

Intense Course on Advanced Therapeutic Nutrition and Restorative Yoga

Vedic Approach to Achieve Zero Resistance for Total Healing

A comprehensive implementation program taught by Dr. Vrushakapi, a Himalayan Yogi holding a PhD in Yoga and two PhDs in Chemistry with 40 years of expertise in R&D and innovation in therapeutic molecules & drugs, peptides, phytonutrients, and natural derivatives to help solve your health problems.

For serious seekers looking for solutions to their health problems and are ready to implement the teachings on scientific diet, therapeutic nutrition, and restorative yoga in real time as this is not a theoretical academic course!

January 20th,
to April 18th,
2025



'Physician, heal thyself!'

Every individual has the ability to heal themselves of all their health problems if they understand the root causes.



The purpose of yoga is to remove the root cause of diseases at the mind and body level for absolute fitness and in doing so develop a ketogenic body like Himalayan Yogis who can survive on one glass of milk per day as these Yogis use fat as the primary metabolic substrate. Fat can be used to produce infinite ATP i.e. the energy currency of the body. ATP, in turn, can be used for anabolic action—protein synthesis for cell detox, repair, replication, and growth in the body which is the foundation for a happy, healthy, and long life.

Understanding the root causes behind diseases and providing the body with the right inputs to generate infinite ATP—which drives protein synthesis—is vital for overall well-being. While the internet is overflowing with many sources to learn about diet, nutrition, and yoga, you might be confused about which source offers the most authentic solutions to one's health problems based on the purest of sciences and authentic yoga are rare.

Dr. Vrushakapi offers a unique, creative, and proven path for well-being with five decades of experience as a yogi and four decades of experience in R&D into therapeutic molecules, peptides, phytonutrients, and natural derivatives. Since COVID-19, his teachings have helped over 10,000 students achieve lasting health and happiness through practical and impactful solutions.

This course blends the teachings of authentic Himalayan yogic wisdom with cutting-edge modern science to help students realize the highest pathway to achieve total healing. It provides a clear action plan for achieving absolute fitness through scientifically grounded practices in diet, therapeutic nutrition, and restorative yoga, so that students can be balanced in mind & body, and bubbling with abundant energy and vitality at all times.





The teacher who brings such wisdom to students' lives is Dr. Vrushakapi, a Himalayan Yogi upholding the purest teachings of Himalayan Traditions, tracing back to the unbroken chain of lineages of the original giver of yoga, Lord Shiva.

In contemporary traditions, only two gurus have learned in the Monastic Discipline of Kailash in the Himalayas. One is the late Tirumalai Krishnamacharya, the father of modern yoga and the other is Dr. Vrushakapi, the teacher of this course. While Tirumalai Krishnamacharya could not carry forward teachings other than the tampered asana practices, Dr. Vrushakapi is an authentic acharya of Original Yoga as generated in Purvanga Desha, Kailash with flourishing connections in the Himalayas even today.

Making the decision to join this course allows you to connect to the unbroken lineage of gurus and traditions that have upheld Yoga in its truest form such as Tirumalai Krishnamacharya, Shivananda and Gurus of Kailash Ashram. It's an opportunity to become a true yogi aspirant by learning the original limbs of Yoga as they were meant to be practiced as well as benefit from Dr. Vrushakapi's unparalleled expertise in advanced drug synthesis and natural peptide production for modern health challenges.

Enroll now only if you are:

- Ready to follow the Code of Conduct,
 - Practice the teachings as they were practiced in the sampradaya or lineages of yesteryears, and
 - Embody the shadgunas—the qualities of a serious aspirant as outlined by Adi Shankaracharya;
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- Damamu (Not becoming istracted);
 - Shamamu (The ability to focus);
 - Uparathi (The ability to sustain concentration);
 - Titiksha (The ability to avoid reacting);
 - Shraddha (Total surrender, self motivation, devotion and interest);
 - Samadhana or Gratitude (The development of humility, ego-lessness and selflessness);
 - Mumuksha (The burning desire to become enlightened).



Understanding the Root Cause of Diseases

The root cause of all diseases—whether inflammatory, autoimmune, metabolic, or lifestyle-related—can be traced back to defects in our gene expression.

Have you ever wondered how Yogis are bubbling with abundant energy whether in the heights of the Himalayas or in the bustling city—while you cannot escape the clutches of diseases?

The answers are in modern living which exposes the human body to many factors that disrupt its natural equilibrium—sedentary work, chronic stress, poor nutrition, insufficient sleep, consumptive lifestyles, and exposure to toxins that contribute to the buildup of impurities within the cellular structure.

Garbage in—garbage out; substandard inputs not only weaken the body but also leave the mind agitated and leading to buildup of cell debris!

As the volume of cell debris increases, the mitochondrial density within the cellular structure decreases, bringing down the body's ability to generate ATP essential for core functions. Abnormal chemical reactions of the body lead to metabolic disorders that disrupt the body's ability to process and distribute nutrition effectively.

Metabolic disorders manifest in many ways and cause enormous inflammation. Inflammation triggers the body's defense mechanisms, but it becomes the foundation for long-term diseases to take root when unchecked.



As per Vedas, Dukka (suffering) is caused by Dukka Thraya:

- Adi Boutika: Illness caused by external factors—consumptive lifestyle choices, weather changes, pollution, or physical injuries.
- Adhyatmika: Karmic diseases ingrained in our DNA due to our karma from past lives.
- Adidaivika: Sickness originating due to the influence of spiritual forces.

Targeted actions can be taken to address the problem, not just the symptoms by understanding the root causes of illness. The Vedic approach provides solutions to eliminate these underlying issues, while modern medicine often focuses on symptom management. This course, guided by the eternal scientific insights of authentic Yogis and backed by modern scientific findings, aims to help students tackle the root causes to restore and sustain health from within.

Note:

This course is the second half of an intensive six-month program focused on achieving total healing, with an emphasis on practical implementation. New students need not worry about falling behind, as key teachings from the 2-month introductory conceptual course will be reviewed and refreshed. Additionally, all the class videos from the introductory course will be made available till the end of this course to watch.



Diet – Macro Nutrition for the Soul’s Vehicle – the Body

When you take a car as an example, the structure is made up of material such as plastic and steel. But in order to run it, you need to supply it with fuel. To maintain the car, you need lubricants and coolants to ensure smooth functioning of its hardware. The human body requires macro nutrients to perform its basic functions. Proteins are building blocks like the materials that make up the car's structure. Carbohydrates serve as the energy source that fuel the engine. Fats function as body heat regulators, help to absorb essential vitamins, and function as stores of energy.

The key ingredients needed for a plant to grow are soil, water, and sunlight in the right proportions. We cannot put kerosene in the place of water. Similarly, the human body requires macronutrients in the right proportions to maintain its basic functions.

Proteins

Proteins are building blocks that are vital for growth & repair of cells, enzyme production, and overall cellular function. This course delves into all you need to know about protein, amino acids, and peptides. Topics covered include; types of proteins; sources of proteins and their absorption scores; how proteins get broken down within the body and what cellular functions are involved; how it is absorbed at different age categories and differentiating between blue protein and black protein; how wrong protein combinations creates bad lipoproteins and cause cellular debris, advantages of advanced vegan Nano peptides; impact of protein synthesis in development, and how to use the most standard protein to improve health conditions.



Carbohydrates

Carbohydrates are the body's primary source of energy, providing fuel for brain function, physical activity, and metabolism. They are classified into simple and complex carbohydrates, each having a different effect on blood sugar levels and energy regulation. However, excessive carbohydrate intake—especially from refined and processed sources—can trigger leptin signal blocking, affecting hunger regulation and leading to weight gain, insulin imbalances, and increased risk of metabolic disorders. While whole food carbs offer sustained energy and support gut health, processed carbs can act as gut irritants, causing inflammation and disrupting the balance of gut bacteria. The course will take an in-depth look at carbohydrates including sources and types of carbs such as grains, cereal, fruits, etc, and how to incorporate the best carbohydrates into our diet.

Fats

There is a misconception that fats are bad. Fats provide a dense source of energy for the body when food sources are sparse, function as heat regulators, help absorb vitamins, and work as building material for the cell membrane and like lubricants to protect vital organs. The course gives in-depth understandings on the different sources and types of fats—saturated, trans, monounsaturated, polyunsaturated fats; deeper understanding on essential fatty acids; the recommended fat quantities fit for consumption; the effect on the body from different kinds of fats; understandings on how to maintain ideal ratios of total cholesterol; and which fats to use or avoid for your absolute health.



Demystifying Gut Health

A key topic covered is how the proportions of macro nutrients and fiber consumed affect gut health. There is a common misconception that overloading the gut with excessive amounts of fiber is beneficial for gut health. In reality, when the gut microbiome is imbalanced, introducing large amounts of fiber can have a disruptive effect, akin to throwing an atom bomb into an already damaged system.

Gut health is important as gut health is directly linked to brain health, often referred to as the gut-brain axis or gut-brain barrier!

- Blockages and impurities in the gut and the pelvic floor region can manifest as various multisystemic conditions as the impurities that cannot be dislodged from the bottom holes travel up causing;
- neuromuscular disorders like back pain, neck catches and numbness;
- reproductive health issues like menstrual irregularities and excessive bleeding;
- neurological issues like cerebrospinal imbalance and headaches; and
- mental health disorders characterized by fluctuating or erratic thoughts.

The pelvic floor region supports the entire trunk and head and also bears the "weight of the mind" with its restless and shifting thoughts. Maintaining the health of this region is vital for the health of both body and mind. Removing the resistance and impurities at the bottom holes is the first step for restoring total health.

The course provides a comprehensive detoxification and purification plan to balance your gut microbiome, eliminate harmful parasites, cleanse the entire intestinal tract from mouth to anus, and detoxify all circulatory systems—blood, lymphatic, dermal lymphatic, and cerebrospinal circulations—to promote and sustain optimal health. It also introduces the student to specific restorative yoga practices that remove the resistance of this region.



Scientific Diet Vs Pseudo Diets

The course covers the dangers of pseudo diets with short-terms results and long-term adverse effects. Such diets can slow down metabolism—your body's ability to convert food sources into energy and trigger metabolic adaptation, a process that conserves energy stores when energy inputs of the body are low. As a result, the body goes into survival mode and becomes resistant to burning fat reserves, and once you stop such diets, you often regain the lost weight, returning to your body's set point.

Instead, the course emphasizes the importance of scientific dieting, enabling your body to efficiently switch between burning different energy sources i.e. metabolic switching, ensuring sustained energy levels. It highlights how the primary role of fasting is not weight loss but the removal of cellular debris that causes enormous inflammation in the body leading to diseases.



Complete Guide to Therapeutic Nutrition

The course content extends far beyond a foundational understanding of macro and micro nutrition for basic bodily functions.

It delves into understanding the specific nutritional needs signaled by your DNA when you experience hunger. Unlike cravings driven by taste, these signals are precise, indicating specific nutritional requirements to support cell health and protect against diseases. However, due to ignorance, the mind often overrides these signals, leading to the consumption of unhealthy inputs like refined sugars, saturated fats, or defective proteins, compromising health.

It includes, but is not limited to, in-depth insights on:

Epigenetics and Nutrigenomics: Nutrition tailored to reengineer gene expression and can prevent or reverse gene-related issues caused by simple or complex gene mutations of substitution, deletion, and insertion that change the nucleocloid structure of DNA sequence.

Nootropics and Brain Health: Nutrition tailored for your brain which is like a processor running 24/7. Every cell is connected to all neurons in the brain, and today, your hypothalamus manages 650 kinds of 3,500 inputs (a dramatic increase from just 40 inputs in the past) as most of our work is brain-related. Nootropics support the brain in handling this immense load by supplying nutrients that meet its oxygen demands, not only as preventive care against diseases but also by enhancing cognitive function, mental clarity, memory, learning, and socio-emotional well-being.

Ortho-Molecular Nutrition: Nutrition tailored to optimize health and address deficiencies by correcting molecular imbalances based on individual biochemistry through precise doses of targeted nutrients—vitamins, minerals, amino acids, and fatty acids. When these targeted nutrition circulates through your system, your DNA signals RNA to initiate the synthesis of specific proteins and enzymes required for repair, regeneration of cells.



Lifestyle & Metabolic-B Disorder Nutrition: Nutrition tailored to fit an individual's unique lifestyle—whether sedentary or active to correct metabolic disorders. Different individuals possess varying proportions of Type I, Type 1A, Type 2A and Type 2B muscle fibers, which are influenced by their energy requirements and activity levels. These muscle types utilize distinct metabolic substrates, making targeted nutrition essential to support their unique functions and optimize performance.

Phytoextracts: Nutrition tailored from plant-based compounds with diverse benefits, including detoxification, inflammation reduction, immune support, antioxidant properties, anticancer effects, and overall health enhancement.

Bioactive Compounds: Nutrition with biologically active compounds that positively impact living organisms, providing health benefits to the brain, heart, and immune system while reducing the risk of chronic diseases. Compounds with the highest ORAC (antioxidant) activity help fight free radicals, reduce inflammation, and promote healing.

Sport Nutrition: Nutrition tailored to support physical activity, athletic performance, and recovery called Cleanest Performance or Competitive Nutrition. This nutrition provides the essential nutrients from natural sources required to sustain energy, drive the anabolic processes necessary for competitive sports, and facilitate rapid recovery, ensuring peak performance.

Anti-aging Nutrition: Nutrition tailored to reverse aging and increase longevity. This includes nutrients that repair cell membranes damaged by free radicals, replenish electrons required for core functions of the body, and support stem cell regeneration to restore tissue health and vitality.

Samam Sthiram Sukham Asanam

Restorative Yoga to Remove Resistance in the Body

Yoga is not just a particular posture performed on the mat—it is a holistic way of life encompassing the way we sit, stand, walk, move, meditate, all the while maintaining balance, conserving energy, and in zero resistance and zero tension at all times.

Restorative yoga consists of simple and efficient exercises that eliminate stress, heat, impurities, inflammation, and psychological burdens accumulated from daily life. It guides us toward a state of zero resistance, like that of a newborn, with an electron-rich, stress-free body and cells full of mitochondrial density, akin to the ketogenic state of Himalayan Yogis, who rely on fat as their primary metabolic substrate.

Unlike many modern yoga programs, gym routines, competitive sports that have devolved into physically demanding torture programs causing health issues, restorative yoga facilitates deep healing at both the mind and body levels. It removes the issues caused by sedentary lifestyles, driven by the “couch potato syndrome” and desk-bound cultures.

Restorative yoga is for anyone of any age group with any inflammation to practice with enormous benefits which includes enhanced ATP production, increased mitochondrial density, boosted immunity, efficient energy and oxygen conservation, improved aerobic capacity, deep relaxation, fat burning, the removal of stored stress and all inflammation.

Restorative yoga, especially practices like Zero Resistance Yoga (Adyatmika Krama), offers a pathway to achieve total balance, adaptability, and conservation.





Zero Resistance Yoga which is rooted in Classical Kurantaka Yoga from the Tibetan Gompa traditions and popularized by Tirumalai Krishnamacharya, allows the body to unlock infinite energy and release stress. It frees cerebrospinal fluid, enhancing agility and promoting deep relaxation of both mind and body.

Doing exercises in zero resistance or oxidative phosphorylation exercises enhances crucial metabolic pathways including;

- beta oxidation,
- the electron transport chain, and
- the pyruvic and citric acid cycles, promoting optimal energy efficiency in the body.

All of these benefits are realized when practice is coupled with proper breathing, alignment with the body's planes and axes, and efficient movement closer to the body's center of mass to conserve energy.

Additionally, asanas coupled with the Sound of Guru rapidly accelerates the realization of a catabolic or zero resistance state.

Through this course you will learn restorative yoga principles and practices for long-term vitality.



Other topics related to physical and mental fitness include:

- Understandings on anabolic and catabolic processes of the body and how energy is produced and used in the body through different metabolic pathways.
- The impact of planned and unplanned physical activity.
- Awareness of daily physical activity levels and occupational activity levels.
- How to calculate Basal Energy Expenditure (BEE) and fat-free mass to determine the body's specific energy needs and design exercises tailored to each individual.
- Body's key energy sources for long-term endurance activities Vs. short-term, high-intensity activities, including understanding of lactic acid buildup during exercise and techniques to remove it effectively.
- The differences between aerobic and anaerobic activity and their respective benefits for building lean versus bulk muscle.

Achieving long-term health requires understanding the type of exercise that aligns with your body's unique needs and limitations, and practicing it in a way that fosters balance.

Understanding Pramana (Standard Inputs) helps in giving the best inputs to the body and mind.



Lack of Pramana Leading to Faulty Gene Expression As per Patanjali Yoga Sutras:

Vritthi swarupya mitaratraha

All negative inputs add to our Smruthi (DNA memory) and result in faulty gene expression.

Yogah cittavrtti nirodhah!

Yoga is to remove the negative gene expression by maintaining standard inputs (Pramana) at all kosha levels and transform your DNA memory.

Vrttayah pañcatayyah klistā aklistāh

Pramāna viparyaya vikalpa nidrā smrtayah

Lack of knowing Pramana is the delusion that becomes the hallucination, leading to sleeping over the problem of disease, birth, and death.

Standard inputs at all levels help you not just overcome illness but change your fate:

- Ahara: Transforming your diet by maintaining correct standards.
- Vihara: Engaging in movement that restores optimal cellular health.
- Vichara: Cultivating positive thoughts and having gratitude for everything.
- Vyavahara: Fostering positive relationships and environments.
- Achara: Maintaining a lifestyle rooted in ancient wisdom.
- By aligning these aspects of your life, you can change your Grahacharam (existing DNA transcript) ultimately achieving the aspirations of the soul.



Commitment and Discipline

This course is not just an intellectual endeavor—it requires sincere commitment and serious dedication. You will be guided strictly as if you are in a traditional ashram, even though it's online, with expectations of discipline, gratitude, humility, devotion, and surrender. These virtues, along with a deep interest in the teachings, are the only criteria for joining the course, not monetary compensation. Doing course assignments is mandatory.

While opting for the certificate is not mandatory, the successful completion of the courses will provide students with 200 Hours/ 500 Hours Certification (Accredited with International Yoga Alliance) and Advanced Certification (Accredited with Indian Yoga Association).

Enroll now to implement the teachings of the eternal sciences!