

# AYURVEDA

The Knowledge for a Healthy, Fulfilled Life



# AYURVEDA

## The Art of Healing for over 5000 Years

Ayurveda has been the traditional Indian medicine system for over 5000 years.

It looks at man in the totality of his physical and mental constitution as well as his social environment and has proven itself in combating many chronic diseases. Ayurveda is recognized by the WHO as a naturopathic treatment.

The word “Ayurveda” comes from Sanskrit, the old high language of India and is made up of the words “Ayus” which means “life” and “veda” which means “knowledge/wisdom”. So Ayurveda is nothing less than the “wisdom of life”.

The foundation of this knowledge is built on the realization of the wholeness of life. According to Ayurveda, the body cannot be seen to be separate from the soul, nor a person separated from his/her environment. There are countless interactions and complex interdependencies.

Therefore, ayurvedic diagnoses and therapies take all areas of life of the person into consideration such as emotions, senses, body, behaviour, home environment, social life and the influence of the time of day and the seasons and their interaction.

Unfortunately, in the Western world, Ayurveda is often misunderstood and put on a level with wellness and nearly every hotel offers wellness-massages under the generic term Ayurveda. Generally, these treatments have little to do with authentic Ayurvedic medicine.



# VATHA · PITHA · KAPHA

## The Ayurvedic Tridosha-Concept

Ayurveda differentiates between three main types of constitution, which influence the biological, physiological and pathological functions of the body, the spirit and the soul. Each person's thoughts, feelings, language, behaviour, metabolic system, preferences and dislikes are different and as a consequence require individual treatment. The constitutional nature of each individual is predetermined before birth and remains the same throughout their entire life. Ayurvedic treatment is always carried out according to the main dosha type.





# Typical VATHA

## Characteristics of the Vatha Type

- Creative and with great power of imagination
- Speaks and moves quickly
- Slim build, very tall or small
- Skin is cold, rough, dry and cracked
- Curly hair, thin eyelashes
- Irregular appetite and digestion
- Prominent joints, visible veins and tendons
- Preference for sweet, sour, salty flavours and hot drinks
- Insomnia
- Forgets quickly
- Cold hands and feet
- Produces small amounts of urine, stool and perspiration
- Reacts to stress with fear and worry

## Health Problems

- Neurological disorders
- Arthritis
- Symptoms such as headaches, lower back pain, menstrual cramps, muscle spasms
- Constipation, flatulence, diarrhoea
- Sexual dysfunction
- Anxiety
- High blood pressure

## The Balanced Vatha Type

- Mental alertness, extremely high creative energy
- Good excretion of toxins
- Restful sleep
- Strong immune system
- Enthusiasm, emotional balance
- Regular functioning of the body

# Typical PITHA

## Characteristics of the Pitha Type

- Medium physiognomy, strong and well-built
- Grey hair and a tendency to hair loss
- Reddish skin, wrinkles, golden-coloured hair
- Intelligent, sharp-witted, confident, good powers of concentration, entrepreneurial
- Aggressive, demanding, competitive, make good managers
- Sexually active
- Passionate, romantic
- Good digestion and appetite
- Warm body, sweats profusely
- Feels uncomfortable in the sun and in heat

## Health Problems

- Blotchy skin, bruises, allergies
- Bad breath
- Cancer
- Acid reflux, gastric ulcers
- Insomnia
- Fevers, night sweats, hot flushes
- Burning eyes and vision problems
- Anaemia, jaundice

## The Balanced Pitha Type

- Very intelligent
- Bold and courageous
- Energetic, brings new ideas into the world





## Typical KAPHA

### Characteristics of the Kapha Type

- Strong body type, overweight
- Open, leisurely gait
- Warm-hearted, forgives quickly
- Robust, dependable, faithful
- Soft skin
- Soft, dark, thick, greasy hair
- Learns more slowly but does not forget
- Not very sexually active
- Bad digestion
- Good, deep sleep
- Not easily provoked, needs harmony, peace-loving

### Health Problems

- Problems of the respiratory system, asthma
- Blockages of the respiratory system, colds, sniffles
- Allergies
- Arteriosclerosis
- Lethargy
- Circulation problems
- Overweight
- Depression

### The Balanced Kapha Type

- Strong immune system, physical strength
- Mental stability
- Rational thinking
- Stamina, adaptability



In Germany we have excellent medical care in the fields of acute and rescue medicine. This saves many lives. However, in the field of chronic illness Ayurvedic medicine shows its strength, as each patient is treated individually based on their constitution, i.e. the causes and not the symptoms are addressed.

These Illnesses  
**CAN BE TREATED WELL**  
with Ayurveda

- Chronic illnesses such as rheumatoid arthritis, fibromyalgia
- Skin diseases such as psoriasis, allergic skin conditions
- Spinal diseases, backache, slipped discs and sciatica
- All types of headaches such as migraines, sinusitis, stress, neurologically caused headaches
- Psychosomatic illnesses, depression
- Muscular atrophy





# Ayurveda THERAPY

## Holistic and very Individual

After a careful diagnosis has been made by examining eyes (iris), pulse and tongue and based on information provided by the patient on a special health questionnaire, the Ayurveda doctor sets out a treatment concept with individual measures. This concept is reviewed in daily consultations and if necessary adapted. The treatment includes massages, steam baths, inhalations, removal of toxins (detox), herbal oil flow treatments and many more. During a course of Ayurveda treatment delicious, completely vegetarian food is provided to lighten the body. A daily hour of yoga with a trained yoga instructor, mantra singing and meditation are also part of this holistic health concept.

## The 4 Elements of this Therapy

- Full-body treatments carried out by our excellently-trained therapists
- Illness-specific nutrition to suit patient's type
- Yoga and general movement
- Dietary supplements – therapeutic remedies



## Forms of **AYURVEDA** Treatment

### **Njavarakkizhy**

**For rheumatic disorders, nervous deficiencies, muscular atrophy and general weakness, and to strengthen the nerves and muscles**

Linen sacks are filled with rice and herbs soaked in milk and twisted to form boluses which are then carefully “stamped” over the complete body.

Duration: 60 – 90 minutes depending on the severity of the symptoms over a period of 7 – 14 days.

### **Pizhichil**

**Oil bath for arthritis, paralyses, nervousness, muscular atrophy, problems of a sexual nature, improves the skin and strengthens muscles**

Lukewarm medicinal oil is applied to the skin while a massage is carried out. Duration: 60 – 90 minutes over a period of 7 – 21 days

### **Shirovasthy**

**For headaches, facial paralysis, dryness of the nose, the mouth, the throat, illnesses of the brain; Stimulates the nervous system and improves the concentration**

Lukewarm medicinal oil is poured into a leather cap, fixed to the head until there is approx. 2 cm of oil at the highest point of the scalp. Duration: 15 – 60 minutes in 7 daily treatments.

### **Shirodhara**

**For insomnia, loss of memory, psychosomatic illnesses, headaches**

The star of treatments: After a light body massage, a fine stream of medicinal oil, or for Pitha imbalances, chilled buttermilk, is poured from left to right over the forehead in the rhythm of breathing. This gentle massage of the central nervous system behind the forehead promotes deep relaxation, connects the right and left halves of the brain and pacifies the whole vegetative nervous system. Duration: 45 – 60 minutes over a period of 7 – 21 days



### **Abhyanga**

#### **Relaxes the muscles, improves the blood circulation and stimulates the lymph system**

Lukewarm medicinal oil is distributed on the body. This treatment can be carried out by two therapists or one (single) therapist. It stimulates the 107 marma points of the body by flowing massage movements. Duration: 50 – 60 minutes

### **Katee vasthy**

#### **For backache and spinal problems**

Specially prepared medicinal oil is poured onto the spine from an opening in the bottom of a vessel filled with herbs. Duration: 45 – 60 minutes

### **Foot & Calf Massage**

#### **For insomnia, headaches**

Concentrated medicinal oil is applied to the pressure points to stimulate the inner organs and the senses. Duration: 30 minutes

### **Cosmetic Ayurveda Treatments**

For a healthy complexion, bright eyes, healthy fingernails and a general positive radiance. Ayurveda helps to maintain or regain a youthful appearance and well-being in a natural way.









# YOGA · MEDITATION

## Strengthening the Body and Sharpening the Awareness

Ayurveda, yoga and meditation are all relations originating from the root of the Vedic sciences which have been used for centuries for healing the body, as well as for strengthening mindfulness and sharpening awareness.

Whereas Ayurveda takes care of the physical dimensions of human beings, yoga strengthens both body and spirit and meditation sharpens and gives structure to the awareness. In practice, these doctrines complement each other.

In yoga the individual activities are of importance, strengthened by bodily exercises (Asanas) and breathing exercises (Pranayama). The individual develops a power for guiding his/her consciousness. In conjunction with meditation, he/she learns to calm his/her flickering restlessness and to release his/her thoughts, resulting in inner order and clarity.

There are numerous forms of meditation: from dynamic or dance meditation to silent meditation sitting in front of a white wall. Each person can find the form which suits him/her best. Ayurveda and Yoga both see consciousness as the primary force of life, which controls and is a decisive factor in determining how we live our lives.



## Yoga Exercises for at Home

These relatively easy exercises can also be done at home without danger of injury. To intensify the practice of yoga there are suitable courses on offer carried out by serious, well-trained instructors which should be attended at least once a week.

### For Mobilizing the Spine

#### Crocodile Lying Down

Lie on your back, stretch arms out to the side with the palms facing upwards, bend legs and place feet in front of the buttocks, hip width apart. The feet should be placed not too close and not too far away from the buttocks. Feel the weight of the knees in the heels.

Breathe out and lower the knees to the right and the head to the left. Only lower the knees so far, that the shoulders stay on the floor. Breathe in and bring head and knees back to the middle. Breathe out and lower the knees to the left and the head to the right. Carry out this exercise to the rhythm of your breathing, taking your time and coordinating your breathing with the movements. Your breathing should set the pace of the movements. Be aware of your spine.



After the exercise stretch out your legs and place the arms next to your body.

Continue with this exercise:

#### To Feel and Sense the Spine

Breathe along the complete length of the spine. Begin breathing in at the pubic bone and then over the abdomen, the chest, the face up to the base of the skull. Breathe out at the back of the head along the neck and the back down to the coccyx. Repeat 3 to 4 times, more often if possible if the effect is beneficial or if you cannot feel the effects so quickly.

## Standing Position for Stability and Body Awareness

### **Tadasana – The Mountain with Subsequent Arm Circling**

Before carrying out the exercise, massage the feet thoroughly to warm them and make them supple. Stand straight with the feet at hip-width apart. Place your feet parallel to each other and push the balls of the big toes, the balls of the little toes and the heels into the mat. The feet must work with you. The knees are bent slightly, the pelvis is straight (no bending of the back please), the shoulders are relaxed and the chin is lowered towards the breast bone. Close your eyes. Go through all the following points in your imagination: feet, knees, pelvis, shoulders, head. Try to feel every small movement of the body, even if you are standing still. If you cannot feel these movements try to stand in a more relaxed fashion and not to tense up. Circle the arms, then open your eyes. You are standing in the Tadasana position (the mountain). Then lift the arms in front of your body while breathing in, then breathe out while circling the arms at the back of your body. Try to remain standing straight without bending your back. Turn your arms in the shoulder joints. Try to keep arms and hands loose without overstretching and tensing up. Repeat 7 – 10 times, then change direction by circling the arms towards the back of your body breathing in and then towards the front breathing out. Repeat this 7 – 10 times.

## Shavasana - for Inner Peace and Relaxation

### **Shavasana – The Relaxed Position**

Make sure you are dressed warmly with a cushion under the head and one under the knees if required, cover the body. The arms lie next to the body with enough space to allow air to circulate under the armpits. If possible, palms should be facing upwards. Legs are open slightly and the feet fall outwards when legs and hips are relaxed.







## Ayurvedic NUTRITION

### An important Part of the Treatment

Nutrition is a very important element of Ayurvedic medicine. The food we consume every day is converted into cells by our body. As each of the body types (Dosha) has its own particular metabolism, it makes sense to individually adapt the nutrition to suit each dosha. This prevents an excessive build-up of toxins in the body. The Ayurvedic diet is completely vegetarian and the wide variety of Indian spices plays a significant role in Ayurvedic cuisine as well as in Ayurvedic medicine.





## Ayurvedic COOKING

Enjoying with all the Senses

Foods and spices have a magical quality in Ayurveda. If they are correctly prepared, they tempt our senses and connect body, spirit and soul. However, Ayurvedic cooking has to be learned. Ayurveda-nutrition expert Agatha Heim carries out cookery courses at regular intervals to introduce the Ayurvedic “Alchemy” to participants. After a short introduction to Ayurvedic teachings a vegetarian, Ayurvedic menu is prepared in a small group. The majority of the food and spices used are organic and regional. Two of her recipes, which are easy to prepare, can be found on the next two pages.



**Agatha Heim**  
**Genussvoll durchs Jahr**  
**Agathas ayurvedische Köstlichkeiten**

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## Mung Bean Soup with Savoury and Fresh Coriander

For 6 portions

- 100 g whole, green, mung beans
- 1 dessert spoon ghee
- 1 dessert spoon finely chopped ginger
- ¼ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. ground turmeric
- ¼ tsp. Asafoetida
- ½ tsp. sweet paprika

- 1250 ml water
- 2 bayleaves
- salt to taste

- 100 g root parsley
- 100 g carrots
- 1 dessert spoon ghee
- 1 dessert spoon savoury
- 1 dessert spoon lemon juice
- 4 tsp. crème fraîche
- 2 dessert spoons of fresh coriander cut into strips

Soak the mung beans at least 10 hours, better still overnight then drain and rinse under running water.

Melt the ghee in a pressure cooker, then add the chopped ginger and fry gently for a few seconds on a medium heat.

Remove the pan from the heat and add all the spices to the pan, sprinkling over the ginger.

Add water, mung beans and bayleaves.

Season lightly with salt, then close the pressure cooker and cook the mung beans for 30 minutes over a low heat.

In the meantime, peel and chop root parsley and carrot into small cubes.

Melt the ghee in a pan. Add the root parsley and 1 dessert spoon of fresh savoury and carrots, cook for several minutes stirring constantly.

Remove the pan from the heat. Open the pressure cooker. Add the fried vegetables and the savoury to the mung beans and simmer gently for several more minutes. Adjust salt if necessary. Add lemon juice to improve the taste. Serve with 1 tsp. of crème fraîche and coriander strips and enjoy warm.

Vatha: Serve the soup with fewer solids (pureed) and 1 tsp. of lemon juice.

Pitha: Serve with more coriander and an additional ¼ tsp. of ground coriander ¼ tsp.

Kapha: Serve the soup with more solids and some chopped chilli. Omit crème fraîche.



## Dry-Roasted Cereal Flakes with Dried Fruit and Almonds

For 1 portion

2 dried apricots

2 dried dates

1 cardamom pod

Cut the apricots and dates into very small pieces.

Remove the seeds from the cardamom pod and grind them into powder in the mortar.

3 dessert spoons cereal flakes

(according to constitution

type – see below)

Dry roast the cereal flakes in a saucepan.

¼ tsp. ghee

¼ tsp. ginger

100 ml water

1 dessert spoon raisins

Melt the ghee in a saucepan. Fry the finely diced ginger briefly in it, and remove the pot from the heat. Add a pinch of ground cinnamon, cardamom powder and water and put the pot back on the stove. Add the raisins, apricots, dates and cereal flakes. Bring to the boil, then reduce heat and simmer covered for about 5 minutes until the cereal flakes have softened. Remove the pot from the heat and let it stand for a few minutes.

¼ tsp. ghee

7 blanch almonds

1 tsp. honey

Melt the ghee in a small saucepan and fry the almonds in it until golden brown. Put the cereal flakes into a small bowl and allow to cool a little. Spread the honey over the cereal flakes and serve with the fried almonds.

**Vatha:** Use spelt or oatmeal as cereals and prepare with more water. Add ½ tsp. of ghee and a pinch of cinnamon per serving over the still warm cereal flakes and melt.

**Pitha:** Use rice or spelt flakes as cereals. Replace the cinnamon with additional cardamom crushed in the mortar. Serve with ½ tsp. raw cane sugar instead of honey per serving.

**Kapha:** Use barley or millet flakes as cereals. Take only 2 – 3 almonds per serving. Use dried apricots instead of dates. Serve additionally sprinkled with a pinch of cinnamon or cardamom crushed in a mortar.

This dish is a typical Ayurvedic breakfast.





Ayurvedic  
**NATURAL  
REMEDIES**  
Of Spices, Herbs and Minerals

Spices, especially turmeric, cinnamon and cardamom – the wealth of India – many tropical medicinal herbs and plants as well as minerals are used in Ayurveda as dietary supplements according to the old recipes of this empirical medicine. No chemically produced drugs are used.

Oils suitable for each dosha-type are produced in elaborate processes in the Madukkakuzhy headquarters under externally controlled quality standards. These oils are used for the famous oil massages and the royal forehead oil flow treatment “Shirodhara”.





## Ayurvedic Home Remedies

There have been traditional Ayurvedic home remedies for generations to support or treat mild diseases or mood disorders. In case of persistent complaints, a doctor should always be consulted! Here is a selection of Ayurvedic home remedies:

### **Cystitis**

- Drink 2 l of lukewarm water boiled with parsley throughout the day.
- Or drink boiled water with coriander throughout the day.
- Or water with fresh spinach leaves/nettle leaves.

### **Brittle nails**

- Gently heat rapeseed oil, safflower oil or olive oil and immerse the nails for 10 to 15 minutes, rinse with lukewarm water.
- Eat more fruits and vegetables.

### **Exhaustion Mix**

1 tsp. licorice with 2 tsp. honey in 1 glass of warm milk, drink twice a day.

### **Hair**

- Mix 5 tsp. olive oil, 2 egg whites and 5 drops of clove oil well and apply to the scalp, leave on for 30 minutes; wash out with cold water and a mild shampoo
- Mix 2 tsp. quark, 1 egg yolk and 5 tsp. lime juice well and apply to the scalp; wash out with lukewarm water and mild shampoo.
- Wash your hair with rice water or green tea 2 – 3 times a week.
- High quality Ayurvedic hair care products can be found in the range produced by the Sidhu company.  
[www.sidhu.de](http://www.sidhu.de)

**Sore Throat**

- Boil ½ cup of water with ½ tsp. salt and ¼ tsp. turmeric, gargle with it as often as possible.
- Gargle with chamomile tea.

**Skin Irritations**

- Make a paste from neem leaves (if possible high-quality neem oil from a reputable source, e.g. [www.Sidhu.de](http://www.Sidhu.de)) and water and apply it to the affected areas
- Treat the areas with aloe vera gel.
- Make a paste from coconut or olive oil and turmeric and apply it to the affected area.

**Burns**

- Apply aloe vera pulp with turmeric.
- Apply ghee or coconut oil.

**Cough, Mucus Build-Up**

- Mix 2 tsp. black pepper, 1 tsp. cinnamon and 1 tsp. ginger and take together with any amount of honey 2 – 3 times a day.
- Mix the juice of 4 cloves of garlic with 2 tsp. fresh ginger juice, 1 pinch of black pepper and 2 tsp. basil juice, mix in a little water and 4 tsp. honey – 1 tsp. per hour.

**Stomach Upset**

- Mix ¼ cup onion juice with ½ tsp. honey and ½ tsp. pepper and drink 3 x daily.
- Boil 1 tsp. cumin with 2 glasses of water until only about 1 glass of liquid is left. Drink while hot.
- Boil aniseed and cardamom together in 1 l of water, drink as often as necessary.



## **Earache**

- Squeeze juice from 2 – 3 fresh garlic cloves. Put 2 – 3 drops in the ears.
- Crush 2 – 3 cloves of garlic and soak in 2 tbsp. olive oil. Put 2 – 3 drops in the ears.

## **Skin Redness/Inflammation**

- Soak 2 – 3 tbsp. fenugreek in 1 glass of water overnight, boil with water for 30 minutes the next day, filter, add 1 tbsp. ginger juice + ½ tbsp. honey. 1 glass in the morning on an empty stomach for at least 15 days.
- Mix 1 tsp. licorice powder, 1 tsp. honey and 1 tsp. aloe vera well, apply to the face and leave on for 15 minutes, wash off with lukewarm water.
- Avoid deodorants and body sprays which contain alcohol, as well as very spicy and very sweetened foods or drinks.

## **Dizziness and Balance Disorders**

Freshly squeezed ginger juice + basil + calcium or ginger + basil juice in salted mineral water with a particularly high calcium content, alternatively stir in calcium powder.

## **Sleep Disorders**

- Drink 1 cup of body-warm milk with a pinch of turmeric and 1 tsp. of honey before bedtime.
- Make a tea from ¼ tsp. nutmeg and 1 cup of water; drink this 1 hour before bedtime.
- Drink 1 cup of lemongrass tea in the evening.
- Massage the body with warm oil in the evening and take a warm shower before bedtime.
- Massage feet before going to bed.



# HEALTH TIPS

## Integrating Ayurveda into Everyday Life

### **Oxygen Supply to the Brain**

In the morning after getting up, take deep breaths for 3 to 5 minutes at the open window, count to 6, pause briefly, then exhale to 8.

### **Loosening Joints**

In the morning in bed or on the edge of the bed move all joints 5 times and mobilize: Start with fingers and toes at the same time, followed by the wrists and ankles, elbows and knees, let shoulders circle, turn head to the right and left, stick out tongue, stretch back and arch back – all together about 5 minutes.

### **Awakening the Metabolism**

After brushing your teeth, drink 2 glasses of warm water. Thus, the body, dehydrated during the night is replenished; at the same time, the warm water has a purifying and slightly laxative effect.

### **Beverages**

Our body has an operating temperature of 36.7 °C, only at this temperature can we optimally absorb, break down and digest food. Therefore, it often reacts to ice-cold drinks with indigestion, toxins are formed, the food cannot be absorbed properly. Therefore, drink hot water or light herbal tea with food – cold beer or apple spritzer are better taken some time before or after meals.

### **Proteins**

In a meal, different proteins should not be mixed, so no milk protein together with meat or fish. Milk, for example, reacts negatively with salty, sour and spicy ingredients. Avoid drinking coffee with milk after a meal! An espresso is a good option





<b>Vitamin C and Milk</b>	Vitamin C causes milk to curdle in the stomach, so it lies heavy in the stomach and can lead to heartburn. Fruit salad is also not recommended, as the fruits have different acidity levels and thus have different digestive requirements.
<b>Breakfast</b>	Breakfast should be rich and as warm as possible, e.g. porridge with nuts, honey and dried fruit.
<b>Lunch</b>	It should be the heaviest meal of the day: 2 x per week meat, 2 x fish and 3 x vegetarian. Beans and pulses are a good meat substitute.
<b>Dinner</b>	It should be the lightest meal of the day, e.g. a light soup. In the evening no raw food, as difficult to digest. Fast one to two days a month with vegetable broth and juices.
<b>Brain Care</b>	The brain as the control center of the body needs four things to function smoothly over a long period: water (it consists of 90 % water), glucose or fructose (e.g. dried fruits), oxygen (breathing exercises – pranayama) and good fats. So always cook vegetables with butter (ghee).
<b>Sleep Rhythm</b>	The best time to sleep is between 10 pm and 6 am. The metabolism does not sleep during this time: it performs at its best, e.g. detoxification of the liver, etc. It needs sufficient time for this.

**For individual questions, please arrange an outpatient consultation with one of our doctors on phone +49 9708 78832 or +49 170 1144094 or write us an email to: [sander@ayurveda-deutschland.org](mailto:sander@ayurveda-deutschland.org).**







## MADUKKAKUZH AYURVEDA

Health Centres Bad Bocklet and Bad Kissingen

### AS AUTHENTIC AS IN INDIA

Ayurveda according to the Madukkakuzhy Tradition

- Permanently employed, German-speaking, Indian Ayurveda-specialists are available 6 days a week to guarantee a constant, high-quality treatment. We are committed to this aspiration.
- Patients and guests are treated by a permanent team of caring, Indian therapists from our headquarters in Kerala, India. This in itself is unique in Germany.
- Thanks to the cooperation with our German internist Dr. med. Winfried Breitenbach, we are able to invoice you according to GOÄ, so that private patients have a valid invoice to submit to their insurance company.
- Bad Kissingen and Bad Bocklet are two of very few Ayurveda centres in Europe, which use a large variety of authentic Indian oils and herbs which we import ourselves.
- Moreover, a further part of the Ayurvedic concept is the daily yoga and twice-weekly meditation and meditative Mantra singing offered on more than 350 days of the year.
- Specially trained chefs prepare delicious, vegetarian Ayurvedic dishes.



## MADUKKAKUZH AYURVEDA

Health Centres Germany  
as authentic as in India according to  
the Madukkakuzhy tradition

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