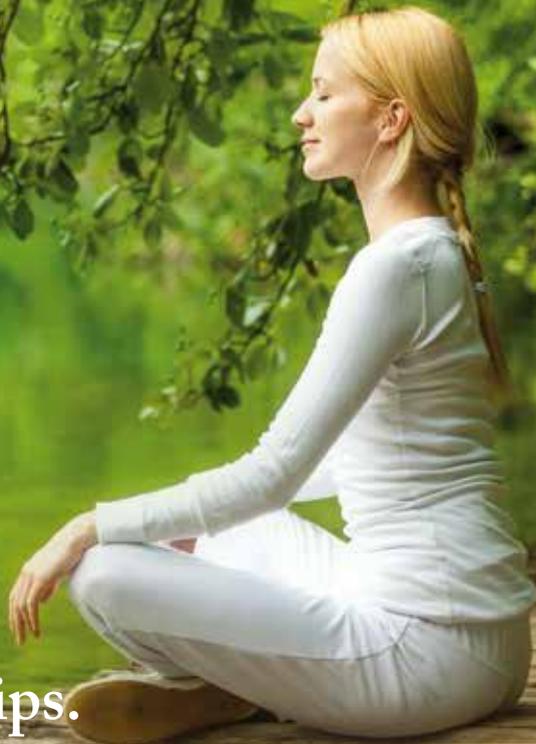




MAHARISHI  
AYURVEDA®

# Peace of Mind

*A calm and clear mind is essential  
for success in work and relationships.*



# Peace of

Peace of Mind helps nourish the mind-body connection for a calmer response to stressful situations and assists in all mental activities

A calm and clear mind is essential for success in work and relationships. Maharishi Ayurveda Peace of Mind tablets enhance the ability of the mind to function in a calm, focused and decisive fashion.

MA 1401 Peace of Mind helps balance Vata which relates to the brain and all forms of movement including thoughts, nerve impulses, circulation, elimination and respiration. Peace of Mind tablets help nourish the mind-body connection for a calmer response to stressful situations and assists in all mental activities: energy, creativity, perception, consciousness, self realisation and all three aspects of memory - acquisition (dhi), retention (dhruti) and recall (smriti).



# Mind

## Factors affecting mental balance

Dieting, dry air, cold and windy weather, extended travel and too many spicy, cold or gaseous foods aggravate Vata and tend to cause anxiety.

For women, Vata tends to go out of balance during the menses and also during menopause. This makes women especially susceptible to anxiety and worries during these times.

## Coping with stressful situations

What is stressful for one person may be routine for another. If you are feeling pressured or tired, a minor irritation can turn into a major event. It is not the incident, but the ability to cope which determines how stressful a situation is. The combination of herbs in Peace of Mind help balance the mind and its functions. This improves

the mind's innate ability to deal with daily challenges in an even and calm manner.

## A Herbal Masterpiece

The herbs in Peace of Mind are combined in exact proportions and prepared in the traditional Ayurvedic way. The collective benefit is much greater than that of the individual herbs.

**Aswagandha** is a very good adaptogen helping us to respond effectively to physical and mental challenges. It is rejuvenative, increasing strength and intellect and supporting nerve function. It is also a tonic for the uterus and menstrual cycle.

**Indian spikenard** is one of the foremost tonics and rejuvenatives for the brain. It supports heart function and contributes to good deep sleep.

**Liquorice** nourishes the nervous and reproductive systems and gives energy.

**Gulanch tinospora** has general rejuvenative,



(MA1401)

strengthening and cleansing properties and is also a nerve tonic.

**Aloeweed** is another excellent rejuvenative to the nervous system. It has a very good calming effect and supports mental stability. It also supports the digestive system and sleep.

**Indian pennywort** (*Centella asiatica*) promotes mental and heart function and sleep.

### **Related Health Tips**

These Ayurvedic guidelines help balance Vata and maintain mental balance:

- Establish a stable routine.
- Complete an ayurvedic self massage (abhyanga) with oil on a regular basis.
- Get plenty of rest. Early to bed and early to rise.
- Avoid stimulants such as caffeine, alcohol and tobacco.
- Eat 2-3 warm, nourishing meals a day at regular times.
- Don't read or watch TV while eating. Avoid fasting.

- Favour foods that are warm, heavier and oily, and the sweet, sour and salty tastes.
- Reduce cold, dry, light, pungent, bitter and astringent foods.
- Drink plenty of warm liquids. Avoid cold, iced and carbonated drinks.
- Stay warm during cold weather.
- Favour calm, quiet environments.
- Reduce travel and avoid stressful situations.
- Practice the Transcendental Meditation® programme on a regular basis.
- Poor sleep can upset the mind. Take Blissful Sleep basic in order to achieve a deeper quality of sleep.
- Vata Tea and Vata Churna (seasoning) have a calming influence.



*“As a teacher and a mother, I can build up tremendous levels of stress – Peace of Mind has really helped me maintain a more balanced perspective” - BM*



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Maharishi Ayurveda Products

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