

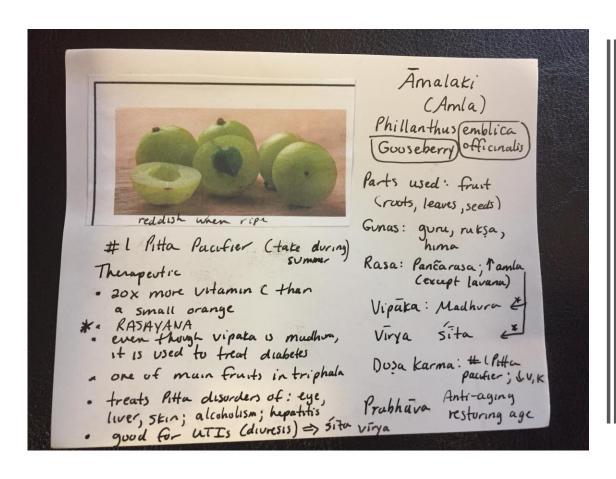


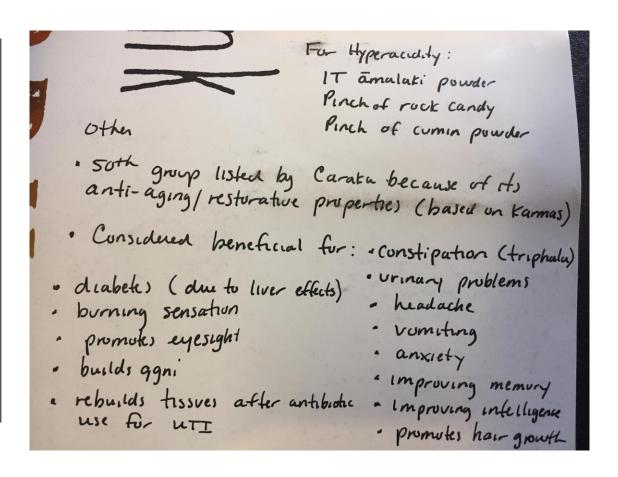
- Please use these notecards to help you prepare for the NAMA board certification for health counselor.
- Please do not upload these notecards to any website—these are for your eyes only.
- On some of the cards, I included the backside because they include some facts that might be relevant to you.
- These notecards were cut from recycled materials and so please ignore the decorations on the cards.
- I hope these cards help you in your preparation in becoming a NAMA Board-certified Ayurvedic Health Counselor.



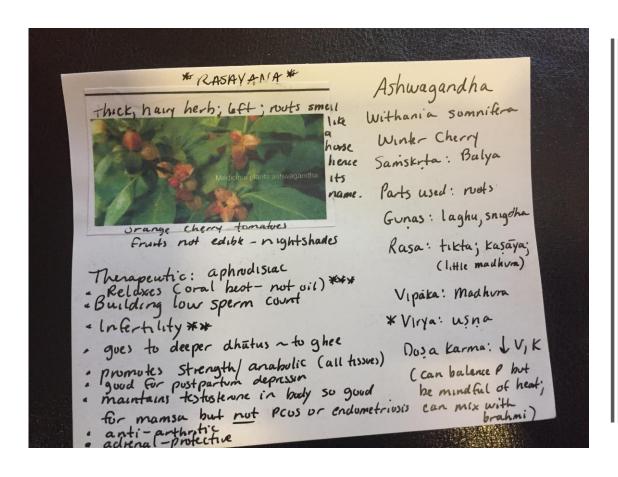
Namaste, Paula
Paula Witt-Enderby, Ph.D., NAMACB, CAHC
NAMA board certified Ayurvedic Health Counselor
At Your Witts End? Ayurveda, LLC
www.atyourwittsendayurveda.com

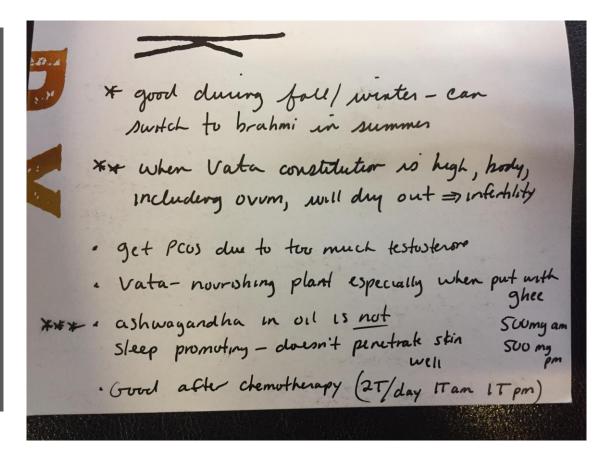
Amalaki





Ashwagandha

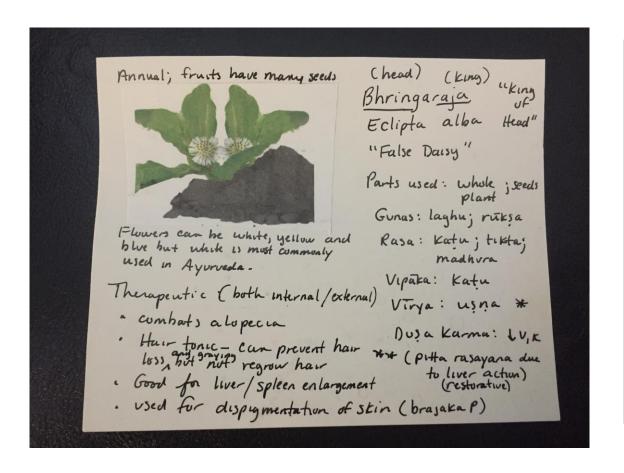


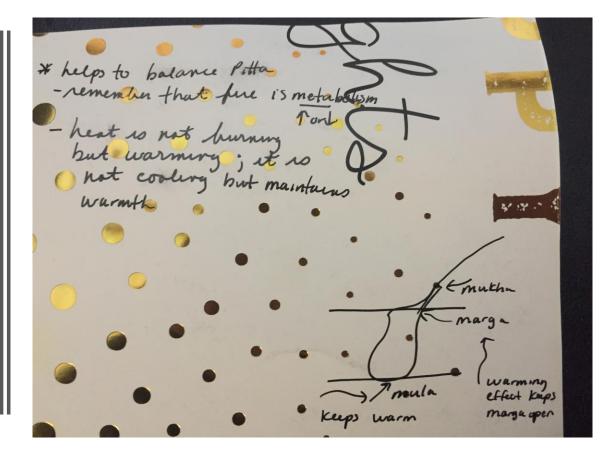




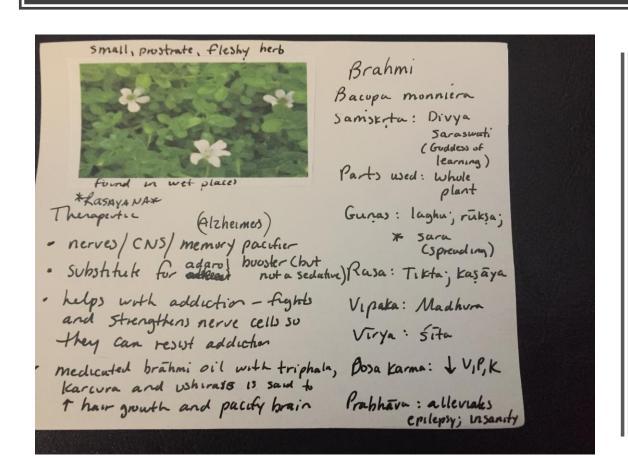
large, deciduous tree; big leaves (V) Bibhitaki "Beleric" Terminalia bellirica Belleric myrobalan Samskota: Julibhitaki Part used : fruits Gunas : laghu; snigdha Therapeutic: RASAYANA Rasa: Kasaya; madhum . one of fruits in triphala Vipaka: madhura . ~ to amulaki and haritaki but less potent Virya: usna · hair growth Dusa Karma: 1 K; Lyp lungs (expecturant; brunchudilatur; Excessive use can aggravate clears cungestion) · laxative (treats diarrhea; colotis; intestinal inflammation)

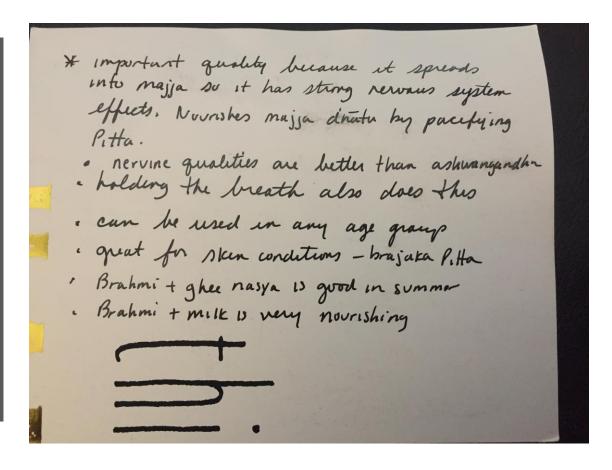
Bhringaraja



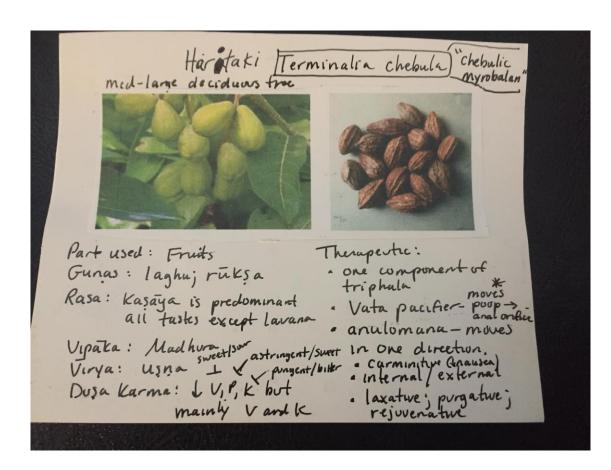


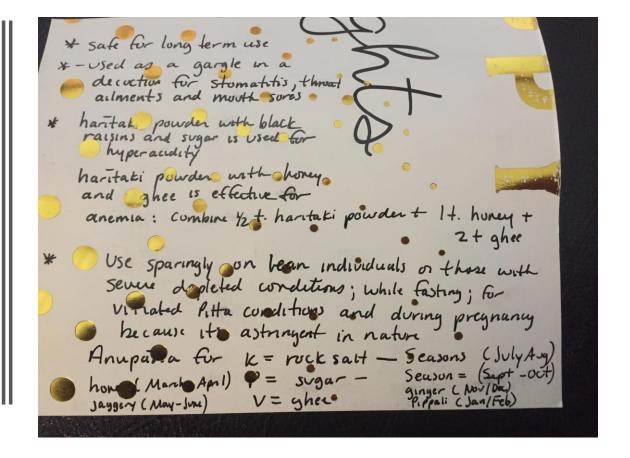
Brahmi^l



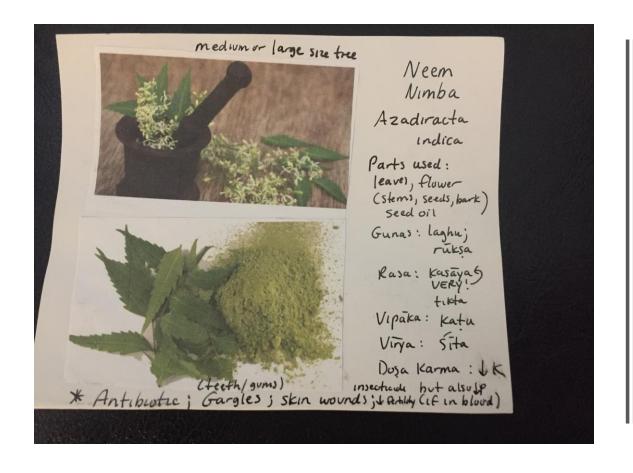


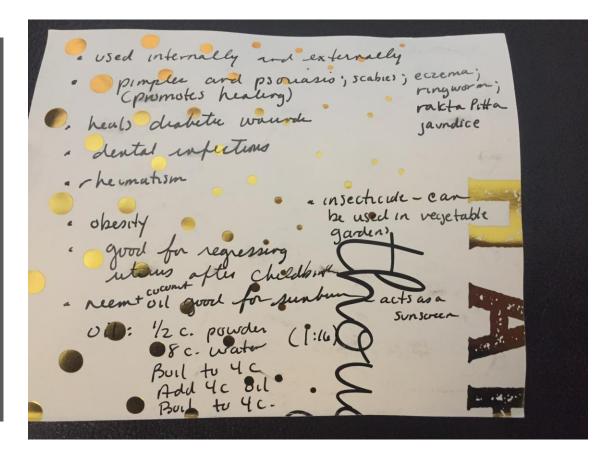
Haritaki



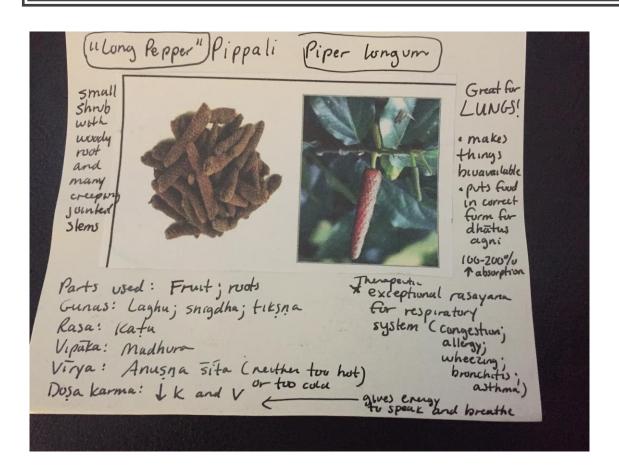


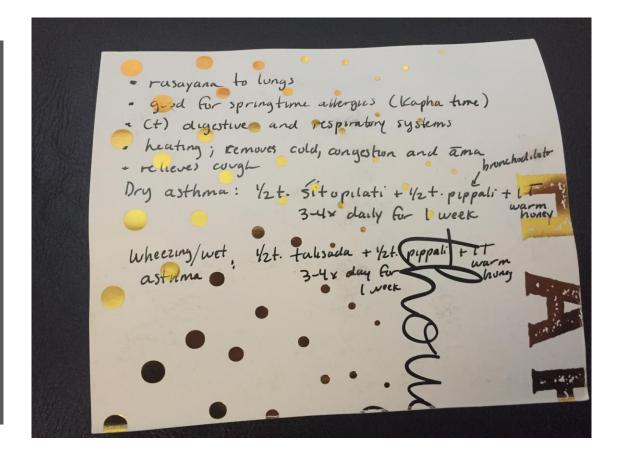
Neem



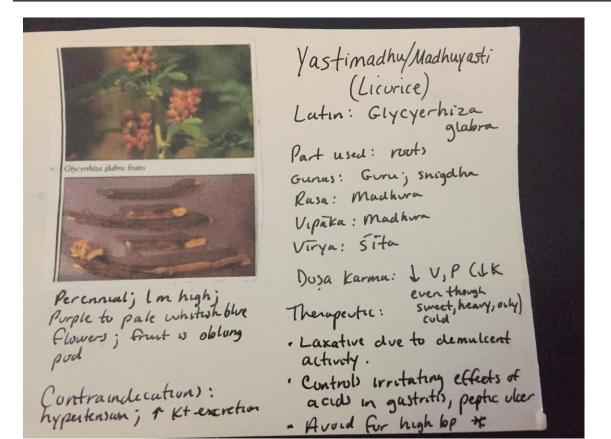


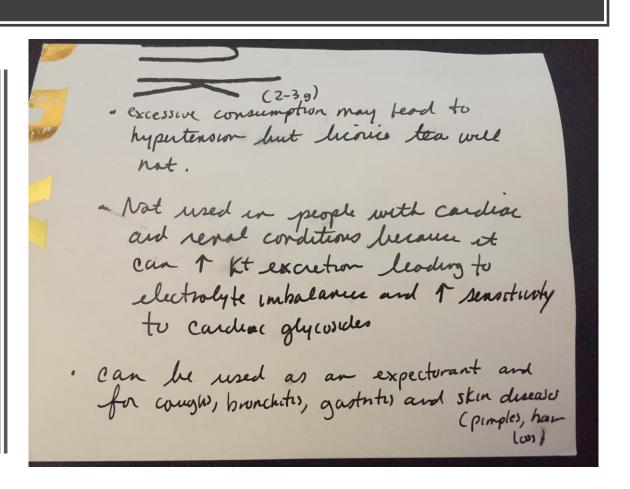
Pippali



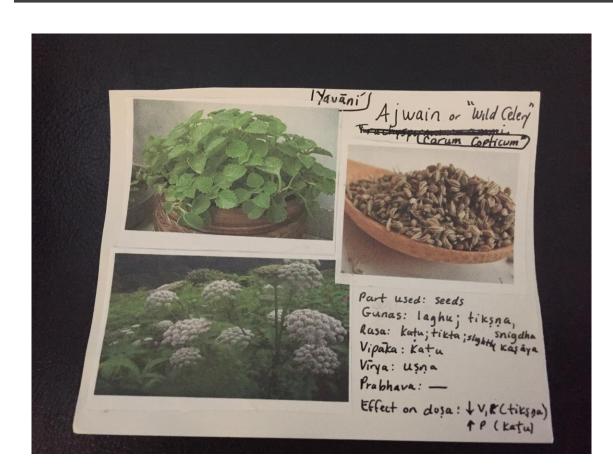


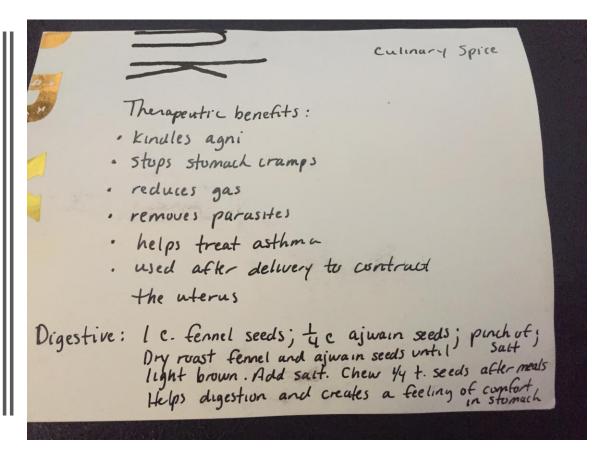
Licorice





Ajwain

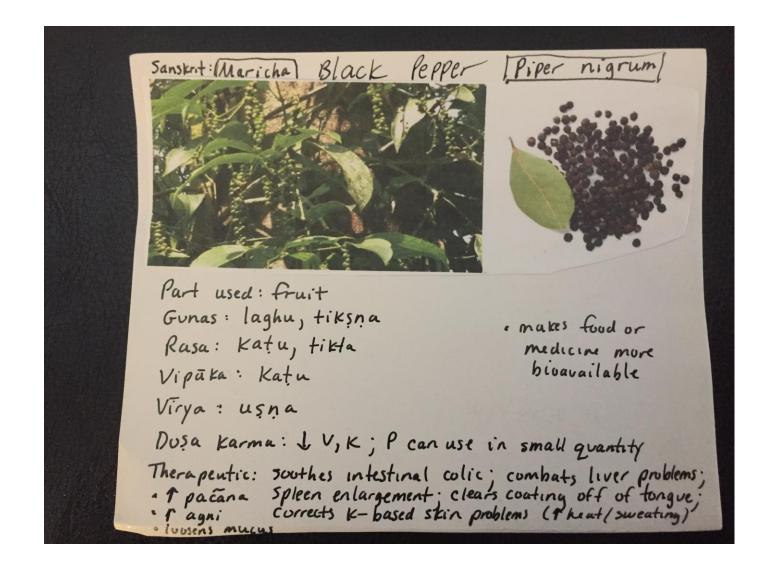




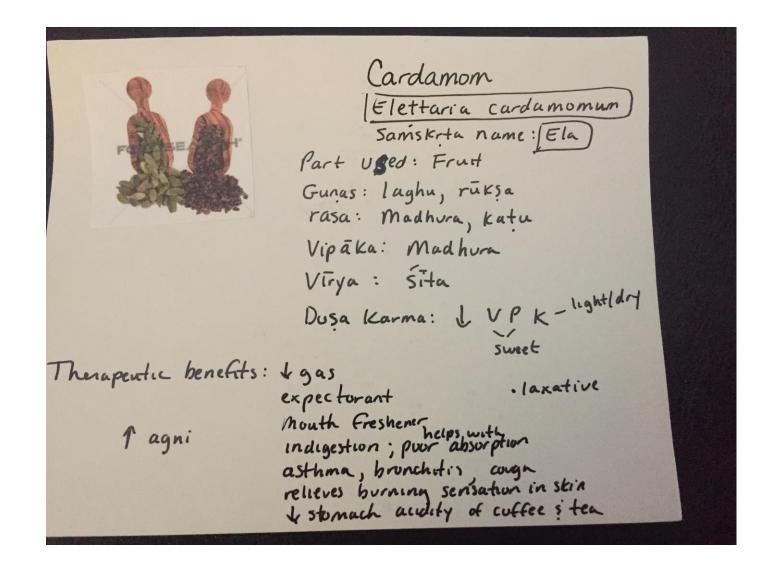




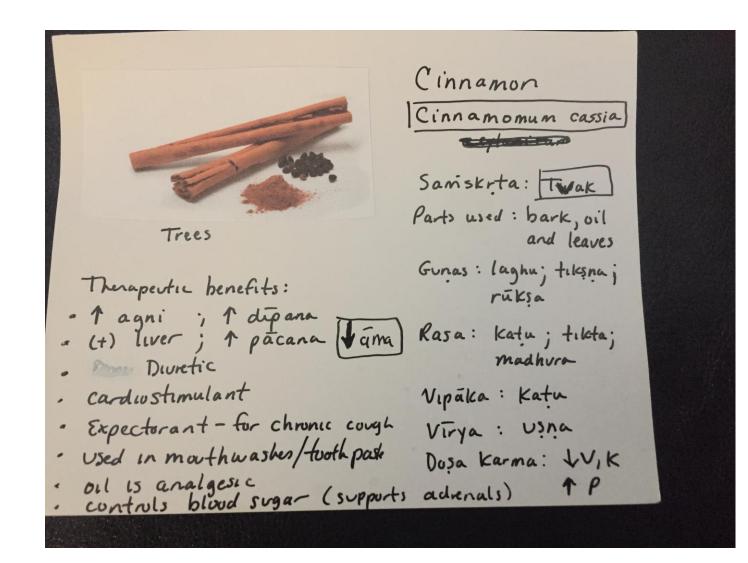
Black Pepper (Piper nigrum)

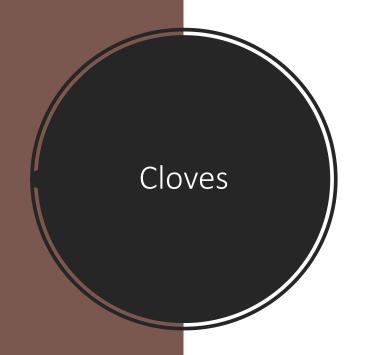


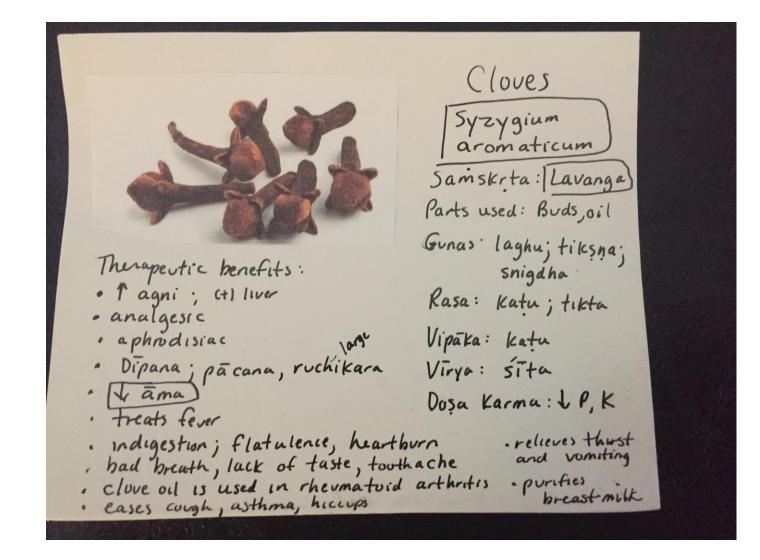
















Therapeutic benefits:

- · carminative (& gas)
- Divretic (for painful vrination; language inflammation; vrine retention)
- Stimulant
- · I indigestion / nausea
- . I dipana and pacana
- (+) liver
- · antiparastic
- · treats rashes, urticaria, burns, allergies

Coriander

Corrandrum sativum

Samskota : Dhanyaka

Parts used: seeds,

leaves

Gunas: laghu; snigdha

Rasa : Kasāya ; tikta;

Katu; madhura

Vipaka: Madhura

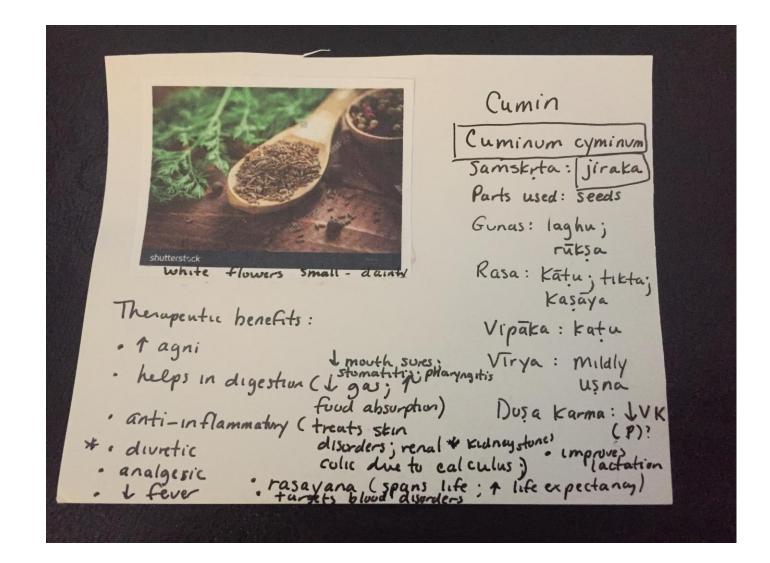
Virya: sita

Dusa Karma; LUPK

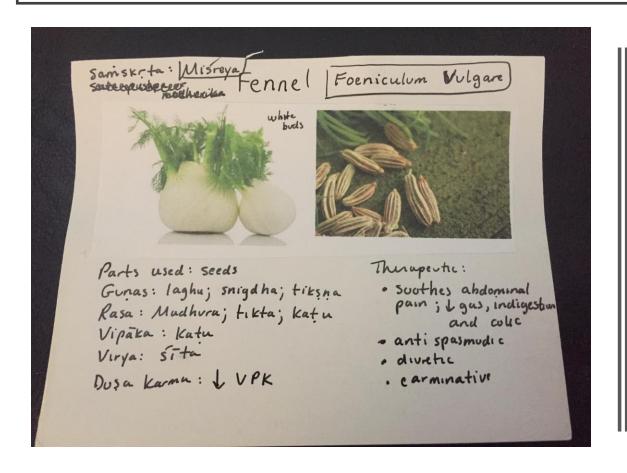
paste 15 said to souther headaches due to 1 P

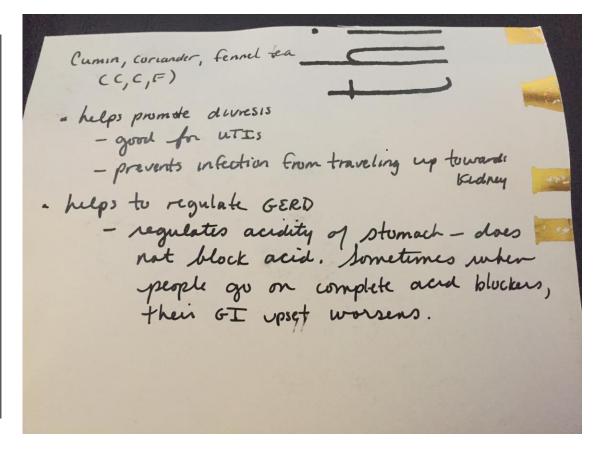
· can be used always



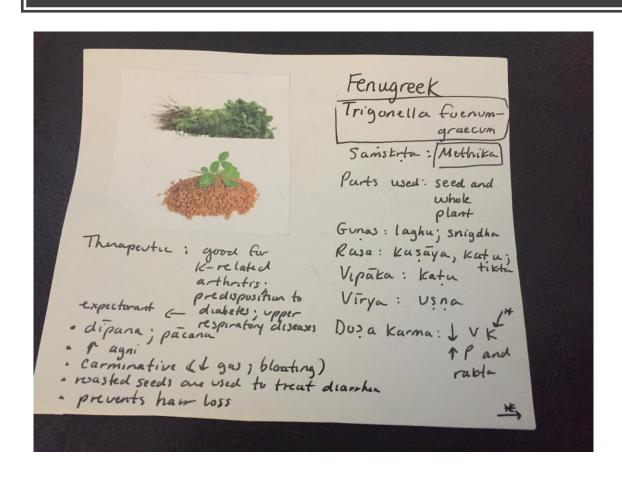


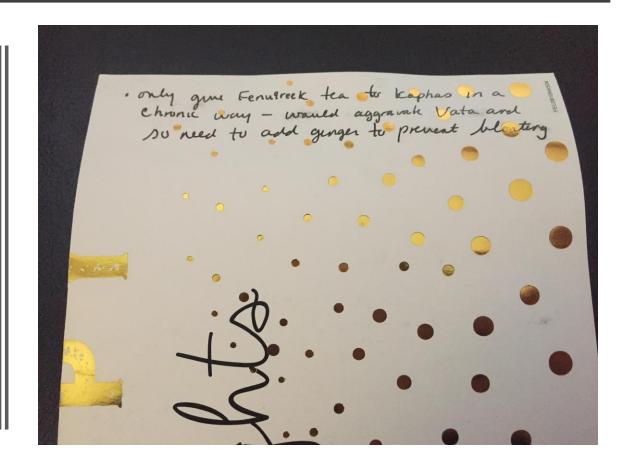
Fennel



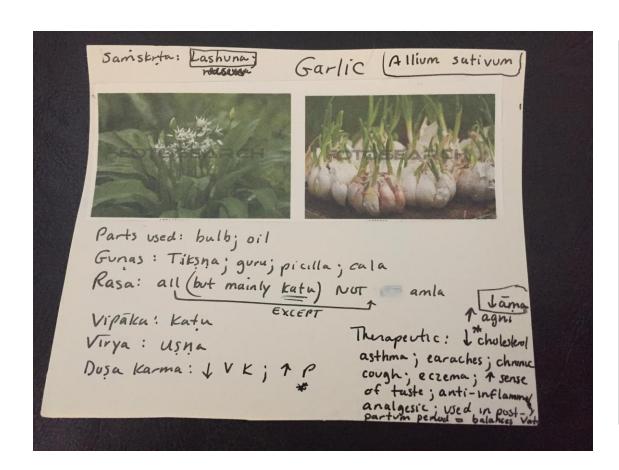


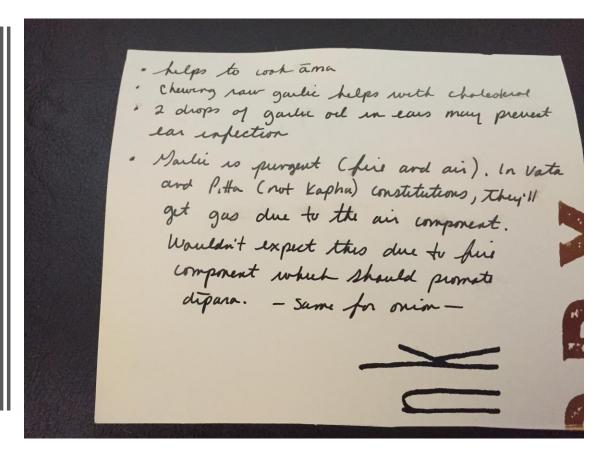
Fenugreek



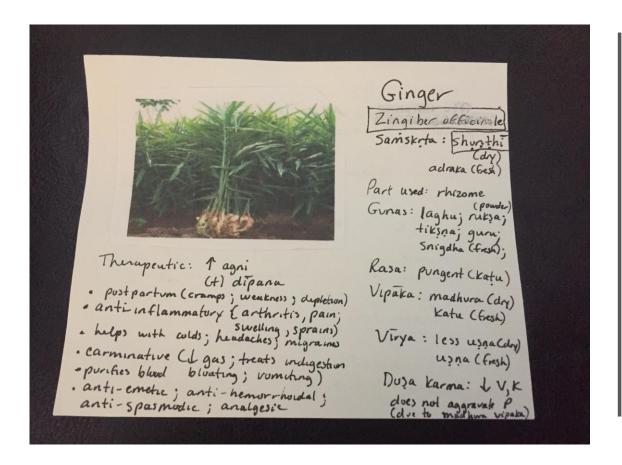


Garlic



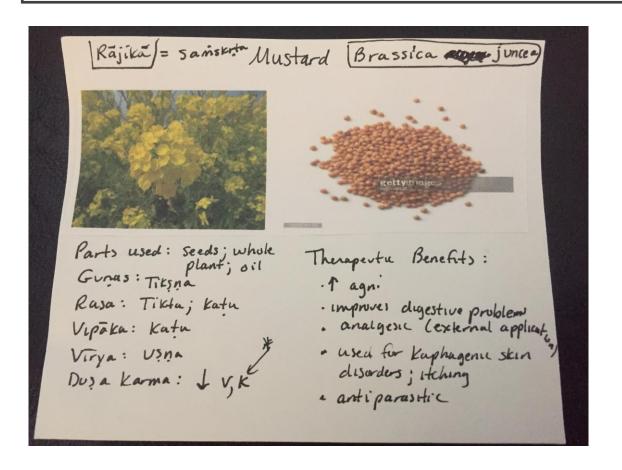


Ginger



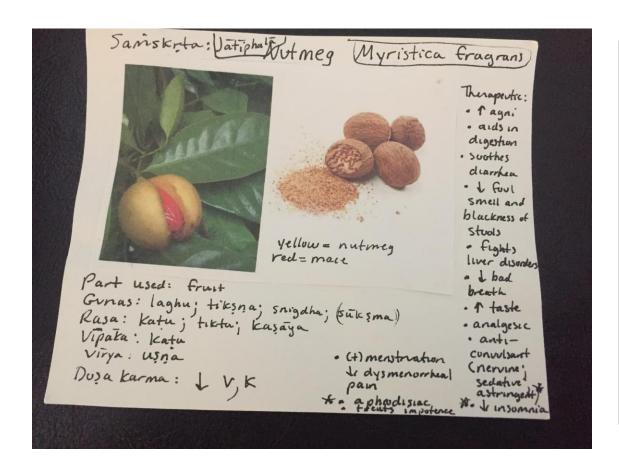
```
Fresh vs
 more
              progent
  pungent
 Defference between ginger and garlie is vipaka
  ginger = madhum Vipaka
  garlic= Katu
. too much ginges may not help with Kapha-
induced obesity because it has strong
    dipara effect; drink only if you have
    manda agni
· easis menstrual crampe
· remare Stotorodha (occlusions/blockages
                              of snotas)
```

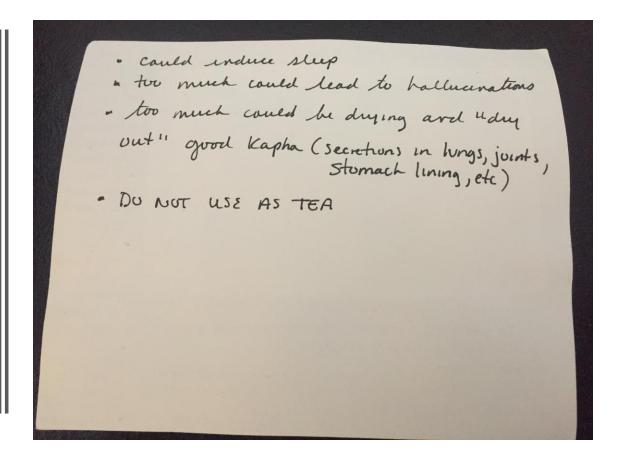
Mustard



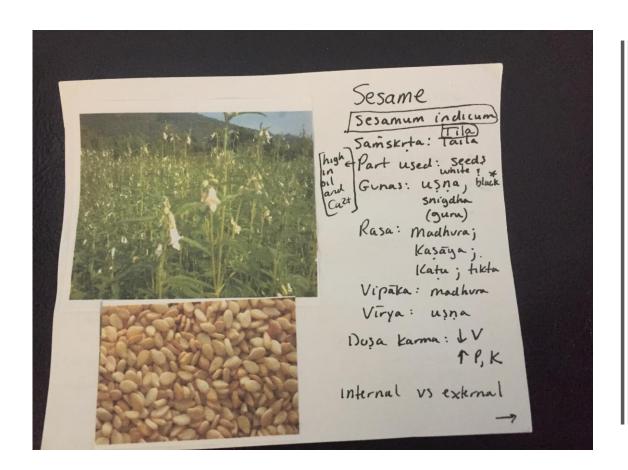
* · Like fenugreet, mustand is preferred for k . FOA says not to wook with mustard oil because it is careerogenic-looked it only I component in it. . mustard oil is most warming - does not solidify · used to I Cardiovas cular disease

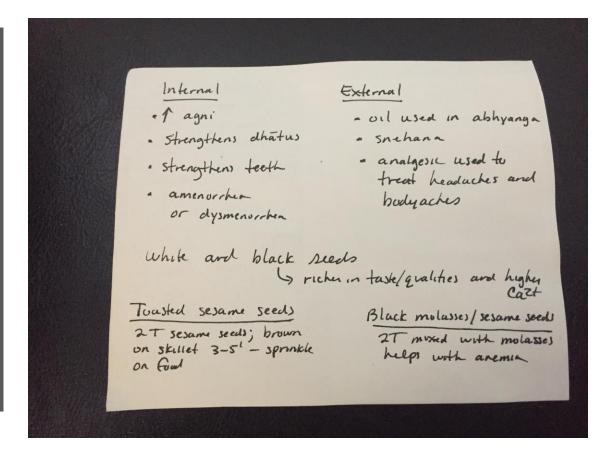
Nutmeg



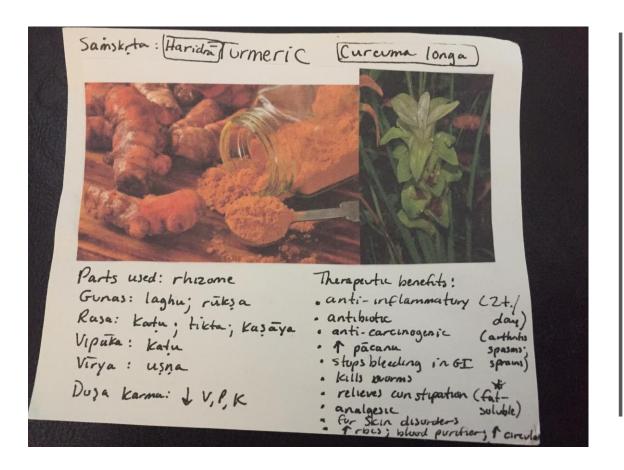


Sesame





Turmeric



· do not make tea out of this because it is fat-soluble and not How- soluble; so it would set in GI, irritate the lining; and cause drawher a local application is anti-inflammatory and analysis a improves complexion a heals wounde and brusse (blood effects) - helps with coughs, congestion and phanyingits " inhalation of termeric fumes & Kaphe