAa	6.6			<b>Poor Sleep</b> ; Neti Rt ear congestion/pain; belching

20	BSP3gsAa	6.2			Diff falling asleep; freq/burn; no practice; slept in. belching.
21	BSP1gsAa BSP3gsAa BSP4gsa BSP3gsAp	6.4			Poor sleep woke at 2:00. Vomit acid; freq during night/day; belching; back pain
22	BSP3gsAa BSP4gsAa BSP3gsAp BSP2sAp	6.2			Poor sleep-woke at 2am. Fell back asleep at 4:30am. Belching
23	BSP1gsAa BSP3gsAa	6.0			Sleep better; Mild Freq/burn; belching; gas; stomach pain
24	BSP1gsAa BSP3gsAa BSP3gsAp	6.0			Sleep better; woke at 2:30am back to sleep at 4am; IC better Good Day
25	BSP3gsAa	6.2			Sleep good; woke at 2am but back to sleep; day-dragon in my belly!!; acid reflux; inc in mucou
26	BSP1gsAa BSP3gsAa	6.2	EZ LAX at noon	Incr moringa to 2tsp; 1tsp of shroto masala	Sleep early big nightmare!! Shaking cold; then better day
27	BSP1gsAa BSP3gsAa BSP3gsp BSP4gsAa BSP4gsAp	6.4			Some stomach acidity-Good day at farm for IC; no practice or gcpr-split pea soup.
28	BSP3gsAp BSP4gsAp	6.2	Started Rose proto; Hi pitta T3		No practice at gcpr-split pea;
29	BSP3gsAa	6.2			Poor sleep; freq/burn
30	BSP2gsAa; BSP3gsAa BSP4gsAa BSP4gsAa BSP4gsAp BSP7gsAp	6.2			Sleep better but overnite freq; mod daytime freq/burn; some stomach acid but better; tongue sore at tip;
31	None	6.4			Sleep better; some freq/burn; some stomach acid; tongue sore

Apr2021	BSP	PH	Supplements	Foods added	Symptoms
1	BSP1gsAa BSP4gsAa BSP4gsAa	6.2	NM calc-n; iron-n HPT3 pill a/p; Prakrit a/p; Megaspri a; Turk Tail a/p; Tren Trio- a; Aloe; HPT/CF tea; rose nect in lassi; rose pres in H2O		Sleep okay. Woke to stomach hurting at 12:30. Lots of belching-woke and worked w/self acupress better. Back to sleep. Daytime belching and stomach pain predominant. Some freq/burning.
2	BSP1gsAa BSP4gsAp	6.0	EZ LAX NO HP3 in pm		Sleep so so; Day flare w/spasm freq;
3	BSP1gsAa BSP3gsAa BSP4gsAp	6.4	No am HP3		Spasm/freq/burning

4	BSP2gsAa BSP3gsAa BSP4gsAa BSP5gsAa	6.0			Neti: mucous lft pain in rt ear. Anal itch/burn; stomach pain; sore lips; hot flashes
5	No BSP	6.4			Freq/burn/Spasm. Pimple/sores inside lft side of mouth. Anal bur
6	BSP1gsAa BSP3gsAa BSP3gsAa	6.2			Flare and stomach better; mouth and anus better
7	BSP1gsAa BSP2gsAa	6.2			Sleep better; Some freq/burn/spasm; stom better
8	BSP1gsAa BSP3gsAa BSP4gsAa	6.2			Overnight frequency!! Stomach acid/belching; Anal burn/tiny bit of blood
9	BSP1gsAp	6.6			Decent sleep; better day
10	BSP1gsAa BSP4gsAa BSP3gsAa	6.2			Good sleep; 11am Freq/spasm burning w/vulvodynia increase.
11	BSP1gsAa BSP4gsAa BSP5gsAa BSP4gsAa	6.0			Good sleep; better day;
12	BSP1gsAa BSP3gsAa	6.4			Sleep good; Pretty good day; some mild freq/burn/spasm
13	BSP1gsAa BSP4gsAa	6.2			Sleep good; Afternoon mild freq/burn;
14	BSP4gsAa	6.2			Decent sleep; flare! Freq/spasm Vulva burning
15	BSP3gsAa	6.2			Sleep ok; Flare freq/burn every 30 min-vuladynia ; vomit acid after rose preserve;
16	BSP1gsAa	6.8	EZ LAX		Sleep ok; stom better; flare; EZlax
17	BSP1gsAa BSP3gsAa BSP4gsAa BSP4gsAa BSP4gsAa	6.4			Flare-vulvodynia;
18	BSP3gsAa	6.6			Flare a little better; Vulva burn Vomit acid after pudding
19	BSP1gsAa BSP3gsAa BSP3gsAp	5.8			Woke 11:30pm w Pain xiphoid- urethra-better w/massage; vulva burn! Hard to sit
20	BSP1gsAa BSP3gsAa BSP4gsAa	5.8			Poor sleep woke at 1:00 am- 3:30-vulva burn! Large BM in am-weak. Diarrhea going around at work?
21	No BSp	6.2	Restarted rose products; acid car		Interr sleep; Pain, freq, burn in bladder and vulva
22	BSP1gsAa BSP3gsAa	6.0			Better day; decrease in burn, freq spasm tho still present
23	BSP3gsAa	6.2	EZ Lax		Woke 6-7x to urinate overnite

					Freq, burning etc (ext estrogen)
24	BSP1gsAa BSP4gsAa BsP4gsAa BSP3gsAa	6.2			Ok sleep; emotional; burn, freq etc.
25	BSP3gsAa BSP4gsAa BSP4gsAa	6.0			Urethra burning leading to frequency. Used pyridium and external estrogen
26	BSP3gsa	6.0			IC better; urethra still burns; some freq; tried shatavari
27	BSP1gsAa BSP4gsAa BSP4gsAa BSP7gsAa	6.4			Good sleep; Spouse afib-ICU-Rash on head; Rash still present from tick bite but better.
28	BSP3gsAp	5.8			Poor sleep; IC sympt better
29	BSP3gsAa BSP4gsAa	6.4			Good sleep; Decr vulva/urethra burning but very freq urination
30	BSP3gsAa BSP4gsAa	6.2			Sleep better; IC freq decr; but still vulva urethra burn tho bett

<b>May2021</b>	<b>BSP</b>	<b>PH</b>	<b>Supplements</b>	<b>Foods added</b>	<b>Symptoms</b>
1	BSP3gsAa	6.0	NM calc-n; iron-n HPT3 pill a/p; Prakrit a/p; Megaspre a;Turk Tail a/p; Aloe; HPT/CF tea; rose nect in lassi; rose pres in H2O; Acid Care	EZ lax #6	Burn/freq-used Pyridium-so,so Pelvic rash itchy, burning. EZ Lax
2	BSP4gsAa	6.4			Pelvic rash-used cool compress
3	No doc				Traveling
4	No doc				Traveling
5	BSP3gsAa BSP4gsAa	6.0			IC symptoms better; using skin clay on rash
6	BSP3gsAa BSP4gsAa	6.2			Flare-freq, spasm burning
7	Forgot to doc				
8	BSP4gsA BSP4gsAa	6.6		EZ lax #7	Woke at 4:30am-not enuf sleep
9	BSP3gsAa BSP4gsAa BSP5gsAa BSP3gsAp	6.0			Some freq, burn am; better pm
10	BSP3gsAa BSP4gsAa BSP5gsAa	6.2			Woke hot 12-2; lightheaded some freq, burn in am. Better in pm.
11	BSP4gsAa BSP5gsAa	6.2			Woke hot 12-2; IC better but hot at beach.



12	BSP3gsAa BSP4gsAa	6.6			Woke hot 12-2; No practice today-tired;
13	BSP4gsAa BSP5gsAa BSP4gsAa	6.6			Woke cold at 3:30am then hot; BM at 4am; poor sleep
14	BSP4gsAa BSP1gsAp	6.2			Mild IC symptoms; Lavator spasm at bedtime
15	BSP4gsAa BSP5gsAa	6.0			Sleep better; IC better
16	BSP3gsAa	6.0			Good day; boat ride then snork
17	BSP3gsAa BSP4gsAa BSP4gsAa BSP4gsAa	5.5			Disturbed sleep; severe lft leg calf cramp overnight. IC stable
18	BSP3gsAa BSP4gsAa BSP4gsAa	6.0			Better sleep- hot in island; IC stable some freq, spasm, burn; Urethra/trigone about gone
19	BSP3gsAa BSP4gsAa	6.2			Overnight freq; hot in island! Poor sleep-bug bites
20	BSP3gsAa	6.0	Started TDC-DGL; Gudduchi; KS		Poor sleep; travel home; Started TDC in evening
21	BSP3gsAa	6.2			Slight incr in IC sympt
22	BSP4gsAa BSP4gsAa	6.0			Fever blister Rt lower lip; Pelvic Rash increased
23	BSP3gsAa	6.4			Rash under lft under arm
24	BSP3gsAa BSP4gsAa	6.0			Poor sleep due to itchy fiery pelvic rash.. Order liver clay
25	BSP3gsAa BSP4gsAa	6.6			Pel RASH!! Poor sleep; spouse in hosp-pacemaker; acupunct
26	BSP3gsAa BSP4gsAa	5.8			Pelvic RASH! Using cold compresses
27	BSP1gsAa BSP4gsAa BSP4gsAa BSP7gsAa	6.2			Rash a little better; went to Dermatology; not fungal
28	BSP2gsAa BSP4gsAa BSP4gsAa	6.4			Poor sleep; hot; leg spasms; Restless leg syndrome?
29	BSP1gsAa BSP4gsAa BSP4gsAa	5.8			Awake 2am-5am; acid stomach; belching and pain.
30	BSP4gsAa BSP5gsAa BSP5gsAa BSP4gsAa	6.8			Poor sleep-hot w/restless legs
31	BSP5gsAa	6.0			Better sleep but awake 2-4am

<b>June 2021</b>	<b>BSP</b>	<b>PH</b>	<b>Supplements</b>	<b>Foods added</b>	<b>Symptoms</b>
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1	BSP4gsAa	6.4	NM calc; iron-n HPT3 pill a/p; Prakrit a/p; Megaspre a;Turk Tail a/p; Aloe; HPT/CF tea; rose nect in lassi; rose pres in H2O; liver clay; Acid Care		Waking hot w/restless feet 2:30-4:30am. Stomach acid; started LIVER CLAY-finally arrived! Applied evening
2	BSP3gsAa BSP4gsAa	6.6			Better sleep; rash better; stom acid better; mod flare w/burn, freq, spasm
3	BSP3gsAa BSP4gsAa	5.8			Flare continues but better overall
4	BSP4gsAa	6.8			Sleep & rash better; some IC sy
5	BSP4gsAa BSP4gsAa BSP4gsAa	6.2			IC symptoms better; Stomach acid increase.
6	BSP2gsAa BSP4gsAa BSP4gsAa	6.4			Awake 2:30-4:30; Stomach acid; Poison Ivy Rash. IC same.
7	BSP4gsAa BSP4gsAa BSP5gsAa	6.6			Poor sleep due to rash; Flare-spasm freq/burn; pain down bladder midline; some stom acid
8	BSP3gsAa BSP4gsAa	6.2			Poor sleep-rash; stomach acid radiating to back; vomit acid
9	BSP2gsAa BSP4gsAa	6.4			Poor sleep-rash; stomach acid in am; better pm; IC better
10	BSP1gsAa	6.2			Poor sleep-rash; stomach acid in pm; vomit acid; slight flare
11	BSP3gsAa BSP4gsAa	6.4			Interr sleep-rash; slight flare w/spasm freq/urg.
12	BSP3gsAa BSP4gsAa	6.2			Inter sleep awake 2:30-6:00am. Lower leg spasms; flare same; stomach acid pm-vomit acid
13	BSP3gsAa BSP5gsAa	6.4			Awake 1:30-3:30; rash better; bit of stom acid in am. IC better
14	BSP3gsAa BSP4gsAa BSP4gsAa	6.2			Sleep better tho woke every 2 hrs-hot; some stom acid in pm.
15	BSP3gsAa	6.0			Neti: no drain; Interrup sleep; IC same; stomach acid bit better
16					
17					
18					
19					
20					
21					
22					
23					

## CCF(Cumin Coriander Fennel) Detoxifying Tea

Place equal volumes of each of the whole seeds(not powder and preferably organic) into a ziploc and toss to completely mix When using the cumin **dry roast the seeds in a skillet without any oil or water in the amount to make equal proportions of coriander, fennel, and cumin**

**You can use mixture without the cumin but if using the cumin it must be toasted to remove its heat**  
Cumin clears the agni burners between the tissue layers improving the health of the body's tissues and helps clear imbalances Coriander takes toxins and excess water out through the urinary tract and fennel gently improves the GI tract's digestive power and absorption and assimilation

Place 1T of mixture with 6-8oz of water Bring to a boil for 5min and strain Add more water if too strong Can make larger volume using proportions boiling longer and then place in a thermos to sip on all day

Another simple way is to boil a measured volume of the Contigo water bottle with apple and clove then strain the water off and load to the bottle Then load the seed basket with the seed mixture into the water bottle You can then use the boiled apple with clove as a prebreakfast(lasts on the counter about 2days)



link [goo.gl/zMsCGQ](https://goo.gl/zMsCGQ)



link [goo.gl/1QM9QK](https://goo.gl/1QM9QK)

BSP journal

Link for Hydrion pH tape from amazon.com

<https://amzn.to/2mhUgqp>



See examples using the Google calendar

Date

BSP pattern am pm

Sinks or sticks to porcelain denoted by A

T3 T3HP EZLax EZLax mild #am and #pm

Notable symptoms

What was eaten for the day....not necessary

## Example

1.26.19

BSP4gs\*\*aA^^/3pA

T3HP\*2a/EZLmild\*1p/T3\*

**GCPR 12n^**

**Symptoms more bloating pressure in pelvis**

**\*T3HP = Triphala for High Pitta T3 = triphala EZLmild = EasyLax mild**

**^^A = ama/amavisha(toxic load released)...sinks = A**

**\*\*gs gas and smell.....can be one or both....if gs recorded it is A**

**^ GCPR12n = green composite protein recipe 12noon**

# Gunas and Samprapti and Sroto Dushti

Sanchya(Ati pravrutti)	Cold	Liquid Sour	Heavy Cold
Prakopa(Sanga)	Dry Light	Hot Pungent	Liquid Slow/dull
Prasara(Sira granthi)	Mobile	Sara Oily Bitter	Oily
<b>Sthana Samshraya (Vimarga gamanam)</b>	Subtle -----	Sharp -----	Slimy Sticky <b>Qualitative dhatu change</b>
Vyakti	Rough ----- Vruddhi Kshaya	Light ----- Vruddhi Kshaya	Soft Cloudy Quantitative dhatu change Vruddhi Kshaya
Bheda	Clear Vruddhi Kshaya	Fleshy smell Vruddhi Kshaya	Hard Dense Gross Static Vruddhi Kshaya

Purva  
Rupa

Sroto  
Dushti

Dhatu  
Dushti

# Leaky Gut and Healing Grahani Rog NAMA Seminars in Ayurveda October 25, 2021

Marriage of AY Siddhantas and Current Understanding of Gut Microbiome

Applicable Nutritional and Simple Herbal Therapies

Monitoring Progress and Compliance with BSP journal

# What Will Be Covered

Understanding Grahani Rog(IBS SIBO IBD) and Leaky Gut Syndrome(LGS)

Disruption of microbiome

Nutritional Therapies

Monitoring therapy



# Anatomy of GIT According to Sushrut

Amashaya stomach

Grahani duodenum or C loop

Pakvashaya small and large intestine

Stuhlantra rectosigmoid and rectum

**Grahani rog anatomically involves more than duodenum but most of pakvashaya as well**



# Grahani Rog

AY imbalance described as an **jathar agni disturbance** that produces a specific set of symptoms revolving around intestinal function and rectal evacuation(mala) ie acid indigestion, bloating, belching, cramping, constipation, diarrhea

Today this imbalance is described as

Leaky gut syndrome(LGS)

Irritable bowel syndrome(IBS)

Small intestinal bacterial overgrowth(SIBO)

Gastroparesis

Inflammatory bowel disease(IBD)

# Common Theme of Grahani Rog: Leaky Gut

Today all gut disorders are related to jathar agni disturbances and all are associated with LGS

Irritable bowel syndrome(IBS) is functional bowel dis-ease  
there is no pathological/tissue diagnosis of abnormal tissue  
associated with constipation(V) diarrhea(P) or mixture VP PV PK

**Inflammatory bowel dis-ease(IBD) advanced P dis-ease**

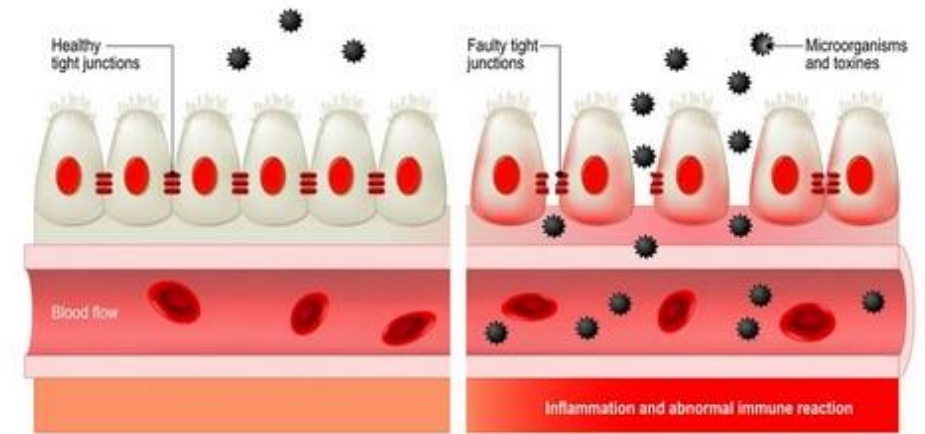
pathological diagnosis is present = regional enteritis, Crohn's disease

Difference between the 2 disorders is one of degree but BOTH are associated with LGS

# Leaky Gut Syndrome(LGS)

In 2000 Fasano and team discovered zonulin...protein responsible for maintaining tight junctions between cells in the GIT

Leaky gut term coined but now has become known as increased gut permeability(IGP)

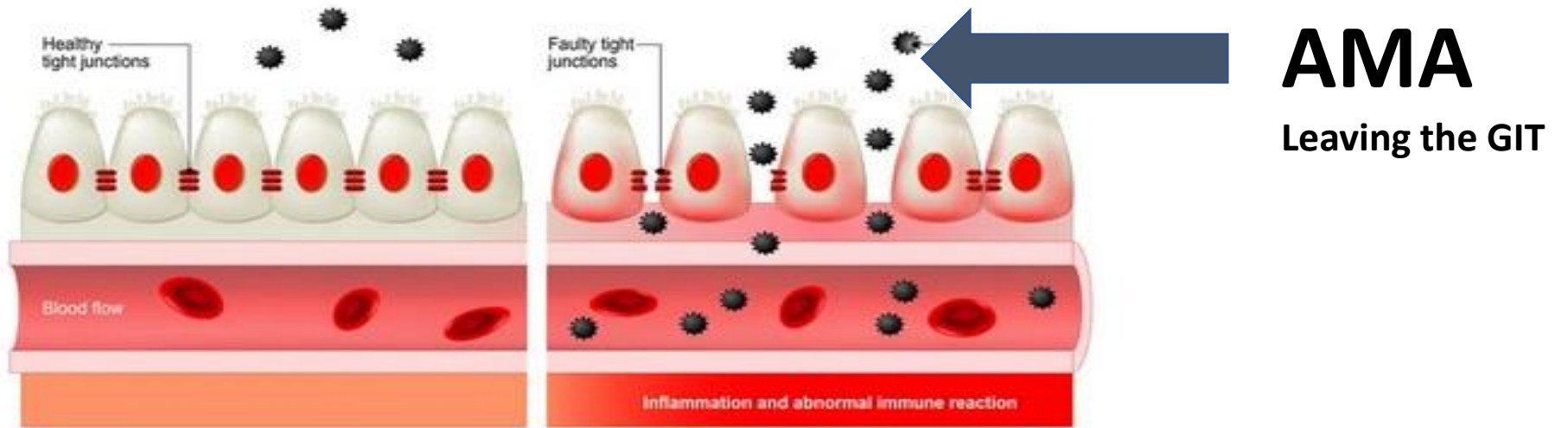


Unfortunately while it is recognized that certain medications and conditions can cause LGS/IGP there is contemporary debate whether a porous gut lining can cause disease AY sheds light on the severity of LGS

# AY and Seriousness of LGS

**From AY perspective LGS = prasara stage/sira granthi/dissemination**

spread of toxic load(ama) from anna vaha srotas and will lead to obvious dis-ease in vyakti stage which then can advance to bheda stage



**Bad news is that LGS is very common and easily instigated**

# Gunās and Samprapti and Sroto Dushti

Sanchya(Ati pravrutti)	Cold	Liquid Sour	Heavy Cold
Prakopa(Sanga)	Dry Light	Hot Pungent	Liquid Slow/dull
Prasara(Sira granthi)	Mobile	Sara Oily Bitter	Oily
Sthana Samshraya (Vimarga gamanam)	Subtle	Sharp	Slimy Sticky <i>Qualitative dhatu change</i>
Vyakti	Rough ----- Vruddhi Kshaya	Light ----- Vruddhi Kshaya	Soft Cloudy Quantitative dhatu change Vruddhi Kshaya
Bheda	Clear Vruddhi Kshaya	Fleshy smell Vruddhi Kshaya	Hard Dense Gross Static Vruddhi Kshaya

**Leaky Gut Syndrome**

Purva Rupa

Sroto Dushti

Dhatu Dushti

See handouts

# Leaky Gut as Spectrum Disorder

VPK guna imbalances lead to agni disturbances that if unchecked lead to gas(V)vishama agni, excess heat/burning(P) tikshna agni, or excess fluid intake(K) manda agni with congestion

**LGS and the microbiome disturbance go together** It is known that mental stressors such as anxiety and fried foods and “junk food” adversely affect the microbiome



Excessive heat with increased acidity leads to progressive disease

Symptomatic leaky gut occurs when bloating and altered stool pattern begins and problems such as SIBO are diagnosed

When the doshic imbalance takes an inflammatory picture(Pitta) such as Crohn's disease(IBD)

# Lipopolysaccharide Lipase(LPS)

LPS has become a marker for leaky gut and when found in the blood on testing it is indicative of LGS

Surprisingly LPS is found with simple poor dietary and lifestyle choices

**The key is that transitory/brief episodes of LGS is much more common than is thought in every day activities**



# Gut Microbiome and LGS

All the bacteria, spores, viruses make up the complexity of microbiome

Alteration in dosha guna creates abnormal V P or K agni  **AMA**

Toxic load(collectively called ama) and bowel pH predict a unhealthy microbiome and LGS

Not surprisingly when LGS is present the microbiome becomes sick as well

# Microbiome Lens

The health of anna vaha srotas can thus be seen through the lens of the microbiome

Healthy Microbiome

=

Balanced Gut Health

(otherwise vishama tikshna manda agni or combinations of the disruption)

vishama manda implies vishama appetite and manda is post eating effect

# Therapies

# Unstated AY Rule: Healing Takes Time

It takes time to reverse imbalances (memory of imbalances maintained)

Requires following basic lifestyle and nutritional AY guidelines

So the physiology changes as the changes in lifestyle and nutrition changes

How long does it take?

As long as it takes but can tell making progress by monitoring

# Nutrition: Gut Alkalinization

Central to healing the gut with LGS and clearing toxic load from gut

GCPR/Vaidya RK Mishra and SVA (see Handout)

Shifts the pH of the bowel to a more alkaline state and in so doing alkalinizes the physiology

Improves the microbiome health

**See handouts**

# CCF tea

Toast the seeds to decrease the heat of cumin otherwise delete the cumin

Coriander will clear toxic load from the rasa rakta and dump it through the urine

Daily use

**See handouts**

# Twice Daily Triphala

If high Vata add gandharva haritaki

# Psyllium

Particularly helpful with water dominant Pitta who accumulate excess water in the gut wall

1-2T dosing



# Home Virechan Therapy

Virechan or purgation gradually done on seasonal sandhis

**removes anna vaha srota AMA**

**OR said another way**

accumulated VPK guna that develops in sanchya/ati pravrutti stages

excessive accumulation of VPK guna in prakopa/sanga stages

both these stages will lead to prasara/sira granthi stage and leaky gut(LGS)

**builds sama/normal agni by**

removing pathologic components of microbiome allowing healthy ones to remain and be supported

eliminating excess guna as above

# Virechan: Intermittent Purgation/Detoxification

Typically use Cassia fistula....castor oil too hot internally....in early pm hours

Pre-purgation internal oleation with 2T ghee day before taking the purgative

Weekly x7      Removes V(gas) P(acidity) and K(excess water)

Expectation: 3-5 stools following day

Purgation/detoxification diet....stress lekhana foods eg barley kale collard

Repetitive process over time....follow jihva and nadi

# Sleep and Healthy Microbiome

From the below study and what would be anticipated from an AY view a healthy microbiome is correlated with good sleep hygiene

Sleep deprivation studies have been split whether an unhealthy microbiome are correlated

**Gut microbiome diversity is associated with sleep physiology in humans**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6779243/> PLoS One Oct 2019

Nova Southeastern University

# Microbiome Support: Probiotics

## **Aerobic**

Lassi use: 3-4 to 1 ratio of homemade yogurt to water

Trenev Trio

oil based protection from gastric acidity

protren.com

## **Anaerobic**

MegaSporeBiotic

microbiomelabs.com

Mycelial Turkey Tail(get powder)

Fungi Perfecti <https://fungi.com/>

# Microbiome Support: Prebiotics

Prebiotics support growth of healthy microbiome

Tapioca

in form of pudding or tapioca flour in GCPR

can send recipe if email

Taro root

get the small taro roots not the large fibrous ones

**See handouts**

# Microbiome: Dietary Fat and High Fiber

Increasing fiber

and lowering amount of fat in the diet

improves health of the microbiome

Daniel, N et al Dietary Fat and Low Fiber in Purified Diets Impact Differently the gut liver axis to promote obesity linked metabolic impairments J of Gastrointestinal and Liver Physiology, 2021

# Role of Fiber in Gut Function

Improves samana vayu function

Supports gallbladder/rakta dhatu function

Supports thyroid/majja dhatu function

Supports agni/microbiome function

Supports apana vayu function

**Aim for 30  
grams of fiber  
per day**

# Estrobolome: Specialized Aspect of Microbiome

This is the microbiome that is responsible for controlling estrogen metabolism during menopause

In the future we will see more of this type of scientific probing

Support for the microbiome along with sound nutrition using alkalization and increased fiber can relieve leaky gut symptoms

Books on subject:

Menopause Reset Mindy Pelz DC

Hormone Intelligence Aviva Room MD



# Monitoring Progress

# Understanding the AHC through 40 years

## American Health Consumer(AHC) characteristics

most often want to know the “why” behind their choices of therapy

quantitatively driven with respect to how they make choices

often seeking “magic bullets” as to end their chronic disease

do not understand what is required for health

# Memory of Imbalance

Years to get out of balance

Years to get in balance

# Value of BSP Journaling and Reporting

Insight into patient compliance

Reliability and consistency ie if can do this chances are that patient is consistent with other tasks as well








Overview of progress or lack of progress and need for change in therapy

Consistent interaction provides a strong clinical relationship

Adds value added service to the professional service

# Bristol Stool Pattern(BSP)

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

VATA

Normal or Kapha

PITTA

Sample format provided in handouts

# Quantitative observations

AHC looks for changes in numbers

Providing AHC numbers to study helps

gives them confidence that what they are doing is working  
seeing changes with time

# Salivary pH = Venous pH

Like the BSP numbers give feedback as to therapy suggested

When recording on daily basis patients get to see shifts with alteration in nutritional format

**See handouts**

# Summary

Understanding Grahani Rog(IBS SIBO IBD) and Leaky Gut Syndrome(LGS)

LGS as a spectrum disorder associated in all grahani rog conditions

Disruption of microbiome

Healthy balanced microbiome = balanced jathar agni and gut function

Nutritional Therapies

Alkalinization and microbiome and herbal support essential

Monitoring therapy

BSP journaling and salivary pH ensures progressive improvement



## **Green Composite Protein Recipe (GCPR) and Acidity**

Initially credit has to be given to Vaidya RK Mishra of the SVA tradition for bringing forth GCPR which is a remarkable creation borne from 21<sup>st</sup> century scientific knowledge. The use of pranically rich greens not only protects proteins from being oxidized in the gut during digestion, absorption, and assimilation but also serves to alkalinize the gastrointestinal tract but also the rest of the physiology as well due to the central role that the GIT plays in AY nutrition. This helps foster a healthy microbiome which has become the targeted research topic in its role in disease development. Because of its healing qualities GCPR can become the solution for the loss of GIT membrane integrity and healing leaky gut syndrome.

Mishra talked about foods that can be classified energetically into 3 groups: 1 Dead food which are processed foods that have been on the grocery shelf for months (included in this group are canned foods), 2 dumb foods that have no intelligence (included in this category are supplements which lack intelligence) and 3 intelligent foods which are rich in prana and readily nourish the physiology (included in this category are herbs that support the physiology as well as GCPR).

Due to the Western acidic diet, the average American's physiology is highly acidic with salivary pH in the range of 5.5 to 6.2 which fosters a range of changes that lead to disease. Acidity alters the microbiome of the gut causing the bad bacteria to flourish which push out the good bacteria. The microbiome is the first line of defense for the body's health and when it shifts it creates a cascade of physiologic events leading to disease. High acidity puts stress on the physiology to work extra hard to get rid of the acidity through the urine, sweat, stool, or all three. Over time acidity can lead to osteopenia and eventually to osteoporosis due to the need of the bone matrix to buffer the body's acidity. Lastly acidity is inflammatory to the physiology and many research studies now point to inflammation as the root cause of all diseases including cancer.

When you choose to nourish yourself with GCPR you begin to reverse the acidic cycle that the physiology is being made to go through by diet and lifestyle. From an energetic point of view you increase soma/nourishment which is the raw material for life promoting ojas which is the essence related to vitality, immunity, and the hormonal system of the body. The biological strength of the tissues is dependent on ojas. The reproductive layer is different than other tissues in that soma can be directly made into ojas and hormones.

When you use GCPR as a source of nourishment you prevent protein oxidation which creates acidity. The value of this nutritional approach is to not only alkalinize and balance the GI tract, It also helps support our microbiome that gets burned up in an acidic environment. Actually we don't know how bad the acidity makes us feel until we see the other side...then we look back and realize how badly we felt due to the comparison and contrast of the two different states.

This unique intelligent combination of alkalinizing greens and protein can make a complete meal or as side dish for other foods on the table (can be used with squash, grain, and chutney). Using ghee and water separates the lipid and water soluble materials respectively from the ingredients which aids in the digestion, absorption, and assimilation of the food. The alkalinizing impact of the steamed greens heals an acidic inflammatory environment of an unhealthy GI tract and improves its agni which when affected creates all disease.

### **Equipment**

- Food processor
- 2 quart sauce pan with cover (preferably glass so you can view the cooking process)
- 2 quart skillet for greens and barley split mung dal(kitchadi) combination
- Steaming basket(<https://amzn.to/3f20GAg>)

## Ingredients

- Ghee
- Culinary spice mixtures from chandika.com:
  - The below are possible spice mixtures that can be recommended. They are suggested due to their physiologic effect over time. Pay attention to how these are used
    - Mom's masala
    - Pitta Masala
    - Moringa
    - Karela
    - Sroto shuddhi masala
    - Garcinia masala for Vata, Pitta, or Kapha
    - Soma salt (chandika.com)
- Green source (choose one and vary from day to day): Collard greens, Kale, Spinach, Rainbow Chard rainbow
- Broccoli, asparagus, white daikon radish(<2" diameter) or if cannot find common red radish, lauki, zucchini, crookneck squash...place in a separate cooking vessel and steam(white chicken, bison, paneer) with steam basket(<https://amzn.to/3ijKPPJ>)
- Subtle greens (choose one): Cilantro, Fresh basil, Parsley, Mint
- Lime juice
- Small thai chilis(optional)
- 1-2 curry leaves(optional)
- Protein (choose one):
  - White chicken
  - Bison
  - Eggs
  - Vegan protein powder (available at chandika.com)
  - Split mung dal, mung dal, split red, kulthi, black beluga, green-gray du puy, green french
  - Paneer
- Barley: this particular grain is particularly good for lechan or scraping the gut wall and can be used in preparing kitchari as noted below.
- Spring water is preferable (has more soma and less detrimental chemicals) in preparation. Any water consumed in cooking or for drinking purposes should be spring water. In some situations you won't find fresh spring water in your local area but can order from Crystal Springs with door delivery.

## Instructions

The sequence in which you prepare the dishes is important so follow these instructions.

**Preparing the protein:** the beans of choice will need to be cooked beforehand; the white chicken breast by prebaking or steaming with veggies or preparing eggs however you would like them(poaching, scramble). If using paneer can steam with above vegetables. Can skillet fry the ground bison as a preliminary step.

**Preparation of steaming greens:** Heat 1 to 3 teaspoons of ghee in the bottom of a skillet and to it 1-2 teaspoons of each of the masala mixture(s) that have been prescribed for you as noted above; at this point you can also add the optional curry leaf and thai chili. Be careful not to burn the spice mixtures as they are added to the ghee. Add water bringing the ghee/masala mixture from the bottom of the pan into the water and bring to a boil. Look for a ratio of the greens to protein should be about 80% greens and 20% protein by weight not volume but if protein is the nutritional problem then can increase the protein.

Remove the thick stems of kale or collard greens and place in the pan(will not have that issue with chard or spinach). Then add the water for steaming. If you want a juicier green dish then add more water. The greens should be bright green and takes very little time(3-7minutes). You can add some olive oil over the cooked greens once done along with your choice of subtle greens if you like. Place the mixture in a food processor or blender and bring together. Add the choice of greens for the day and steam with skillet cover on until the greens are bright, vivid, and lush. You can discard some of the steaming water if there is too much left but leave at least some based on your desired moistness.

Place in the food processor and process to desired consistency(note that some greens become very creamy such as spinach and chard whereas the kale and collard are more coarse) along with the subtle greens which should not be cooked. Add some salt, tapioca flour, and lime juice.

**Preparation for steaming vegetables of choice:** At the same time in the separate sauce pan with steaming basket in place you can steam the other vegetables for the meal along with choice of protein but the protein choice can already be prepared and cooked

**Bring together:** Place the steamed vegetable and proteins mixture in a bowl. Put the above steamed green mixture over the top of the vegetable/protein mixture.

### If making kitchari:

Prepare the ghee/masala mixture as above. Now add 4T of a split mung dal/barley mixture(50:50 ratio) to the ghee/masala mixture and thoroughly coat the split mung/barley with the ghee. Add the spring water to this and boil for about 20 minutes or to the point where the split mung is soft.

The vegetables(asparagus/radish, lauki, okra, yellow crookneck squash etc) are steamed separately. The protein in this case is the split mung dal. You can substitute vegetable protein powder if you want(mixed 4T powder and 8oz of cold water and added at the time of the protein addition above).

Do not food process the barley/split mung mixture after cooking unless you like the mixture pastey.

Vegetables are served separate than the split mung dal/barley mixture although you can combine them.

## **Need for Variety**

When using GCPR as the main nutrition for a period of time there are many ways to get variety with this regimen. Instead of folding the protein into the greens one can use the protein outside of the greens. One can use other vegetables such as broccoli, broccolini, or squash, steaming them a short time in the water before adding the greens.

Another way to improve the quality of the GCPR is to change the masala to something like garcinia for Kapha. One can also use moringa powder, karela, and/or medaagni churna (powder) to the water/ghee before steaming the greens and vegetables. Moringa is a beautiful herb that produces a physiologic detoxification effect. Karela or bitter melon is very important bitter detoxifying vegetable, and medagni is a great churna to improve the body's fat metabolism,

Storage time for GCPR is 4 hours because it begins losing its prana after that. This means you can take it to work in a container and have it for lunch.

## **Detoxification and the Green Composite Protein Recipe**

Whenever one is undertaking detoxification such as panchakarma (PK), the use of the GCPR is ideal as it keeps the GI tract supported to receive the toxins and excess qualities that are released during the therapy session. Even when not doing a PK event, the use of GCPR can be beneficial as any liberated ama can be easily received as the GI tract is alkalinized and healthy.

At times one can experience unexplained fatigue as one of the side effects of clinical use of herbal memory nectars or transdermal creams. This fatigue is related to circulating toxic load and can be countered by using a binding agent such as tapioca pudding which can be found as granulated tapioca in most stores (<https://amzn.to/3gum1Sa>). This binds the ama and keeps it from continuing to circulate and land in other areas of the body. Similarly the use of CCF tea (see separate handout particularly the coriander binds toxins in the blood and clears them through the urinary tract.

## **What's the Storage Time?**

There are frequent questions regarding about the use of the recipe. The SVA lineage or tradition from which this recipe comes suggests daily use with or without other foods. Making a "big batch" at one time is counterproductive to the idea that "fresh is best."

Do this simple experiment. Steam the greens and notice the brilliant green color on serving. Leave some out for 24 hours and serve the same greens. Compare the color and you will notice the difference. The 24 hour old greens are dull and dark. This indicates the loss of pranic life force in the food. This happens with all food processing. Ask yourself, "Do I want to put something dead in my body?"

Reheating cold food from the refrigerator also reduces the pranic energy of food. Since the turn around time for foods can be quick, leaving them on the counter leads to less pranic loss.

And NEVER microwave ANY food as it destroys prana.

## **Adding Tapioca to Support Detoxification**

The use of tapioca pudding is great for binding circulating toxins that are released during daily detoxification techniques. This reduces the side effects of released circulating toxins such as change in bowel pattern, fatigue, and loss of appetite. Another benefit of tapioca is the fostering of a healthy microbiome(bowel flora) as a prebiotic. This can take as little as 5 minutes. Kids love it!

### **Materials**

Two cup measuring glass container

Whisk and spatula

Skillet

Whole cow's milk

One egg

Granulated tapioca(available in most grocery stores or online <https://amzn.to/3gumlSa>) or tapioca flour(smoothier in texture)

Sucanat or turbinado

In a two cup measuring container put one egg, 4T of granulated tapioca, and 2-3T sucanat or turbinado. With a whisk mix the ingredients together. Pour the whole cow's milk to near the top of the container and spatula the material into a skillet and cook to a rolling boil(defined as boiling when stirring). Let sit until cool and can use a food processor to smoothen the tapioca pudding or simply spatula the mixture into storage container for the fridge/

## Relevance of Agni and Microbiome to Health

From an AY perspective agni is central to the disease process. If one has a balanced agni then physiologic dis-ease cannot occur. Due to our choices around diet (ahara), lifestyle (vihara) and medicines/supplements (dravya) gunas or qualities of the doshas of Vata Pitta and Kapha produce disturbance of the agni. The net result of this agni disturbance is the production of toxic load (ama) which clogs the energy channels and over time becomes hot (amavisha).

So the essence of treating physiologic dis-ease is to restore balance to a disturbed agni. This takes time because there has to be a gradual release of the dosha qualities and the gradual elimination of stored up ama and amavisha.

An aspect of agni in the physiology is represented by the gut microbiome (gut bacterial flora). Although agni has a pervasive physiologic impact throughout the entire mindbody, a healthy microbiome in the gut provides immense support to the mindbody's health.

## Probiotics

One of the ways to restore gut agni is the use of probiotics or bacterial supplementation to crowd out the "bad guys" that are producing the symptoms of IBS (irritable bowel syndrome), SIBO (small intestinal bacterial overgrowth), or IBD (inflammatory bowel disease). These gut disturbances are examples of disturbed agni. In general they produce bloating and abdominal pain from the functional bowel obstruction produced energetically by Pitta (Fire/Water) and/or Kapha (Water/Earth) qualities in the small bowel and colon leading to the build up of Vata (Space/Air).

Since the microbiome is an aspect of agni supporting the bacterial flora is one of the primary goals of agni restoration. The important aspect of a good probiotic is that it ensures survival of the probiotic as it passes through the gastric acidic pH. Many probiotics do not ensure survival.

Other probiotic supports are spores (anaerobes) and fungi. Both of these lead to restoration of a healthy microbiome over time. Both of these are prominent inhabitants of the microbiome and are often not mentioned in terms of probiotic support.

Lassi is an excellent drink to use. It not only provides microbiome probiotic support but lessens the likelihood that there will be kill off of probiotic as it passes through the gastric pH environment. See another handout on Homemade Yogurt as well as other recipes.

## Recommended microbiome support

**protren.com** Trenev Trio call 888.381.1887 and use DEANW002 on order and get 20% discount on order

**microbiomelabs.com** MegaSporeBiotic use link to sign create acct  
<https://microbiomelabs.com/register/?ref=balance00>

**fungi.com** Fungi Perfecti on home page attempt login and that will prompt registration page.....once registered at the bottom of the page is Join Our Tribe which gets you to a subscribing page for e newsletter. This will get you a 10% discount on product using coupon code JOINTHECOMMUNITY10 that you put in during the online ordering process.

Order Turkey Tail save 50% by getting the powder instead of capsules

Liver

**Can put 1tsp of powder/day in lassi when taking the above probiotics**

## **Prebiotics**

Feeding a recovering and supplemented microbiome enhances the effect of probiotics in creating a healthy microbiome and therefore agni of the small and large bowel(aka the colon) This nutritional support is done through prebiotics Interestingly fungi have both a pre and probiotic effect on the microbiome Common examples of prebiotics are tapioca and taro root and the following are recipes to prepare them for nutritional use If you have problems finding the tapioca or taro root in your markets amazon links are provided that are cost effective

Using prebiotics have a secondary but very important value in that they bind toxins in the gut and carry them out in the stool This particular characteristic makes them extremely value in detoxification therapies

## **Tapioca pudding**

### **Materials**

<https://amzn.to/365M7Xd> 4 tablespoons

2 cup measuring container

2 quart skillet

Whole milk

Sucanat raw cane sugar 2 tablespoons or based on taste

One egg

### **Preparation**

In the measuring container put the egg, sucanat, and granulated tapioca Whisk to mix and add milk to the top of the container and mix Place in the skillet and bring to a rolling boil(see boiling while stirring) and let cool Pour into storage container and refrigerate Eat warmed or cold

## **Taro root**

Be sure you get the small sized taro(6-8" in largest circumference are best or <12" in greatest circumference) because they are not fibrous The latter do not have the toxin binding capability due to the lack of the slimy character If order from amazon and they send you large taro roots write the supplier and tell them that what is pictured is not what was sent My experience is that they will send you the smaller ones free of charge

Can use the preparation in GCPR or in soups as thickeners or as mashed potatoes

### **Materials**

<https://amzn.to/2R6cXKg> 6-9 small taro root usually comes to about a pound

2 quart skillet

Food processor

Strainer

Peeler

Spring water if available

Ghee 2-3 tablespoons

Mom's masala 2 tablespoons

Soma salt

Lime juice

### **Preparation**

Peel the taro root as you would new potatoes. Dice each into 1-2" cubes using a fork as a stabilizer with cutting as they become very slippery so you need a handle. Place them in 6 cups of water and steam until soft. Strain and save the water placing the taro root into the food processor. Break down the taro adding water until the mixture becomes smooth. Add ghee, masala and lime juice and soma salt to taste. Blend and refrigerate.



## **Leaky Gut and Healing Grahani Rog**

### **Presentation description**

Grahani rog is an inclusive AY gut imbalance which describes many different disorders. Today they are called leaky gut, SIBO, and IBS to more severe diseases such as inflammatory bowel disease. In essence grahani rog is a jathar agni disturbance within anna vaha srotas. Today the microbiome would be considered an aspect of agni which makes it a part of the AY imbalance that is described as grahani rog. Contemporary research has revealed that the microbiome becomes disturbed in forms of grahani roga in that good bacteria become overpopulated by the more virulent bad bacteria. The foundations of therapy include gut alkalinization, microbiome supplementation, home virechan therapy utilizing BSP journal and salivary pH monitoring.

Dr Dean is a NAMA recognized Ayurvedic doctor who implemented Ayurveda in his allopathic urologic practice. Over the years he has developed a shodhan chikitsa for grahani rog that does not require formal PK.

### **Relevant experience**

Foods Heal is a 2010 book authored for the Western health consumer that revolves around Ayurvedic nutrition. Through my Ayurvedic practice have dealt with variations of grahani rog that lead to pelvic disorders