

AYURVEDA

The Science of Life

Holistic tradition. Natural system of healing.
Encourages the maintenance of health.
Compliments yoga.



LINEAGE OF MASTERS

- **Lord Brahma** - God of creation.
↓
- **Daksha Prajapati** - One of Lord Brahma's sons.
↓
- **Ashvins (Ashwini Kumaras)** - Two Vedic twin brother Gods.
↓
- **Lord Indra** - King of Gods and Heaven
- Also **Lord Dhanvantari** who is referenced in several texts as the incarnation of Lord Vishnu as the co-founder of Ayurveda.
- Artharva Veda also mentions Ayurveda. (See Vedangas Presentation)

AYURVEDA

- *Ayu = life*
- *Veda = knowledge/science*
- Ayurveda is a complete system of health, both preventive and curative, which originated in India thousands of years ago as part of India's *Vedic* lore.

Benefits of Ayurveda

- Ayurveda wants you to understand that you are truly unique and is designed so that you approach your individual life in the most tailored way possible.
- Nature has five elements. A principle of Ayurveda is that we are a part of nature.
- It promotes healthy and beautiful skin.
- Practises are designed to promote mental balance as well as physical.
- Through diet and lifestyle, it alleviates stress.
- It is a comprehensive long-term approach to revitalising energy.
- Being mindful of our body's natural constitution helps us to restore the balance that leads to relaxation.
- As you begin to eat as per your dosha, your digestive system will strengthen.

PANCHA MAHABHUTAS

The 5 great elements of the body and universe.

Everything you can see with your eyes.

Going beyond these is yoga.

FIRE - AGNI

- Fiery in nature.
- Creates a transformation within body.
- Will help us digest food.
- Short temper, anger, arrogance, anxiety.

It is considered a form without substance. Fire possesses the power to transform the state of any substance. It has the power to transform solids into liquids and liquids to gas and vice versa. Where there is movement, there is friction, there is fire. It governs the transformation of food into energy, the regulation of body temperature, digestion, absorption and assimilation of food. Within each of the doors of perception - ears, skin, eyes, tongue and nose - there is a subtle fire component that is necessary for sense perception, and processing that perception into knowledge. The fire element is radiant energy and is present in the body as the flame of attention.



Related to the Manipura Chakra.

AIR - VAYU

- Motion and movement within body.
- Moving arms, nodding head or moving body.
- Also movement within body from mouth to intestine.
- Issues related to arthritis can mean the air element has risen up.

It is existence without form. It is the gaseous form of matter which is mobile and dynamic. It is the key element required for fire to burn. Within the body, air in the form of oxygen is the basis for all energy transfer reactions. Air is the principle of movement necessary for keeping the body in constant motion and manifests as electrical energy. *Prana* is the basic principle of the air element. It is the flow of consciousness from one cell to another in the form of intelligence. Sensory stimuli and motor responses are the subtle movements of *prana*.

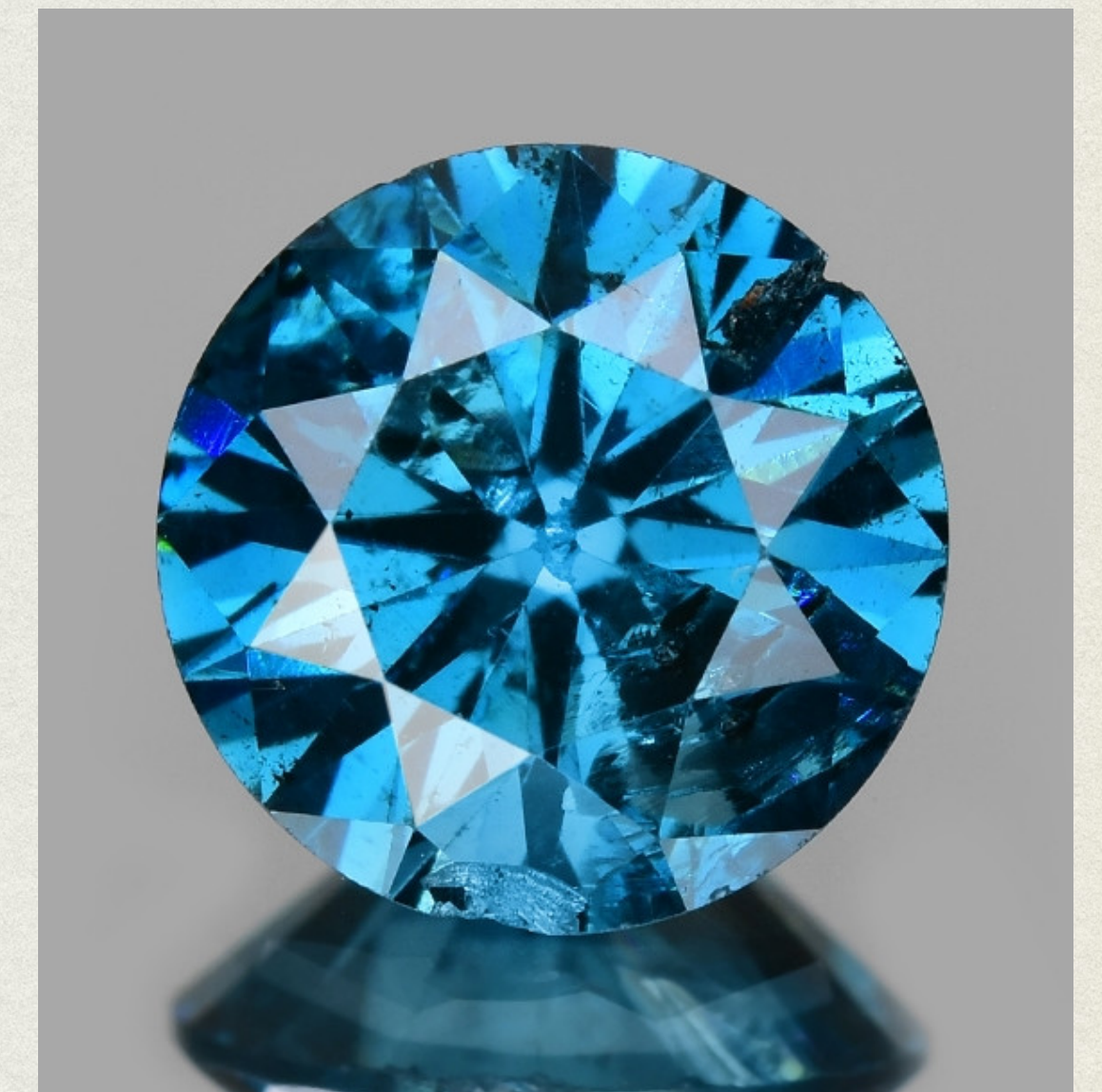


Related to the Anahata Chakra.

SPACE - AKASHA

- Highest within the body, 90%.
- Space inside nostrils, ears, food pipe, wind pipe, space between organs.
- Most dominant part of our body.
- When you witness a view from the top of a hill you are experiencing the space element. The 'wow' effect.
- We may also experience this through meditation. Will help us expanding consciousness.

It is the space in which everything happens. It is both the field that is the source of all matter and the space in which matter exists. It is through space that sound travels, providing the medium through which the entire spectrum of vibration exists. In the development of matter, space comes first. Within space, there is a pure presence of spiritual energy that manifests as nuclear energy.

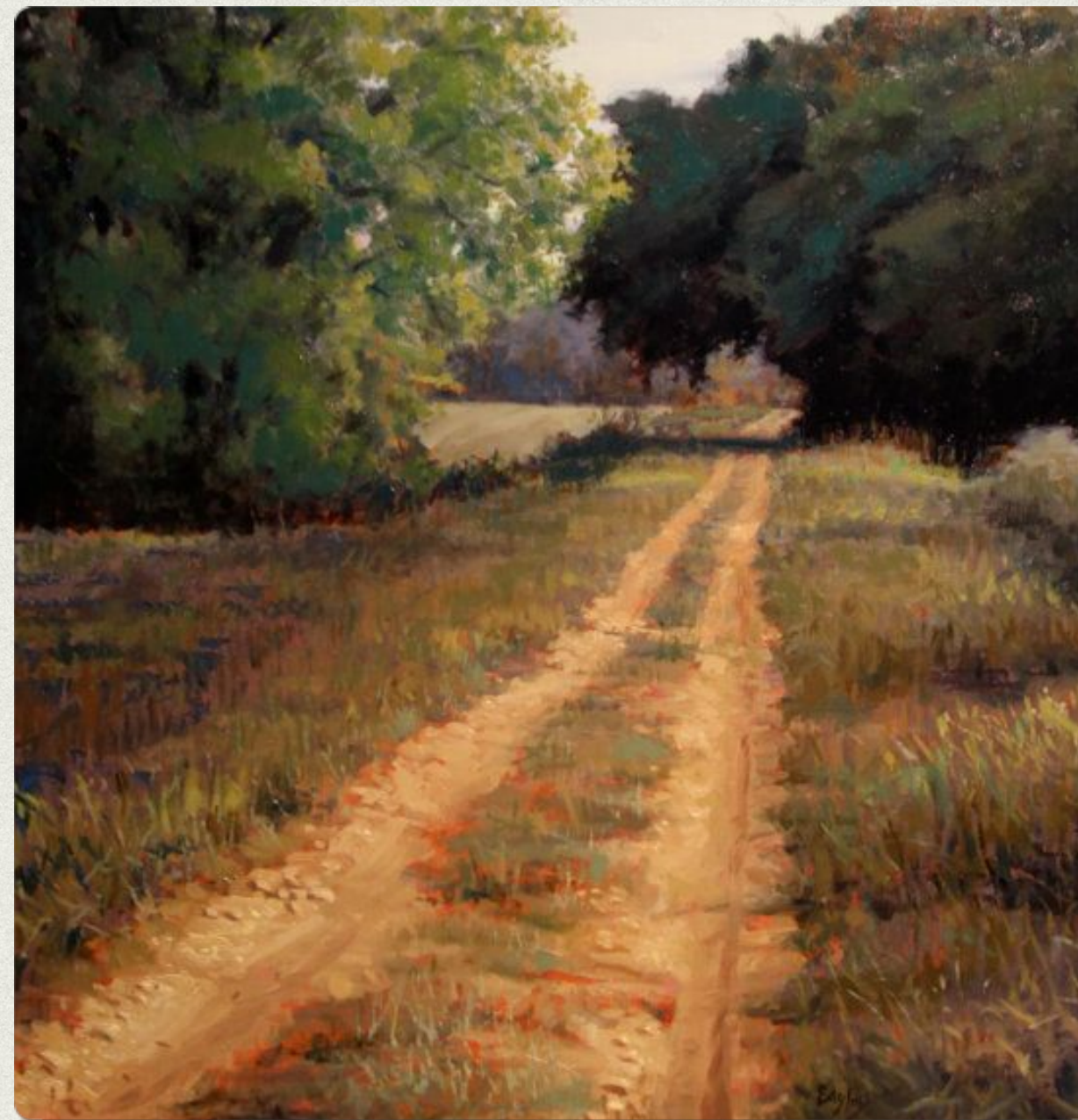


Related to the Vishuddha Chakra.

EARTH - PRITHVI

- Whatever you can see, touch etc... that is tangible and solid in nature.
- Skin, clothes, organs, muscles, bones, ligaments.
- Whatever food we consume.

It is considered a stable substance. It represents the solid state of matter and contains all five elements. It manifests stability, permanence and rigidity. All solid structures in our body such as bones, teeth, cartilage, nails, hair and skin are manifestations of the earth element. Earth is associated with mechanical energy.

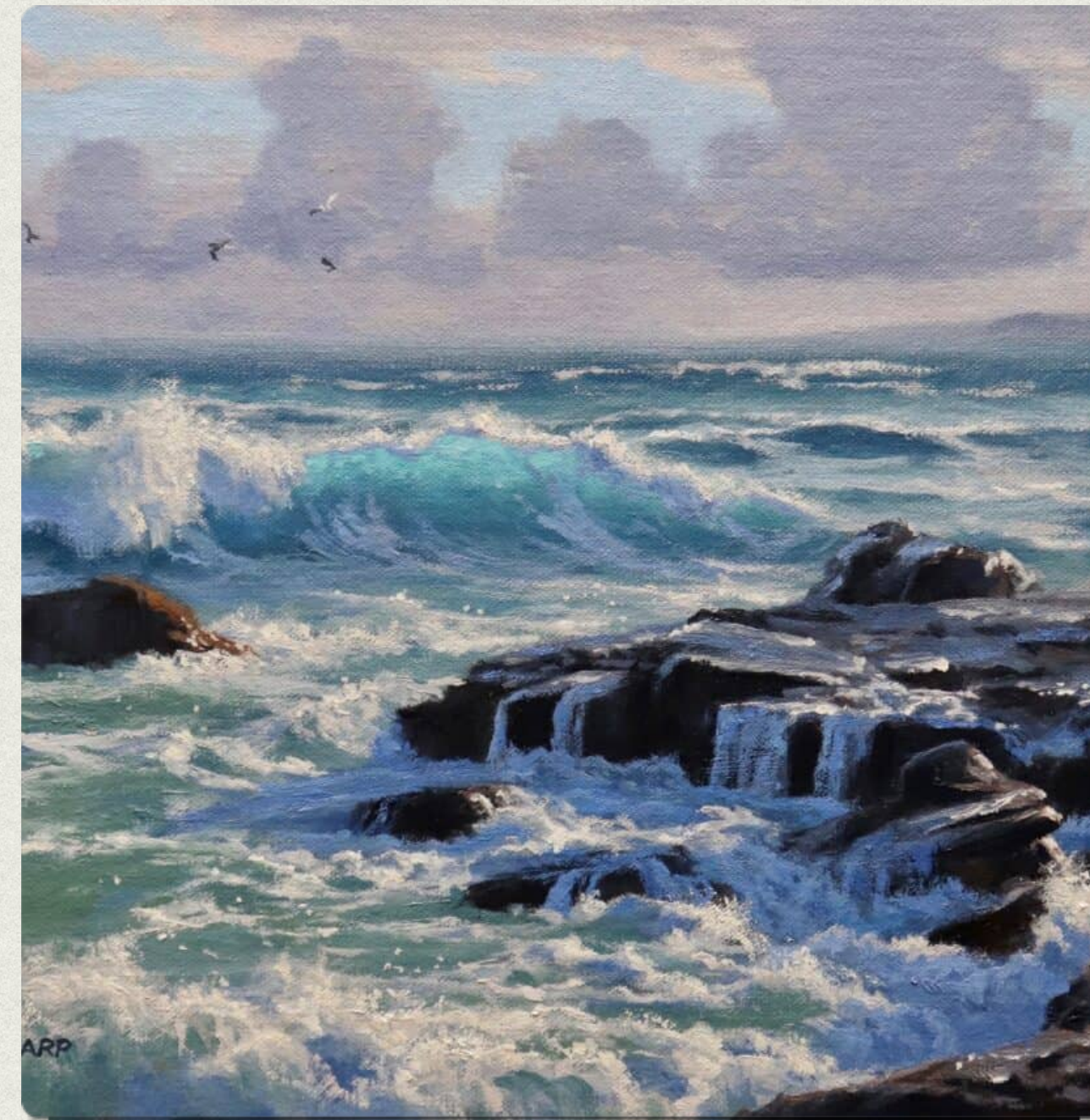


Related to the Muladhara Chakra.

WATER - JAI/AP/APA

- Fluid in nature.
- All fluids in the body e.g. saliva, blood, urine.
- 70% of the body is made of water.
- Which is why we are recommended to hydrate your body at all times.

It is a substance without stability. Water is the universal chemical solvent and all biochemical functions are governed by it. Water is necessary for the survival of all living things. The plasma in our blood is composed of approximately 90% water and carries oxygen, vitamins, minerals and other nutrients from one cell to another. Within the medium of water, all the elements maintain their function. Water is associated with chemical energy and is known as the Water of Life.



Related to the Svadhisthana Chakra.

TRIDOSHAS

- Three fundamental energies. They are the building forces of an individual.
- Doshas are bodily humours, or intelligent life principles which determine the characteristics, traits and features of the infant from amongst the hereditary options available within the parental sperm and egg. Any Dosha can remain dominant as per the season, time of day, situation around you, food eaten etc...

- ***Vatta*** - space and air.
- ***Pitta*** - fire and water
- ***Kapha*** - earth and water.



VATHA
DOSHA



PITHA
DOSHA



KAPHA
DOSHA

- Should be balanced. They are a combination of the Pancha Mahabhutas.
- All three doshas are present in everyone, but the ratio between them varies from person to person.

Prakriti - is the balance of doshas at conception

Vikriti - after creation.

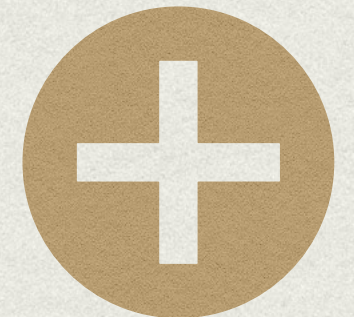
VATA

- Space and Air.
- Governs movement. Vata is the only motive force in the body and is responsible for all bodily movements including that of Pitta and Kapha.
- Governs the nervous system and *prana*. It is responsible for controlling nerve impulses and all the higher cerebral functions.
- It also controls cell division, the arrangement of cells and the formation of different layers of organ formation.
- Controls the mind and all the gross and subtle movements in the body; inhalation and exhalation, circulation of blood, arterial and venous flow.
- Carries our elimination process of excretion and labour.
- Governs breathing, blinking of the eyelids, muscle and tissue movement, pulsation of the heart, all expansions and contractions etc...
- Governs such feelings and emotions as alertness, nervousness, fear, anxiety, pain, spasms etc...



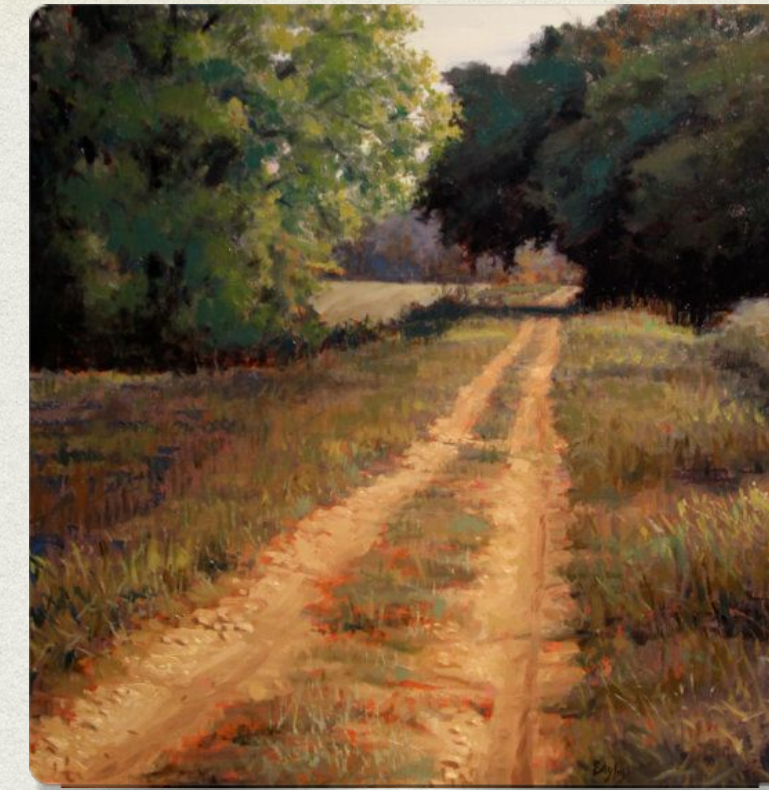
PITTA

- Fire and Water.
- Responsible for the process of transformation or metabolism in the organ and tissue systems down the cellular metabolism.
- Governs endocrine system as well as the enzymes.
- Oversees and regulates nutrition - digestion, absorption, assimilation and metabolism.
- Responsible for hunger, thirst, sex energy, heat production, body temperature and maintenance.
- Provides lustre of the eyes, body glow and softness of the body.
- Expresses valour and is responsible for understanding and intellect.



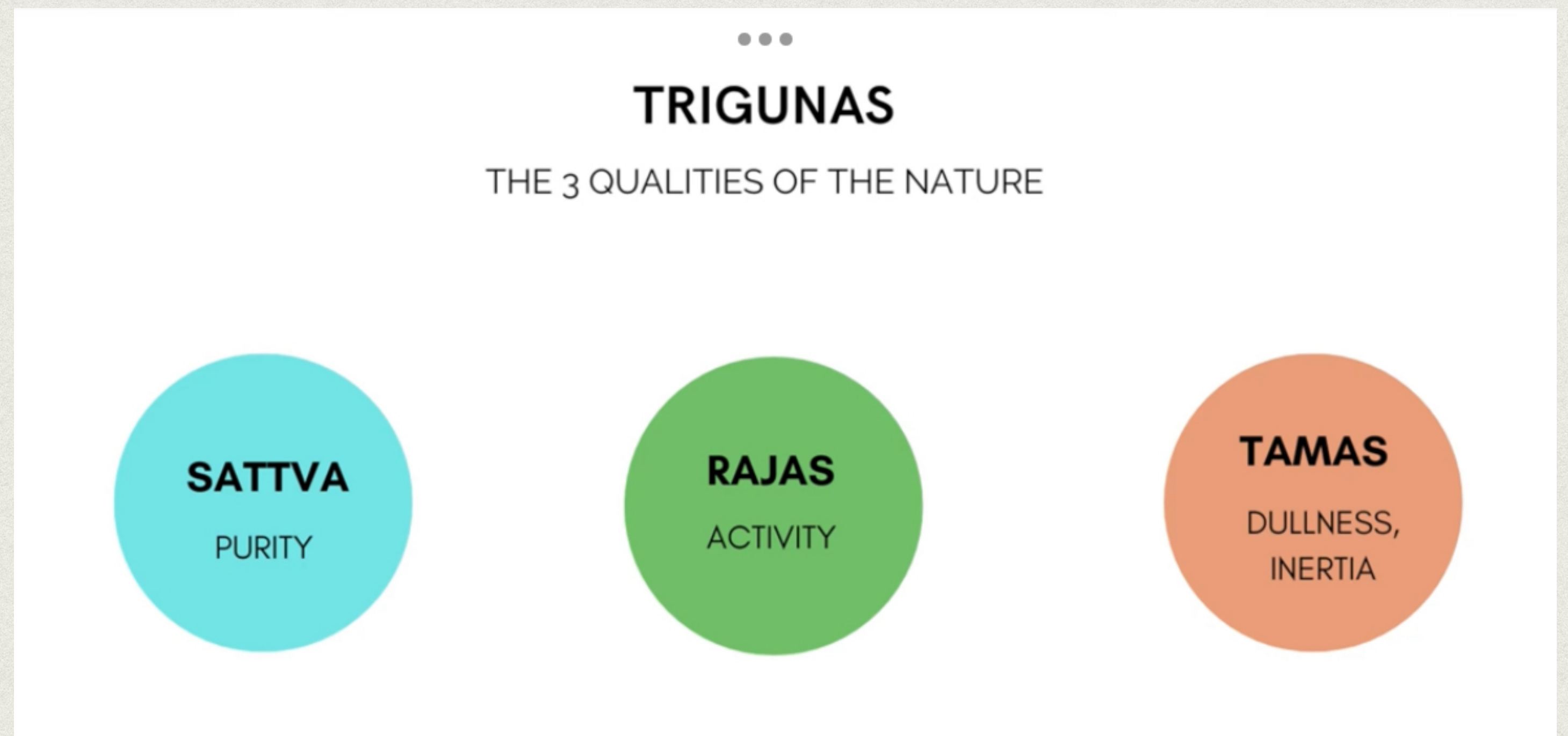
KAPHA

- Earth and water.
- Governs solidity. Responsible for the structure and stability of the body and the growth and reproduction.
- Gives biological strength, vigour, provides immunity and aids healing.
- Kapha gives protection. Cerebral-spinal fluid protects the brain and spinal column and the mucous lining of the stomach is governed.
- Maintains all fluid balances of the body, including lubrication of joints, providing moisture to the skin, filling the spaces in the body.
- Supports memory retention and is responsible for generosity, affection, knowledge and understanding.
- Governs the emotions of attachment, greed, long-standing envy. It also expresses tendencies towards calmness, forgiveness and love.



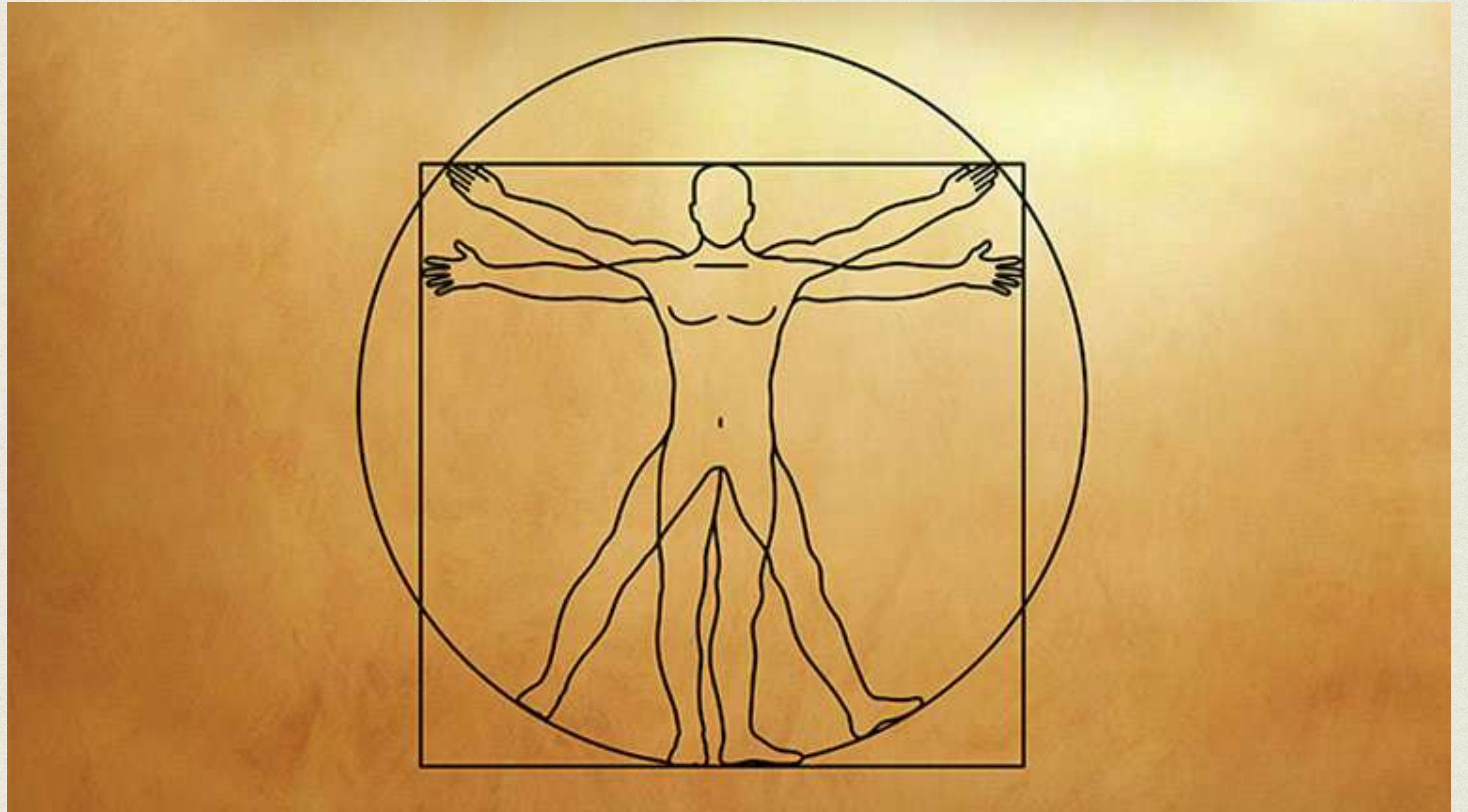
RELATION TO TRIGUNAS

- Fire = Sattva and Rajas
- Air = Rajas
- Space = Sattva
- Earth = Tamas
- Water = Sattva and Tamas



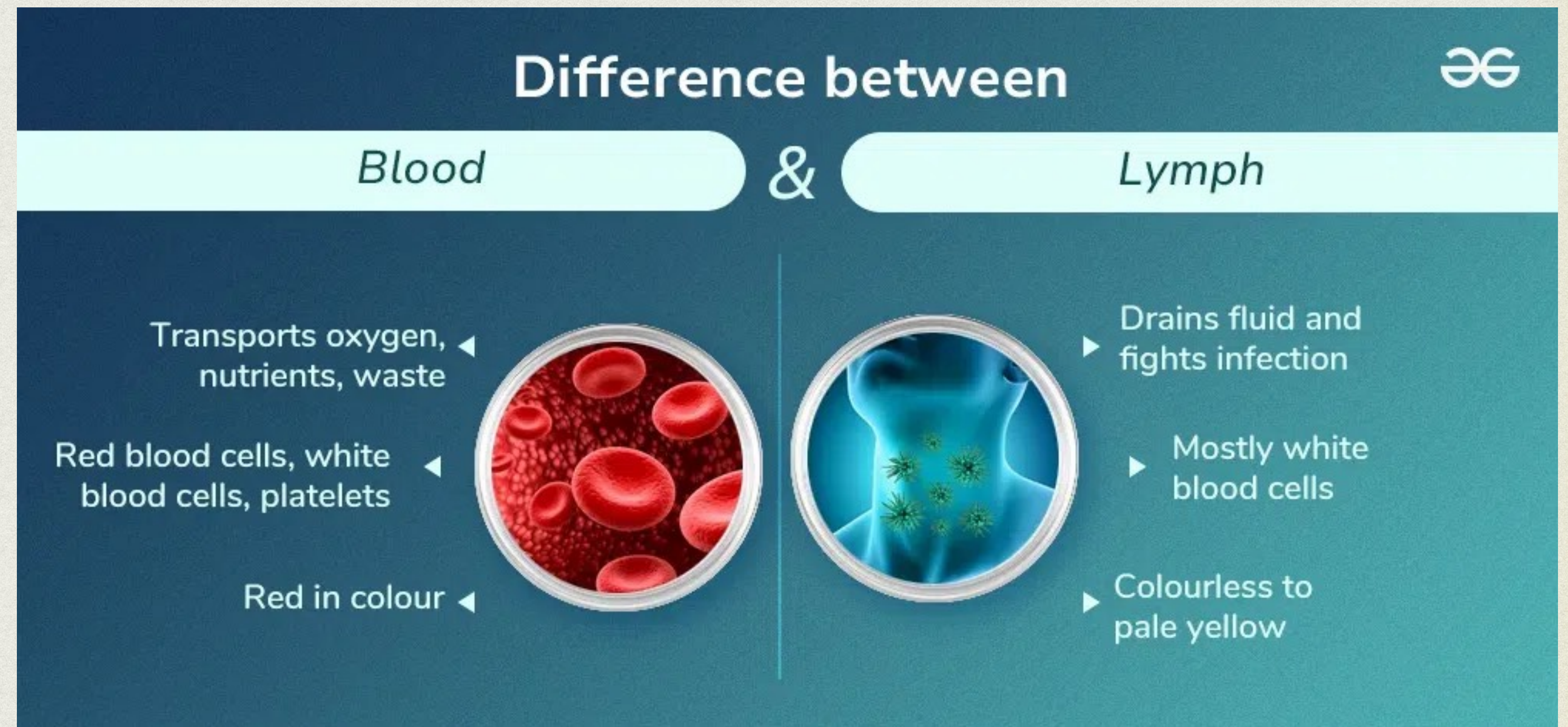
SAPTA DHATUS -7 BODY TISSUES

- Balance is health and the natural order.
- Imbalance creates disorder and disease.
- *Dhatu* - body constituents which build the basic structure and carry physiological functions.
- *Dhatu Mala* - Waste products of metabolism which are formed on daily basis and at the same time should be expelled out constantly so as to balance and maintain the body mechanics.



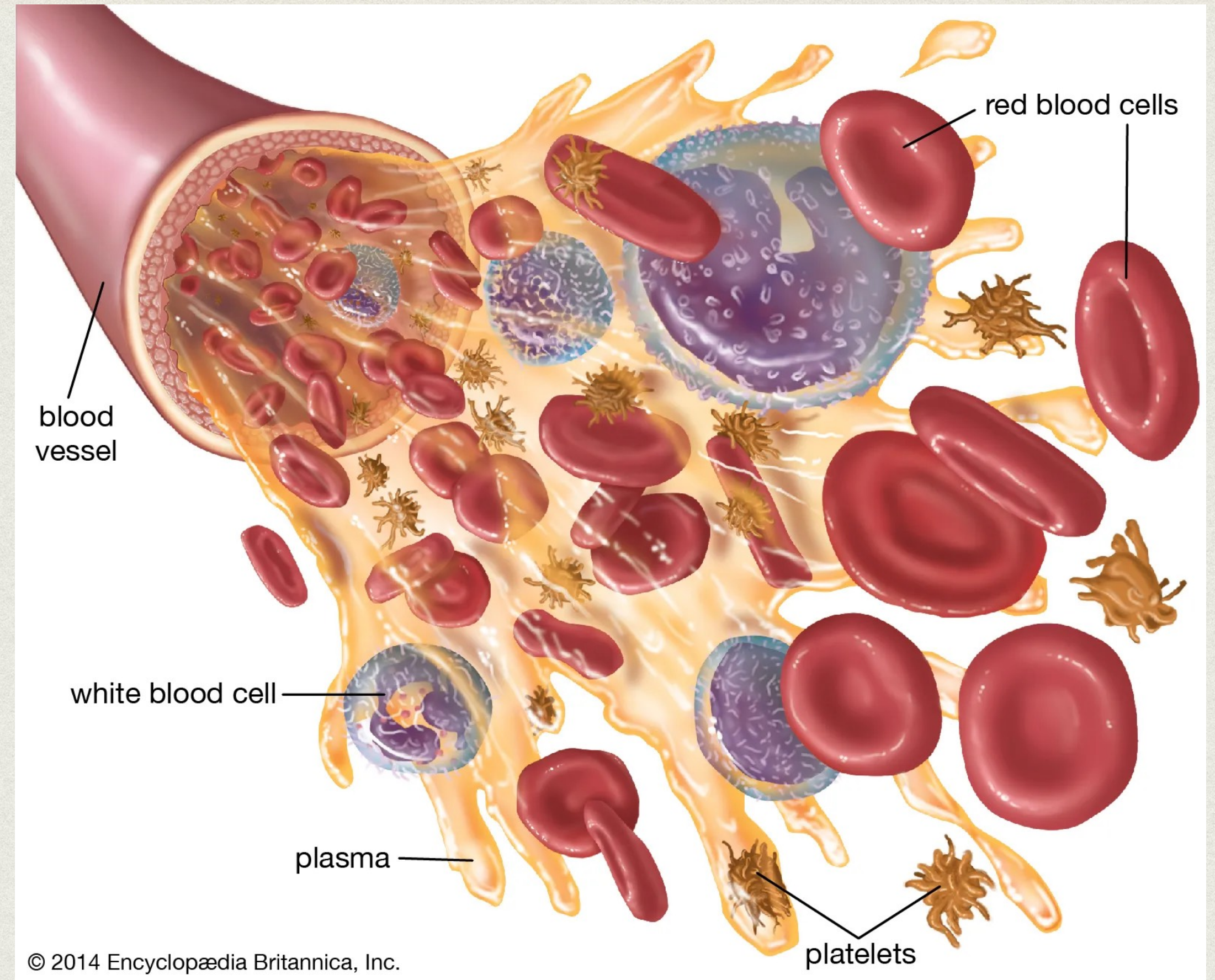
RASA

- **Plasma/Lymph.**
- Function: Nourishment.
- Dosha: Kapha.
- Gets nourishment from: Essence part of food, after digestion.
- Dhatu Mala: Phlegm (Kapha)



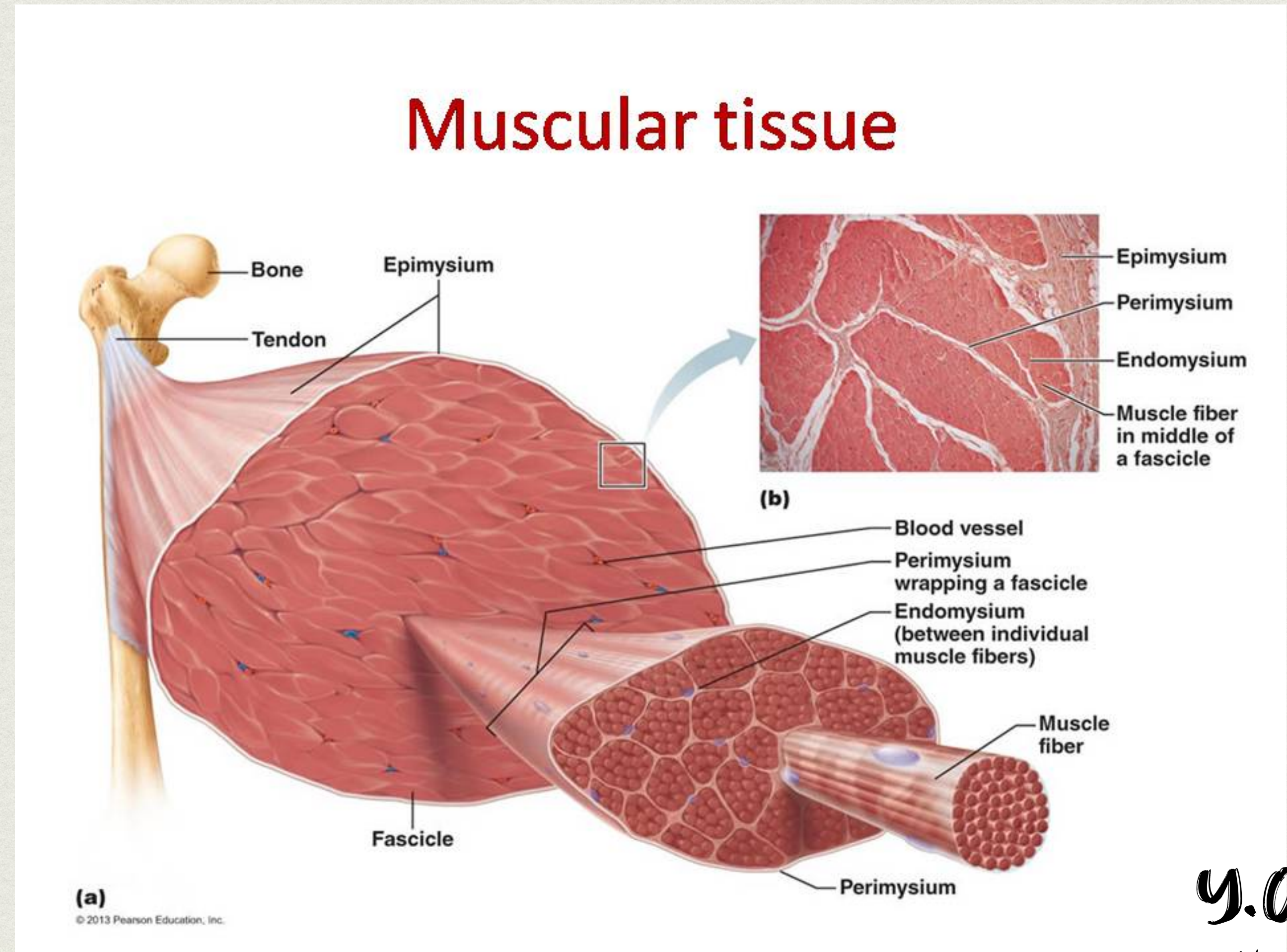
RAKTA

- **Blood Tissue.**
- Function: To give life or maintain vitality (jivana).
- Dosha: Pitta.
- Gets Nourishment From: Rasa Dhatu.
- Dhatu Mala: Bile of liver (Pitta)



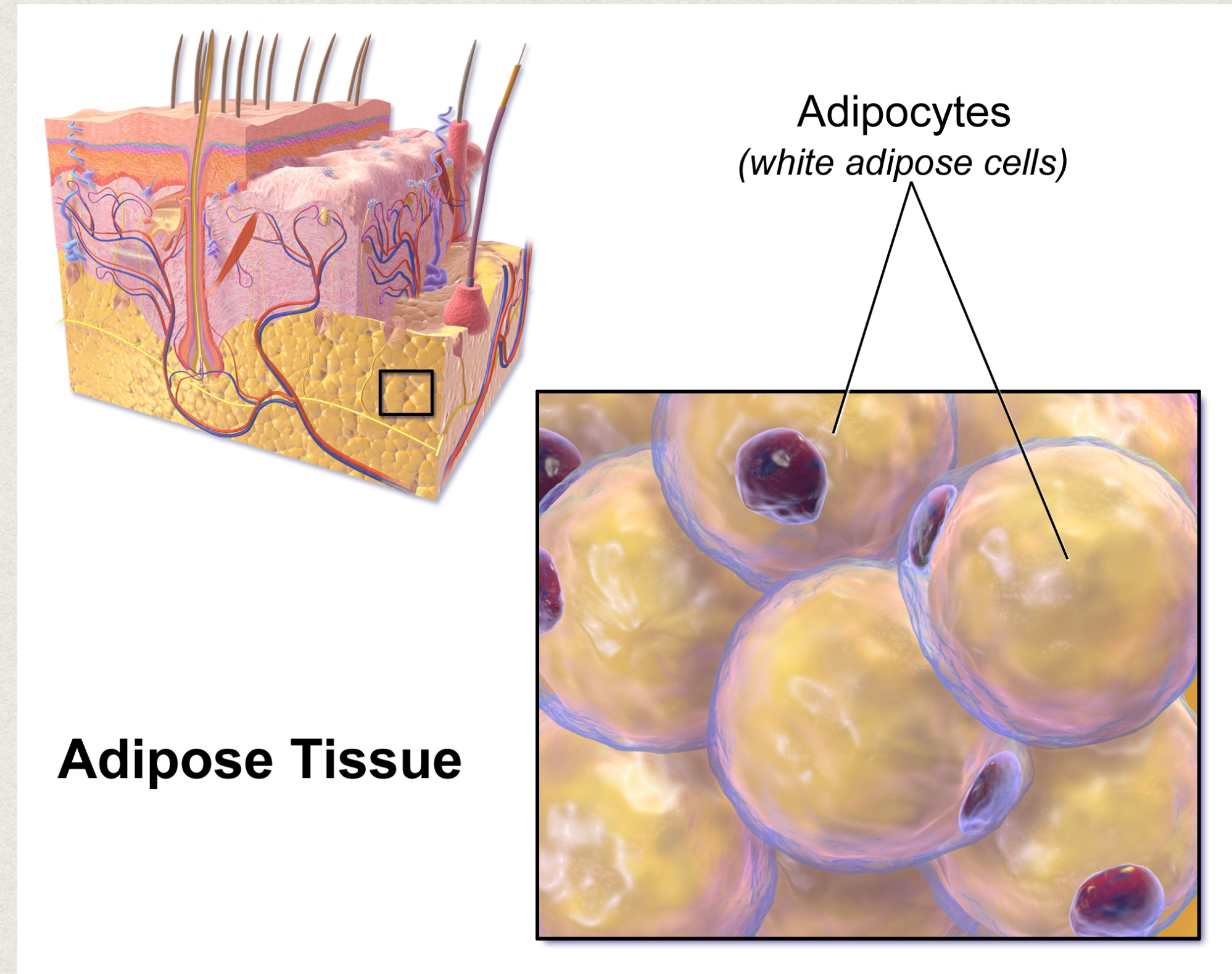
MAMSA

- **Muscle tissue.**
- Function: To support the bones.
- Dosha: Kapha.
- Gets nourishment from: Rakta Dhatu
- Dhatu Mala: products from cavities; ears, eyes, nose, mouth, genital organs.



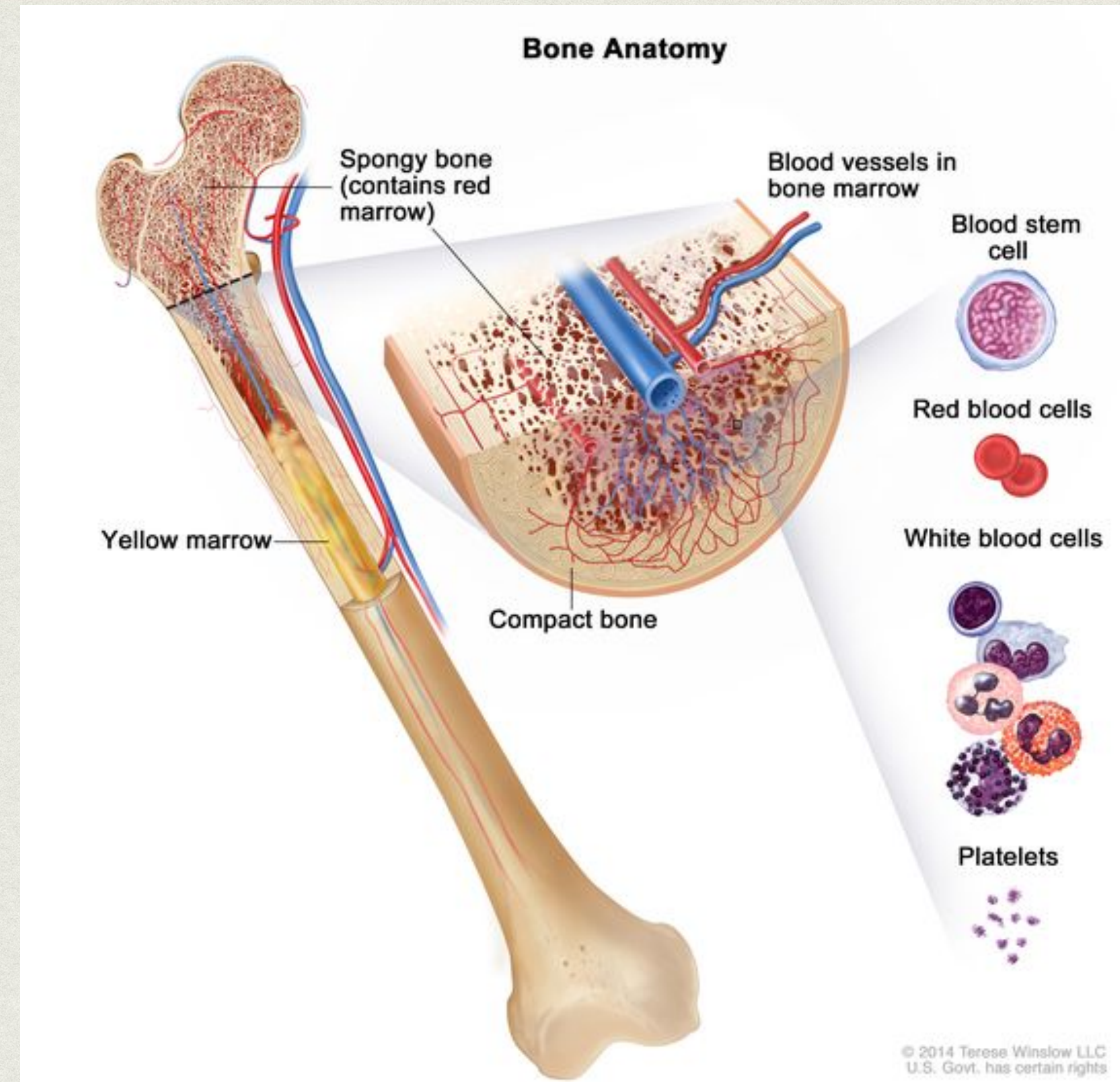
MEDA

- **Fat Tissue.**
- Function: To maintain lubrication within the body.
- Dosha: Kapha.
- Gets nourishment from: Mamsa Dhatu.
- Dhatu Mala: Sweat.



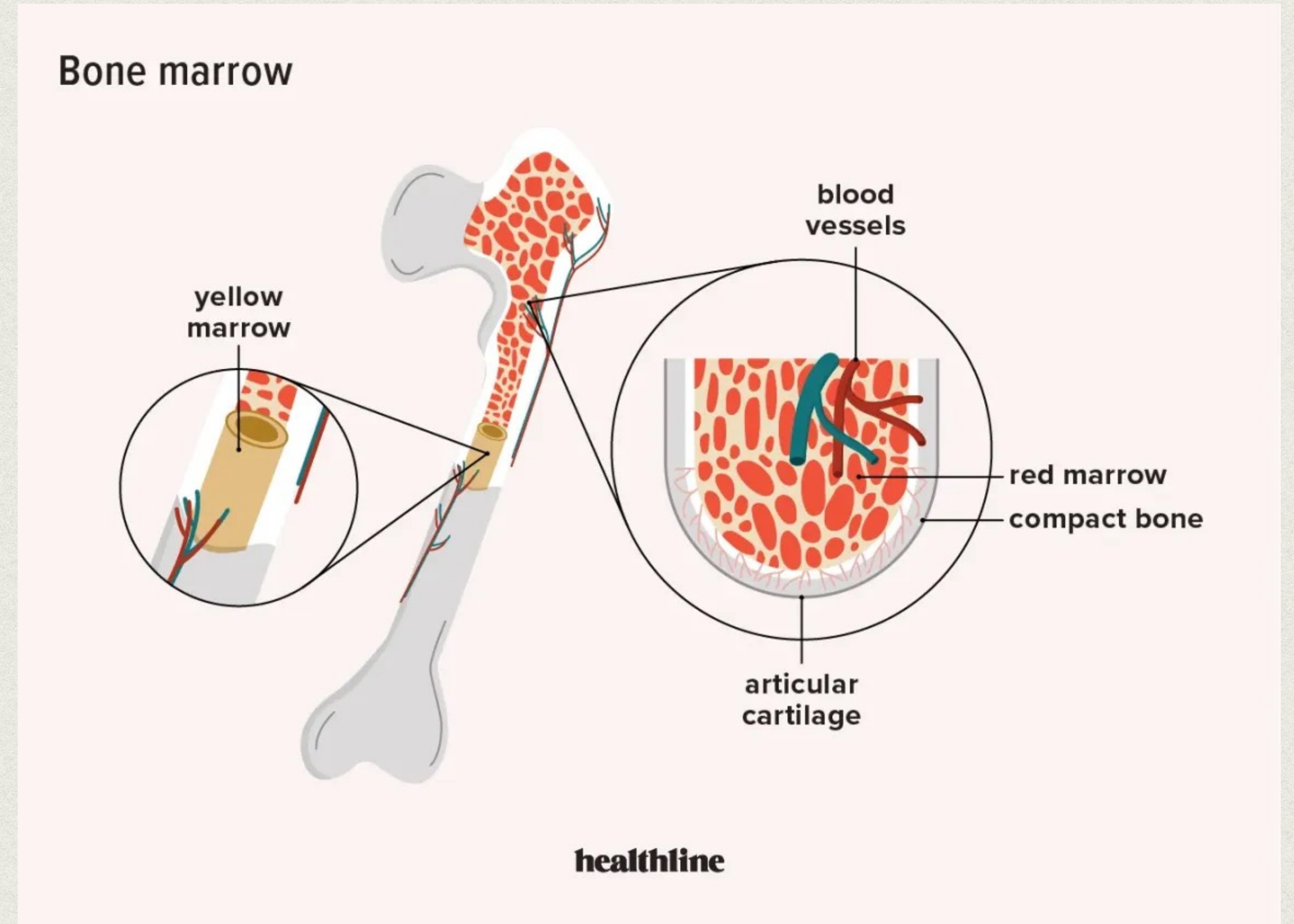
ASHTI

- **Bone Tissue.**
- Function: To hold and stabilise body frame.
- Dosha: Vata.
- Gets nourishment from: Media Dhatu.
- Dhatu Mala: Scalp and body hair.



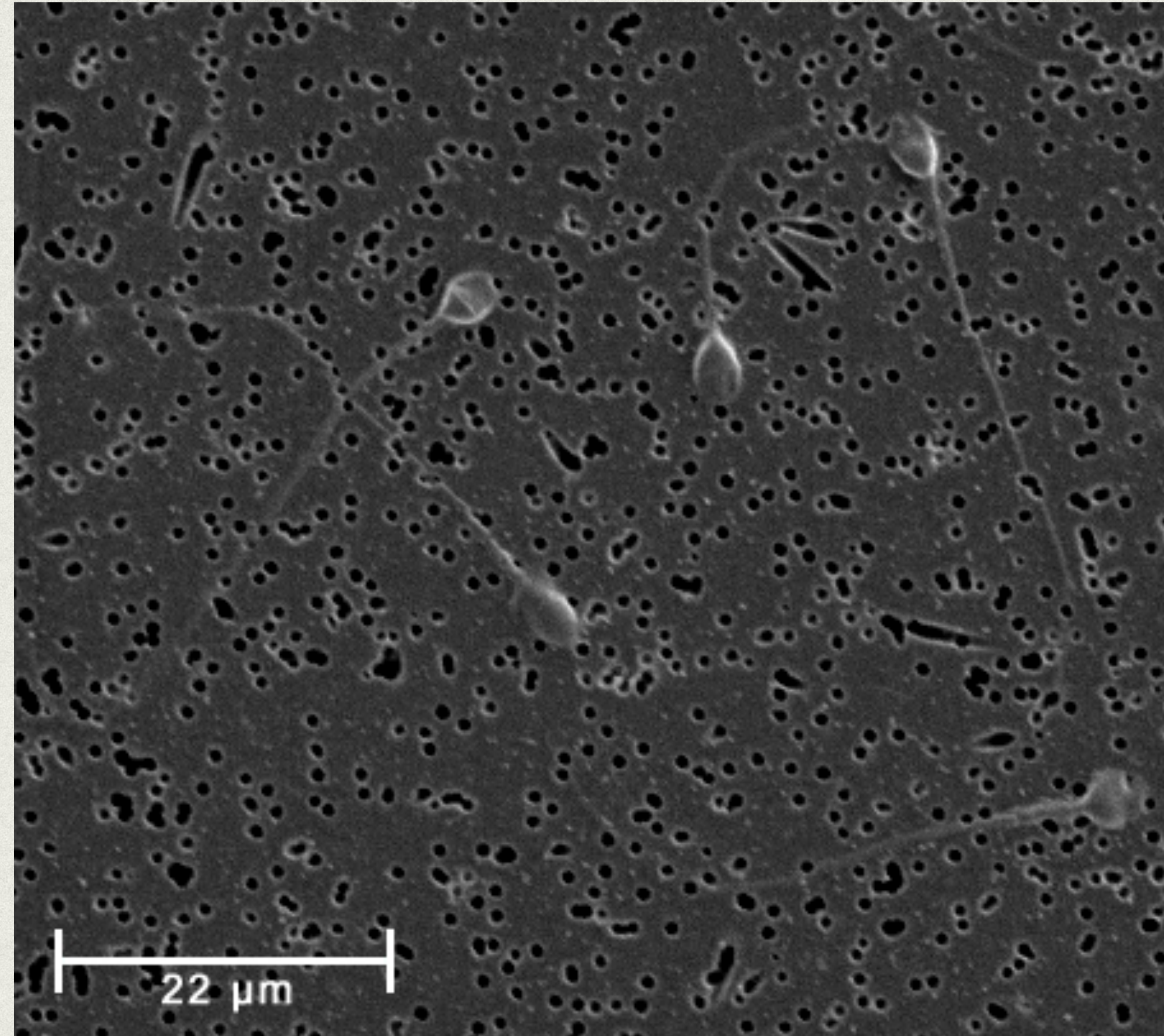
MAJJA

- **Bone Marrow.**
- Function: Strengthens the body and fills the bones.
- Dosha: Kapha.
- Gets Nourishment from Asthi Dhatu.
- Dhatu Mala: Thick secretions from eyes, mucus of faeces.



SHUKRA

- **Reproductive fluid/semen.**
- Function: Responsible for reproduction.
- Dosha: Kapha.
- Gets nourishment from: Majja Dhatu.
- No waste product.



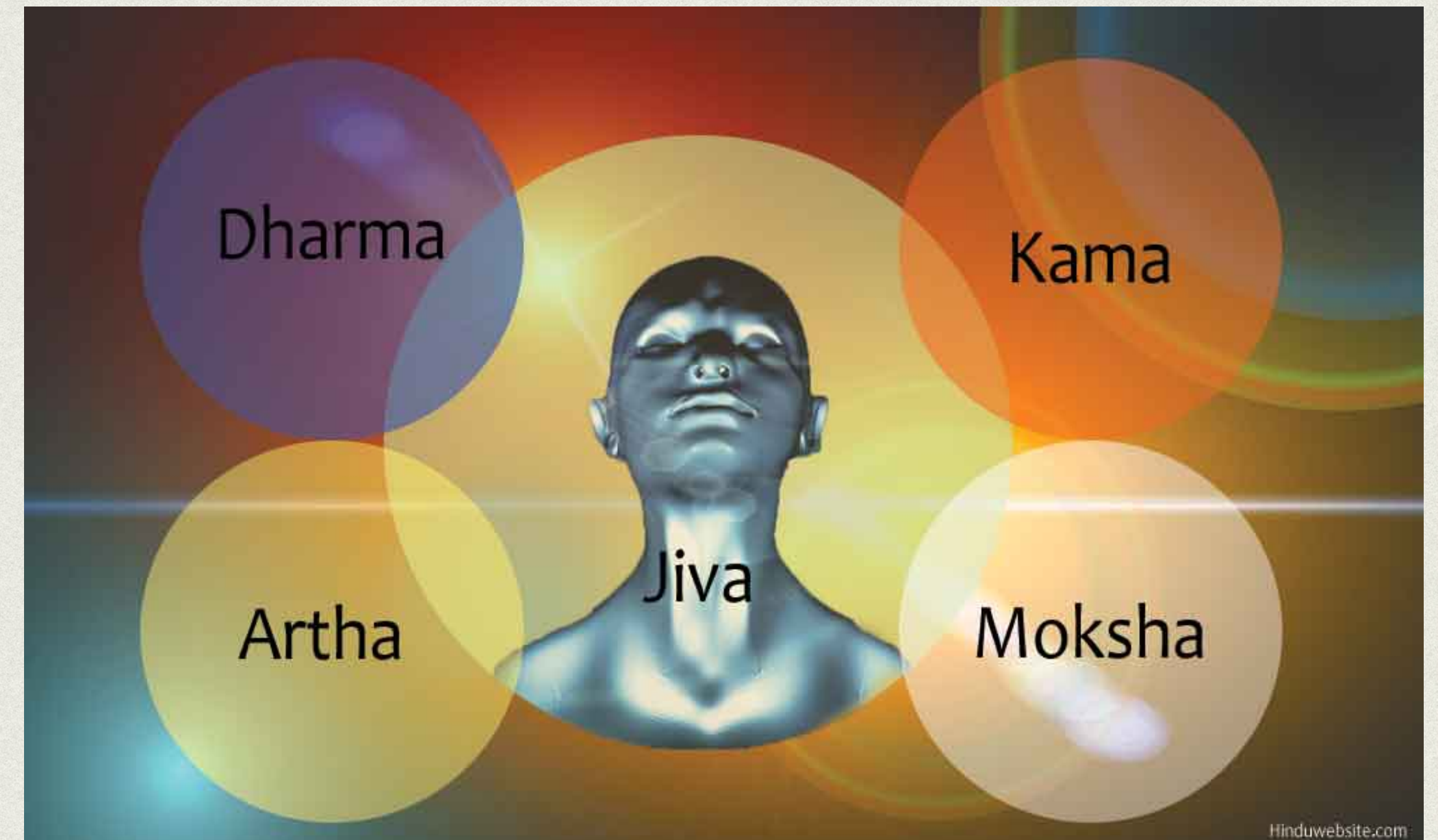
UPA DHATUS

The secondary or subsidiary tissues in the body which serve as important components and have certain fixed functions to render.

- **Rasa (Plasma, lymph)**
 - **Stanya** - breast milk
 - **Raja** - menstrual fluid
- **Rakta (Blood Tissue)**
 - **Sira** - blood vessels
 - **Kandra** - tendons
- **Mama (Muscle Tissue)**
 - **Vasa** - fat in the muscles
 - **Twacha** - skin
- **Media (Fat Tissue)**
 - **Snaya** - flat muscle
 - **Sandhi** - bone joint
- **Ashti (Bone Tissue)**
 - **Danta** - Teeth
 - **Kesha** - Hair
- **Shukra (Reproductive Fluid)**
 - **Ojas** - Vigour

PURUSHARTHA

- These are the four human life/purpose goals.
- **Dharma** - righteousness/moral values.
- **Artha** - prosperity/economic values.
- **Kama** - pleasure, love/psychological values.
- **Moksha** - liberation/spritual values.



PRAKRITI

beginning, source/creation or to do

- Our natural constitution (the qualities we are born with) is called *Prakriti*. In Ayurveda, there is no generalised criteria for maintaining health, individuality is more important.
- The predominance of the 5 elements, trigunas and tridoshas at the time of conception and during gestation decide the natural constitution of that person.
- Prakriti - the first formed nature or the original form of the being.

Benefits - knowing your Prakriti can help you live a better life through:

- A suitable diet.
- The right lifestyle.
- Knowing your strengths and weaknesses.
- Anticipating disease and preventing them.
- Better interaction with family and friends.
- Increased body and mind awareness.

A person is normally a combination of the three constitutions. Few people can say their constitution is pure vata, pure pitta or pure kapha.

VATA PRAKRITI

- Light body frame and lower body weight.
- Less stamina and resistance to disease.
- Constipation and weight loss is common.
- Low and hoarse, or high pitched voice.
- Light and quick, or frail movement.
- Talkative.
- Light, interrupted sleep.
- Visible network of veins on hands and legs.
- Nature and emotions are variable.
- Quick initiation of action, spontaneous.
- Quickness in passion, affection, aversion or disinclination.
- Learns quickly, tends to forget quickly.
- Lively, enthusiastic and creative.
- Difficulty in undertaking work that requires too much physical activity or constant attention.
- Lacks consistency in action.
- Dreams contain activity, flying, fearful and anxious situations.

VATA DIET GUIDELINES

- **Vegetables:** Asparagus, cilantro, cucumber, white melon, radish, green beans, fresh peas, parsley, mustard, sweet potatoes, okra, carrots, snake gourd. Cook vegetables using light spices and a little oil or ghee.
- **Fruits:** Banana, orange, pineapple, plums, apricots, lemon, lime, prunes, grapefruits, avocado, dates, mango, papaya, raspberries, strawberries.
- **Grains:** Porridge or well-cooked whole grains of rice, wheat.
- **Dairy:** Small quantities of milk, buttermilk, fresh cheese, curd, ghee, butter.
- **Nuts:** All nuts and seeds are good slightly roasted, or soaked, especially almonds and ground sesame seeds.
- **Pulses:** Green mung beans.
- **Oils:** Ghee, sesame oil, coconut oil, olive oil in moderation.
- **Sweeteners:** Jaggery, honey.
- **Spices:** Asafoetida, cumin, coriander, clove, cardamom, ginger, turmeric, mustard seed, fenugreek.
- **Vegetables:** Those which cause gas, like broccoli or cauliflower or cabbage. Or cook well spiced and with oil so that they are easier to digest. (Avoid too much raw salads as that may be difficult to digest).
- **Fruits:** Unsoaked dry fruits, raw apples and melons as these will increase dryness and cause constipation and indigestion.
- **Grains:** Millet, corn, rye, barley, buckwheat, oats and dry preparations like muesli, flakes, beaten rice, popcorn.
- **Nuts:** Roasted nuts.
- **Pulses:** Difficult to digest beans like turdal, chickpeas or red beans should be taken sparingly and properly spiced.
- **Sweeteners:** White sugar.
- **Spices:** Red and green chilli.
- White bread, pizza, pastries, cookies.

PITTA PRAKRITI

- Medium body frame and weight.
- Intolerance to heat.
- Dislikes hot drinks, food and environment.
- Excessive hunger and thirst.
- Rapid digestion and metabolism.
- Lots of moles, freckles or pimples.
- Balding and hair falling tendency.
- Profuse sweat and urine, strong body odour.
- Soft, firm joints and muscles.
- Medium fertility.
- Sharp, intelligent and creative in nature.
- Radiant, valorous, proud.
- Tendency towards anger, irritability under stress.
- Fond of arguing, difficult to subjugate.
- Moderate in strength, wealth, lifespan and knowledge.
- Requires a job in cooler atmosphere.
- Dreams contain fieriness, gold, sun, lightening, quarrels.

PITTA DIET GUIDELINES

- **Vegetables:** Asparagus, cucumber, celery, cauliflower, cabbage, pumpkin, bottle gourd, snake gourd, ridge gourd, yam, zucchini, lettuce, potatoes, sweet potato, okra, green leafy vegetables.
- **Fruits:** Grapes, coconut, avocado, sweet lime, custard, apple, guava, pear, melon, banana, apple.
- **Grains:** Wheat, rice, barley, ragi.
- **Dairy:** Fresh milk, buttermilk, ghee, butter.
- **Nuts:** Soaked or lightly boiled almonds, cashews, peanuts in small quantity.
- **Pulses:** Mung, soya beans.
- **Oils:** Sunflower oil, coconut oil, olive oil.
- **Sweeteners:** Jaggery, unrefined sugar.
- **Spices:** Cumin, coriander, clove, cardamom, fenugreek.
- **Vegetables:** Carrot, beet, tomato, onion, garlic.
- **Fruits:** All other fruits.
- **Grains:** Millets, corn, rye.
- **Nuts:** Raw or roasted nuts.
- **Pulses:** all other pulses.
- **Oils:** coconut oil, corn oil, sesame oil.
- **Sweeteners:** Honey, molasses.
- **Spices:** Pepper, ginger, mustard.
- White flour (pizza, bread).
- White sugar and very sour fruits.
- Pickle, spicy condiments, sour salads, dressings, vinegar, red and green chilli.

KAPHA PRAKRITI

- Hefty robust and thick body frame.
- Good strength, immunity, vitality.
- Slow digestive and metabolic rate.
- Long lifespan with good health.
- Requires less food and drink.
- Smooth, deep voice.
- Smooth, delicate, fair skin.
- Clear eyes and face.
- Often good looking.
- Calm and quiet in nature.
- Slow food intake and speech.
- Low body temperature, sweats less.
- Dislikes cold or humid climates.
- Attachment and detachment is slow.
- Walks slowly with stable footsteps.
- Strong, well-formed joints.
- Dreams contain birds, garlands, swans, river, lake etc...

KAPHA DIET GUIDLINES

- **Vegetables:** Carrot, beetroot, radish, green peas, celery, cabbage, pumpkin, bottle gourd, snake gourd, ridge gourd, yam, zucchini, lettuce, potatoes, sweet potatoes, okra, green leafy vegetables.
- **Fruits:** Lemon, apple, pomegranate, pear, apricot, guava, fig, strawberry, papaya.
- **Grains:** Corn, millet, bajra, ragi.
- **Dairy:** Goats milk, unsalted buttermilk, ghee.
- **Nuts:** Sunflower seeds, pumpkin seeds, flax seeds.
- **Pulses:** All beans including soya beans.
- **Oils:** Sunflower oil, olive oil.
- **Sweeteners:** Raw honey.
- **Spices:** All spices are good, ginger is best.
- **Vegetables:** Cucumber, tomato.
- **Fruits:** Banana, mango litchi, watermelon.
- **Grains:** Brown rice, wheat and oats moderately.
- **Nuts:** All nuts.
- **Oils:** Coconut oil, sesame oil.
- **Sweeteners:** Jaggery, molasses.
- **Spices:** Pepper, mustard.
- White flour (pizza, bread, pastries).
- Curd.
- White sugar.

*Ayurveda will help you create a healthy
mindset and body, which is an investment in
your overall wellbeing.*