

# DR. VRUSHAKAPI

– Himalayan Yogi, Scientist, and Specialist in Advanced Nutrition

*"Yoga is many limbed and is not to be confused with any form of religion. My aim is to restore the understanding of the relationship of different branches of traditional yoga so as to enable each person to make swift and effective progress"*

*Dr. Vrushakapi*



## Background and Education

Dr. Vrushakapi is widely recognized as an inspirational yoga teacher, a trainer of yoga instructors, and an award-winning scientist. His journey in yoga began at the age of eleven, and he has trained in over 87 traditional ashrams, learning directly from great teachers such as:

- Satyananda Saraswati
- Krishnamacharya
- All seven students of Sivananda
- Accomplished Yogis of the Greater Himalayas
- Gurus of Tibetan and Himalayan Vedic Traditions including Kailash Ashram & Nyingma Tradition

Dr. Vrushakapi is also a nuclear scientist with:

- Three PhDs – in Chemistry and Yoga
- Trained as a pharmaceutical and nutraceutical formulation specialist

His teachings extend beyond yoga and meditation, incorporating unparalleled expertise in natural peptides and advanced nutrition with in-depth knowledge of latest bio-technology-engineering processes to trigger deep healing at the gene-level for the benefit of all.





## Holistic Approach to All Aspects of Yoga

Dr. Vrushakapi's teachings integrate various aspects of yoga, including:

- **Physical Yoga Practices** – Integrated physical practices from Krishnamacharya, Vishnudevananda, Satyananda Saraswati, B.K.S. Iyengar, Pattabhi Jois, etc.
- **Advanced pranayama techniques** – To reduce oxygen consumption and conserve breath.
- **Mindfulness & Meditation** – Based on Hindu, Tibetan, and Theravada traditions, with a science-based approach for rapid progress.
- **Scientific Living** – Advocating an evidence-based approach to total health, from morning to night, with absolute standards.
- **Kayachikitsa** – A rare therapeutic yoga system offering a single solution for the wide range of muscular, skeletal, digestive, respiratory, reproductive, and nervous disorders.
- **Kriya practices** – The science of the sacred Nine Hole Cleansing Technologies for deep purification & detoxification.





## A Life-Changing Personal Experience


In 1992, Dr. Vrishakapi suffered severe injuries in a road accident, including:

- Multiple fractures in his spine, hip, and pelvic bones
- Loss of control over his lower torso
- A ruptured urethra

Doctors predicted he would never walk again or have children. Despite these challenges, he designed his own systematic treatment plan using yoga asanas, pranayama practices, and nauli and vajroli kriyas. His perseverance led to:

- Regaining mobility within a year
- Running again within two years
- Welcoming his first child in 1994

This experience was a turning point, inspiring him to promote the correct understanding of traditional yoga for both physical and mental well-being.



## International Recognition and Lectures

Dr. Vrushakapi has been invited by global institutions to share his knowledge. Notable invitations include: United Nations & International Labour Organization (Geneva) – Led International Yoga Day celebrations (2017, 2018) Lectures at Prestigious Institutions:

- Oxford Brookes University
- Bath Royal Literary and Scientific Institution
- Imperial College London
- SOAS, University of London
- Kyungpook National University School of Medicine, South Korea

Dr. Vrushakapi is a consultant trainer at Yoga Campus in London. He holds the E-RYT Certification having contributed to the creation of thousands of yoga teachers globally in the past five decades.



## Powerful Health-rejuvenating Pranayamas

Dr. Vrushakapi's teachings include breathing techniques that work to dissolve all diseases that are routed in kapha, pitta, and vata, similar to the six cleanses.

- Pranayam techniques taught include:
- Prakritika Pranayama (external respiratory techniques)
- Vaikritika Pranayama (internal respiratory techniques)
- Sahaja/Sukshma (natural/ cellular breathing)

They help to counter:

- Cardio-respiratory diseases
- Mental and emotional imbalances
- Sleep-related breathing disorders
- Immune weakness and vulnerability to airborne viruses
- Pollution-induced chronic conditions

Overall, the aim is to reduce oxygen consumption and conserve breath, as guided by the authentic teachings of the Vedic texts.



## Mastery in Meditation

Dr. Vrushakapi's approach to meditation is multidisciplinary, grounded in the authentic lineage of Saint Patanjali, with mastery in Raja Yoga at its core. His practice is shaped by extensive study across:

- Hindu, Yoga, Mahayana, and Theravada Buddhist traditions, drawing from monastic lineages in Thailand, Burma, Sri Lanka, and Tibet.
- Classical Sanskrit and Pali texts that explore the deep connections between Yoga, Buddhism, and Vedanta.

His method integrates the sound of silence with powerful lying-down meditations based on darshanas, dharanas, and dharinis, guiding students toward kanika samadhi.

Dr. Vrushakapi's programs are structured using a science-based approach to enable rapid progress, mind mastery, and ultimately, profound insight and liberation.



## Training and Retreats

Dr. Vrushakapi conducts:

- Intensive training in meditation, combining theory and practice from Yoga Shastras and Yoga Sanhitha as taught by Yajnavalkya and later compiled by Saint Patanjali in Yoga Darshana.
- Annual residential retreats in India (10 or 18 days) for in-depth learning.
- Online training courses throughout the year.

He has also trained yoga teachers for over four decades, combining experiential wisdom with knowledge from multiple traditions.

He uses a wide range of teaching tools—stories, examples, grammar, etymology, simple explanations, and experiential learning—to explain how yoga can be applied to all aspect of life, in any situation, for total health.







## Expertise in Nutrition and Healing

Dr. Vrushakapi blends ancient Vedic wisdom with advanced biotechnology to formulate preventive, therapeutic and performance nutrition.

He formulates vegan-based Nano proteins and Nano macro/micro-nutrition using the latest biotech-engineering processes

His areas of specialization include, but are not limited to:

- Epigenetics and Nutrigenomics
- Nootropics and Brain Health
- Ortho-Molecular Nutrition
- Lifestyle & Metabolic Disorder Nutrition
- Phytoextracts
- Bioactive Compounds
- Sport Nutrition (Cleanest Performance/Competitive Nutrition)
- Anti-Aging Nutrition

He founded Vedic Nutraceuticals and The Yoga Healing Foundations across the UK, USA, and India. His innovations in nuclear science earned him the Homi J. Bhabha Award.

