



# ayurveda: knowledge of life

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## Enhance your memory and concentration!

In this fast paced age, many people are suffering from lack of concentration and have a short memory. 'Memory' is the recalling power of the knowledge stored in our brain and helps us remember people, places and incidents we have experienced in the past. In Ayurveda it is called 'Smriti'.

### Causes for loss of memory and concentration:

Disturbed state of mind or mind engaged in more than one activity affects our memory. In the modern age, doing more than one thing at a time (multi tasking) is very common. For example, a person driving the car is also talking on the mobile phone, listening to music, and also thinking of the day's meeting. This increases vata (air/activity) in the body. At the mind level, an active and busy mind engaged in many objects at a time (multi tasking) indicates dominance of rajas (activity) in the mind. Vata is a biological humor, which is responsible for various movements in the body, similarly rajas is the quality of mind, which generates action. In addition; watching TV, working on computers, drinking excessive coffee, black tea and alcohol, all stimulates our mind so much that we can not have a deep sleep. Sleep is the diet of mind, so lack of sound sleep also leads to lack of concentration and memory.

### Causes for increase of vata and rajas:

- ✦ Excessive intake of ice cold drinks, juices, milk, ice creams, and cold food items.
- ✦ Eating dry food items like chips, cookies, crispy and crunchy food items.
- ✦ Eating junk food, canned food and processed foods.
- ✦ Excessive intake of meat, stale food or food that is not freshly cooked and so lacks the life force or prana.
- ✦ Staying up late in the night, excessive traveling, listening to high noise music and over stimulation of mind.

### Solution:

Ayurveda provides a permanent solution by treating the root cause. An anti-vata diet and life style will immediately help to improve the memory and concentration of a person. Anti-vata diet includes warm, lubricated and cooked food items. A calming and grounding lifestyle, sesame oil massage on head and body helps to pacify vata. At the mind level efforts should be made

## Ayurvedic tips to enhance memory and concentration:

- ☀ Try to eat fresh home-made food as much as possible.
- ☀ Use ghee or clarified butter for cooking or to add to the food.
- ☀ At least twice a week, massage the whole body and head with sesame oil.
- ☀ Cook with spices like ginger, cumin, coriander, turmeric, basilica, oregano, cinnamon and mustard seeds.
- ☀ During the day drink warm water or herbal tea. Honey can be added as sweetener.
- ☀ Take short breaks during work and breathe deep in order to provide more oxygen to the brain.
- ☀ At least 5 to 10 minutes of mediation once or twice a day is very useful.
- ☀ Practicing 'shavasana' or dead pose, a yoga pose for complete relaxation is very good.
- ☀ Take one teaspoonful of licorice powder with warm water or milk once a day.
- ☀ Soak 7 almonds overnight. Next morning remove skin and eat.
- ☀ Indian herb 'Brahmi' is very good for enhancing memory and concentration.
- ☀ Try to go to bed early and get a sound sleep for 6-7 hours.



to keep the mind calm and relaxed. A relaxed and calm mind rejuvenates memory and concentration power. In brief, the focus should be to increase sattva (pure) quality of mind and reduce rajas (activity) and tamas (inertia).

Dr Partap Chauhan is an ayurvedic doctor based in India. He offers, with his team, consultations over the internet. [www.jiva.org](http://www.jiva.org)

**"Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything"**

**Thich Nhat Hanh**