

The 10-Minute Vata Pain-Relief Routine

A Daily Ayurvedic & Yoga Ritual to Soothe Inflammation and Calm Your Nervous System

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When chronic pain strikes, your body is telling you that your **Vata dosha** (the air and space elements) is over-activated, leaving your nervous system raw, dry, and exhausted. Use this simple, 10-minute daily ritual to ground your energy, lubricate your joints, and instantly lower your body's pain signals.

Minute 0 to 3: The Warm Oil Grounding (Abhyanga Lite)

Instead of a full-body massage, focus exclusively on your hands, feet, and the specific area where you feel the most pain.

- 1 tablespoon of organic sesame oil or Mahanarayan oil (warmed up).
 - Rub the warm oil vigorously between your palms. Massaging your feet and hands grounds your nervous system instantly.
 - Use circular motions over your joints and long, sweeping strokes over your long bones. Leave the oil on your skin to absorb.
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Minute 3 to 6: Nadi Shodhana (Alternate Nostril Breathing)

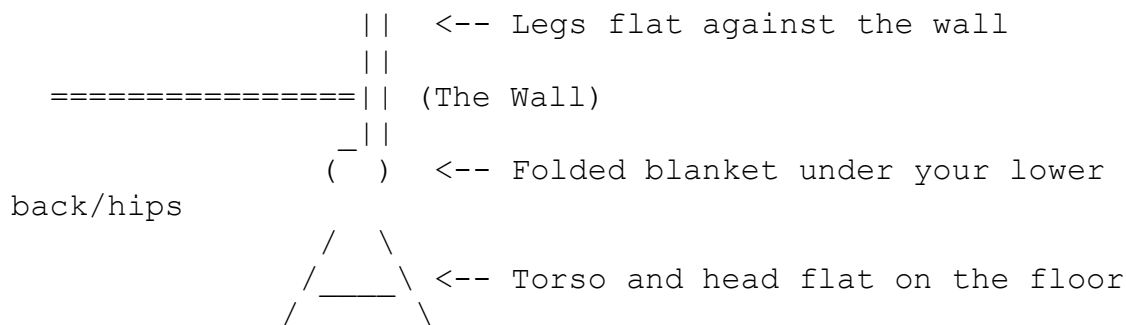
This pranayama resets your fight-or-flight response, dropping your heart rate and reducing cortisol production.

- **How to do it:**

1. Sit with a tall spine. Rest your left hand on your knee.
 2. Use your right thumb to close your right nostril. Inhale fully through your left.
 3. Close your left nostril with your ring finger. Release your thumb and exhale out your right.
 4. Inhale through your right nostril. Close it, release your left, and exhale.
- Keep your breath slow, smooth, and silent. Repeat this cycle for 3 full minutes.

 **Minute 6 to 10: Supported Legs-Up-the-Wall Pose (Viparita Karani)**

This restorative yoga posture pools blood back into your heart, stretches the lower back, and deeply relaxes the pelvic floor where stress is often held.



- **How to do it:**

1. Place a folded blanket or firm pillow 2 inches away from a wall.
 2. Sit sideways next to the wall, then gently swing your legs up onto the wall as you lay your back down flat on the floor.
 3. Rest your hips fully on the blanket. Let your arms open wide to the sides, palms facing up.
 4. Close your eyes. Let your body feel completely heavy and fully supported by the earth for 4 minutes.
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Your Anti-Inflammatory Kitchen Formula

To maximize the effects of this 10-minute routine, drink this warm tonic immediately afterward to flush out pain-causing toxins (*Ama*):

- **The Recipe:**
 - 1 cup of hot water
 - 1/2 teaspoon of organic ginger powder (or fresh grated ginger)
 - 1/2 teaspoon of organic turmeric powder
 - 1 small pinch of black pepper (essential to unlock the power of turmeric!)
 - **How to use:** Stir well and sip slowly while warm.
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Practice Tracker

Print this page out and check off your progress to build your healing habit!

Day 10-Min Routine Completed? Pain Level Before (1-10) Pain Level After (1-10)

Day 1 []

Day 2 []

Day 3 []

Day 4 []

Day 5 []
