

## FIVE SENSE THERAPY—KAPHA

Classical writings in Āyurveda have included scattered references to material that today is described as “sense therapy.” This term is used to indicate the causal relationship of sensory data in all its forms for influencing physiology and health. From modern quantum physics we can describe an underlying theme that every sense impression is fundamentally vibration. The ancients called this energy *prana*. Matter and energy are both fundamentally vibration--*prana*. The operation of this principle is explained thusly: If a sound, for example, is introduced into a body then that body will increase its vibratory activity according to the frequency, duration, and intensity of that sound (quality and quantity). While the ears are thought to be the exclusive receptor of sound, actually Ayurvedic thinking holds that every cell in the body is a door of perception “hears” (“feels”) the sound. Thus every cell is a receptor for all sensory modes. While it’s not important to our thesis or for understanding of the phenomenon called sound, it should be noted that Āyurveda accepts the idea that the real sense organs are not the gross ears, skin, eyes, tongue, and nose. Subtle energies in the mind are the real “organs” which are uniquely suited to perceiving energy in a form we happen to call sound, etc. Further, these subtle organs communicate with the environment by subtle forms (called *tan matras* in Sanskrit) of the gross elements of creation—space, air, fire, water, earth. The created universe is indeed made up of these five gross elements but they are only the more physical expression of energetic forms called, hearing, touch, sight, taste, smell, respectively. Back to our thesis, whenever one experiences energy then the value of that energy increases in the body. This energy has form (intelligence) and gives instruction to the body in a predictable manner. Generally, this means that we understand how sound experiences, etc can influence how the body’s governing principles vata, pitta, kapha respond. Recall that the body is totally governed by the functioning of vata, pitta, and kapha and anything that influences them will therefore affect the functioning of the body—for health or disease. In this light we have prepared the following information with regard to the “sense values” appropriate to help influence the governing principles back into proper functional balance. These themes may be followed for a few weeks, minimum, to several months or more and for maximum benefit all senses should be addressed.

**SOUND:** Ṛgveda, Gandharvaveda (ex.: Bhupali & Shri ragas 6-9 PM), Indian and Western Classical, bright, and lively but not loud music

**TOUCH:** daily mustard or / and corn oil massage; scalp, hands and feet massage with eucalyptus or camphor oil before bed; gently rub essential oils (balanced by aromatic, spicy, dry scents): camphor, juniper, eucalyptus, hina, kadam, kewara, khus, saffron, tulsi etc.) to third eye, temple(s), throat, heart (sternum), navel

**SIGHT:** colors red, yellow, orange, purple, and indigo (buy acetates from art suppliers and wrap water container and place in sunlight 24 hours then drink at least one glass per day or place acetate in front of lamp and bathe in the light for 20 minutes daily), means walk, play, work in natural environs where bright stimulating colors abound, wear clothing with predominance of red, yellow, orange, purple, and indigo

**TASTE:** during the day chew quarter to half slice of fresh ginger root (1 piece every hour) or 15-20 fenugreek seeds or a clove

**SMELL:** (balanced by aromatic, spicy, dry scents) wear or vaporize essential oils such as: camphor, juniper, eucalyptus, hina, kadam, kewara, saffron, tulsi (may be placed on the points above or / and on the soles of feet and scalp; vaca powder may be “sniffed” occasionally during the day