

Ayurveda

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“Ayurveda is the art of daily living in harmony with the laws of nature. It is an ancient natural wisdom of health and healing, a science of life. The aims and objectives of this science are to **maintain the health of a healthy person** and to **heal the disease of an unhealthy person**. Both prevention (maintenance of good health) and healing are carried out by **entirely natural means**.

According to Ayurveda, health is a perfect state of balance among the body’s three fundamental energies, or **doshas (vata, pitta, kapha)** and an equally vital **balance among body, mind, and the soul or consciousness.**”

“Ayurveda is a profound science of living that encompasses the whole of life and relates the life of the individual to the life of the universe. It is a holistic system of healing in the truest sense. Body, mind, and consciousness are in constant interaction and relationship with other people and the environment. In working to create health, Ayurveda takes into consideration these different levels of life and their interconnectedness. As a science of self-healing, **Ayurveda encompasses diet and nutrition, lifestyle, exercise, rest and relaxation, meditation, breathing exercises, and medicinal herbs, along with cleansing and rejuvenation programs for healing body, mind, and spirit.**”

“**Ayurveda teaches that we all have a constitution**, which is our individual psychobiological makeup. From the moment of conception, this individual constitution is created by the universal energies of **Space, Air, Fire, Water, and Earth**. These five elements combine into the three fundamental energies or doshas.”

(The Complete Book of Ayurvedic Home Remedies, Vasant Lad, 1998)

Doshas

(energies, biological humors)

- **Vata** (Ether & Air) - energy of movement
- **Pitta** (Fire & Water) - energy of digestion, transformation of matter into energy
- **Kapha** (Water & Earth) - energy of structure and lubrication

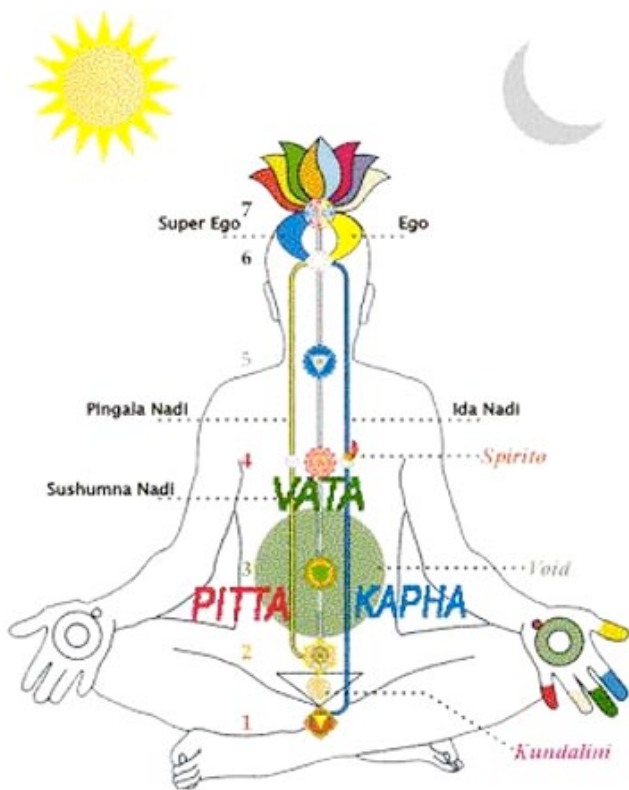
Prakriti

- individual constitution
- an individual factor that does not change throughout life
- our unique pattern of energy, our combination of physical, mental, and emotional characteristics and predispositions



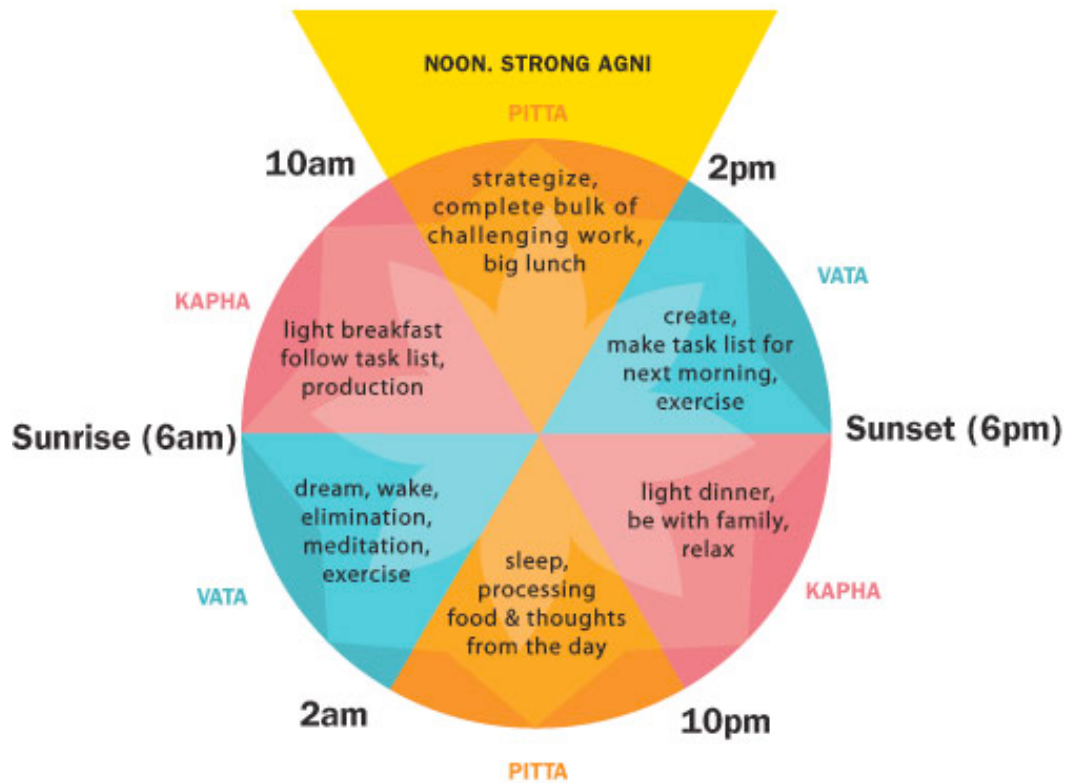
Prakriti is constantly being bombarded by:

- changes in age and external environment
- alternating of heat and cold as the seasons change
- shifting thoughts, feelings, and emotions
- quality and quantity of food that we eat
- unhealthy diet, excess stress, insufficient rest or exercise, and repressed emotions



Vikruti

- is the altered state or abnormal state of the doshas reflecting the current state of your health
- imbalanced state
- Vikruti is often referred to as disease



Vata Dosha

qualities: light, cold, dry, rough, mobile, subtle, clear, sharp, hard

physical characteristics: slighter physique, thin bones, thin hair, thin nails, dry and rough skin, some crookedness in bones & teeth, quick muscle twitch movements, tendency toward coldness & dryness in general, digestion sometimes irregular, strong or absent, tendency towards constipation, cold hands & feet, talk fast, walk fast, changing mind and moods quickly

Imbalanced state of vata (vikruti): fear, worry, anxiety, wavering faith, nervousness, insecurity, dry skin, disorganized, unstable, constipation, gas& bloating, tremors, cracking joints, inability to focus, racing mind, forgetful

Balanced state of vata (prakruti) : enthusiasm, inspiration, clairvoyance, creativity, excitable & flexible, evokes feelings of freshness, lightness, happiness and joy

Vata time of Day: 2-6am, 2-6pm

Vata Season: Late Fall & Winter



Pitta Dosha

qualities: oily, hot, light, liquid, sharp, spreading, fleshy smelling

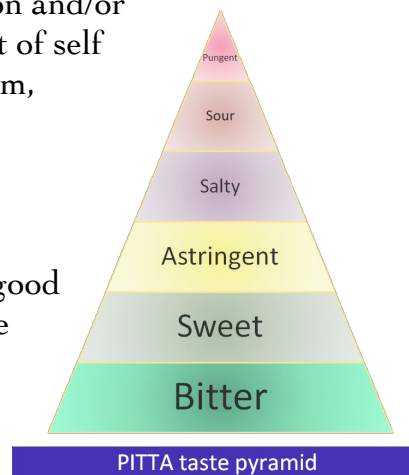
physical characteristics: medium framed, soft musculature, light to medium sized bones, good strong digestive power and appetite, hard time missing a meal, warm body temperature, skin can be reddish, sensitive & oily.

Imbalanced state of pitta (vikruti): excess heat in the body, inflammation, loose stools, skin problems, acid indigestion and/or heartburn, anger, irritability, tendency for over judgment of self and others, stubborn or rigid, frustration, hatred, criticism, jealousy

Balanced state of pitta (prakruti): intelligence, understanding, good digestion & maintenance of body temperature, good appetite, good complexion, courage, good sense of humor, good at social relations, often leader type

Pitta time of Day: 10-2am, 10-2pm

Pitta Season: Summer



Kapha Dosha

qualities: oily, cold, heavy, smooth, slow/dull, stable, slimy, soft

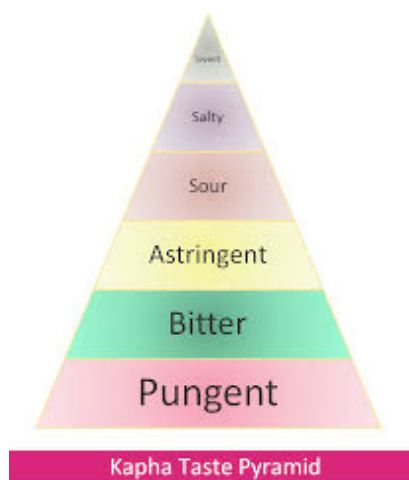
physical characteristics: strong, large frame, steady appetite, slow digestion & metabolism, big eyes, thick, smooth, oily, hairy skin




Imbalanced state of kapha (vikruti): excess weight, feelings of heaviness, sluggishness, excess mucus, edema, lack of motivation, depression, attachment, greed, lethargy, envy

Balanced state of kapha (prakruti): grounded & stable, sweet, compassionate, deep steady faith and love, good lubrication of joints, beautiful smooth skin & hair, calmness, forgiveness

Kapha time of Day: 6-10am, 6-10pm

Kapha Season: Winter - Spring



Dosha & Qualities	Found in Nature	Balanced	Imbalances
<p>Kapha</p> <p>Energy of lubrication and structure cold, heavy, wet, static, dull, dense</p>	<p>moon/rain</p>  <p>Late winter Early spring</p>	<p>mind love, nurturing, compassion, patience</p> <p>body builds, strengthens, nourishes, lubricates, protects, fat, fluids, reproduction,</p>	<p>mind greed, envy, holds grudges, attachment,</p> <p>body congestion, obesity, allergies, lethargy, sinus problems</p>
<p>Pitta</p> <p>Energy of transformation hot, sharp, oily, light, mobile, smooth</p>	<p>sun/heat</p>  <p>Late spring Summer</p>	<p>mind intelligence, memory, discrimination</p> <p>body metabolism, digestion, eyes, blood, skin, brain & heart</p>	<p>mind anger, hate, controlling, hot temper</p> <p>body acid reflux, heart burn, acne, hypertension, nausea, migraines, endometriosis</p>
<p>Vata</p> <p>Energy of movement dry, cold, light, rough, mobile, subtle</p>	<p>wind</p>  <p>Autumn Early winter</p>	<p>mind creative, spiritual, tranquility,</p> <p>body all movements, blood flow, nerve impulses, fast in actions, emotions</p>	<p>mind fear, anxiety, stress, worry, poor memory</p> <p>body hyperactivity, dry skin, constipation, gas, arthritis, osteoporosis, PMS</p>

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VATA

LATE FALL/EARLY WINTER
COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH

- Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.
- Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).
- Extreme sensitivity to cold, wind, and dry weather.
- Cold extremities, such as hands, feet, and nose.
- Erratic appetites and irregular digestion.
- May suffer from arthritis, fibromyalgia, anxiety, migraines
- Irregular menstrual cycles with pre-menstrual physical and emotional symptoms.
- Light, restless sleep.
- Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.

KAPHA

LATE WINTER/EARLY SPRING
COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE

- Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips.
- Soft, thick, oily hair that is wavy and plentiful.
- Intolerant of cold, damp environments.
- Cool extremities that may be clammy (cool sweaty palms/feet).
- Steady appetite with slow but regular bowel movements and minimal urination.
- Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.
- Regular menstrual cycles with little premenstrual symptoms
- Heavy sleepers with tendency to over sleep
- Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change

PITTA

SUMMER
HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH

- Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.
- Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.
- Burn easily in sun. Sensitive to heat and humidity.
- Extremities are warm with good circulation.
- Robust, healthy appetites. Become irritable if they skip a meal.
- Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.
- Regular menstrual cycles with heavy bleeding and PMS.
- Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.
- Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.

Dinacharya (Daily Routine)

- Wake up Early
- Say a Prayer
- Wash face, mouth, and eyes (rose water for eyes)
- Drink a glass of hot water, lukewarm for pitta - washes the gastrointestinal track and flushes the kidneys, stimulates the descending colon and ileocecal valve, helps with having a bowel movement - drinking coffee or black tea drains kidney energy, overstimulates the adrenals, promotes constipation
- Evacuation - sit or squat on toilet and have a bowel movement, sit for a few minutes without forcing. habit will develop
- Clean teeth and tongue - use an astringent, pungent, bitter toothpaste - much coating on tongue means much toxicity in system, not digesting, eating too late - scraping sends an indirect message to all internal organs and stimulates gastric fire and digestive enzymes
- Gargle with warm sesame oil -(pulling) spit then massage gums with finger, strong healthy gums
- Neti and Nasya- clean sinuses and improves voice, vision, mental clarity
- Oil Massage -calms mind, improves circulation, reduces excess vata, soft smooth brightened skin
- Bathe
- Exercise
- Pranayama- deep breathing
- Meditation - brings peace and balance
- Breakfast
- Go on with your day
- Spend time in Nature -listen to nature, meditative mind is regained

TIME	Activity
4-5	Wake up!
	Elimination
	Mouth & nose hygiene
	Oil application to the nostrils (Nasya)
	Body oil massage (Abhianga)
	Exercise (Vyayama)
	Shower (Nahana)
	Meditation (Diyana)
7-8	Breakfast (Nasta ka khana)
	Working, studying, service (Karma)
11-1	Lunch (Bahojan ka khana)
	Continue Karma
5:30-7:30	Dinner
8-10	Sleep

Yoga Practice (Exercise)

- Go on Slow and grounded for pacifying Vata
- Moderate for pacifying Pitta (be careful not to generate too much heat)
- Vigorous for Kapha (getting stuck energy unstuck!)



Signs of Dosha Imbalance			
Dosha	Physical	Mental	Emotional
Vata	<ul style="list-style-type: none"> • Weight loss • Sharp pains and joint stiffness • Cold sensitivity • Rough, dry skin and lips • Sore throat • Heart palpitations (fluttering) • Fainting • Constipation and/or gas 	<ul style="list-style-type: none"> • Mental fatigue • Lack of concentration • Loss of short term memory • Indecisiveness • Insomnia 	<ul style="list-style-type: none"> • Anxiety and worry • Nervous tiredness • Impatience • Insecurity • Self-deprecation
Pitta	<ul style="list-style-type: none"> • Fever • Hypoglycemia (low blood sugar) • Heartburn or stomach ulcer • Diarrhea • Hypersensitive food allergies • Rashes • Bad breath • Acne 	<ul style="list-style-type: none"> • Argumentative • Increased mental frustration • Goal-oriented fixations • Confusion • Nightmares 	<ul style="list-style-type: none"> • Irritability • Anger and aggression • Impatience • Controlling • Reckless
Kapha	<ul style="list-style-type: none"> • Weight gain • Ear, nose, throat congestion • Nausea • Cold and clammy skin • Bloated • Poor circulation • Coughing 	<ul style="list-style-type: none"> • Trouble waking, sleeping all day • Decreased mental processing • Slow reactions • Procrastination • Drowsiness • Boredom 	<ul style="list-style-type: none"> • Apathetic • Depression • Sentimentality and clinginess • Greed and materialism • Possessiveness • Lethargy

Dosha Test

What is your Prakruti (body constitution)?

Circle these answers based on the state of your natural being throughout your life. The focus is you, the real you, not what happens to be true recently, nor what you wish to be. You may float between two answers and in that case, pick both. Add up the totals for each v, p, and k at the end. The test will tell you if you are Vata, Pitta, Kapha or any combination of the three.

1. Physique

- v) I am a slender person and I hardly gain weight
- p) I am medium build
- k) I am well built and I gain weight no matter what I do

2. Skin

- v) My skin is dry, thin, and itches often
- p) My skin looks flushed; I have lots of moles and freckles on my body
- k) My skin is smooth and soft, it looks pale sometimes

3. Hair

- v) My hair is dry, thin and brittle
- p) My hair is neither dry nor oily (men, receding hairline)
- k) My hair is thick, full, lustrous, and slightly oily

4. Face

- v) My face is oval
- p) My face is triangular (pointed chin, prominent jaw line)
- k) My face is round

5. Eyes

- v) My eyes are small; they feel dry often and have a bit of dullness (usually brown)
- p) My eyes are medium in shape; sharp & penetrating (usually blue)
- k) My eyes are big and round in shape, full eyelashes

6. Hands

- v) My hands are generally dry, rough; slender fingers; dry
- p) My hands are generally moist, pink; medium fingers; soft nails
- k) My hands are generally firm, thick; thick fingers; strong & smooth nails

7. Joints

- v) My joints are small, prominent bones, and often crack
- p) My joints are medium and loose
- k) My joints are large, sturdy, with lots of muscle surrounding

8. Activities

- v) I am a very active person (always on the go, mind constantly thinking)
- p) I like to think before I do anything
- k) I am steady and graceful (I don't like to rush)

9. Actions

- v) I walk fast and talk fast
- p) My actions are very thoughtful and precise
- k) I like a slower pace and I take my time to accomplish things

10. Sleep

- v) I do not sleep soundly at night. I tend to toss and turn. I wake up early in the morning
- p) I am a light sleeper but if something wakes me up, I can go back to sleep easily
- k) I am a heavy sleeper

11. Appetite

- v) Varies, sometimes I feel hungry, sometimes not, I feel anxious if I don't eat
- p) I always feel hungry. If I don't eat I get irritable and angry
- k) I don't feel very hungry. I can go without food easily for a day

12. Bowel Movement

- v) I tend to have constipation and can go a day or two without a bowel movement
- p) I am regular and sometimes stools are loose (tend to get diarrhea)
- k) I have no problem. I wake up to go to the bathroom.

13. Voice

- v) My voice tends to be weak or hoarse
- p) I have a strong voice, I may get loud sometimes
- k) My voice is deep, has good tone

14. Emotions

- v) I am a born worrier, I often feel anxious and nervous
- p) If things don't happen my way, I feel irritable and angry
- k) I am a happy person, very caring and loving

15. Weather Preference

- v) I love warm and humid weather
- p) I enjoy cool weather, I dislike a warm climate
- k) I like warm but dry weather

17. Sweating

- v) I sweat little but not much
- p) I sweat profusely and it might have an unpleasant odor
- k) I never sweat, unless working very hard

18. Memory

- v) I remember quickly and forget quickly
- p) I remember what I want to remember and never forget
- k) It takes me a while to remember, but once I do I never forget.

19. Actions

- v) I tend to be spontaneous
- p) I am a list maker. Unless I plan, I don't do anything
- k) I don't like to plan, I prefer to follow others

20. Stamina

- v) I like to do things in spurts and I get tired very easily
- p) I have medium stamina
-) I can work long hours and maintain good stamina

21. Mind

- v) My mind gets restless easily (it starts racing
- p) I get impatient easily
- k) It takes a lot to make me mad. I usually feel very calm

22. Decision Making

- v) I change my mind more often and will take time to make a decision
- p) I can make a decision easily and stick with it
- k) I want others to make the decisions

23. Personality

- v) “can I change my mind”?
- p) “it's my way or the highway”
- k) “don't worry be happy”

24. Sports

- v) I like action
- p) I like to win
- k) I like to have fun

25. Health Problems

- v) My symptoms are mainly pain, constipation, anxiety and depression
- p) I often get skin infections, fevers, heart burn, hypertension
- k) I tend to get allergies, congestion, weight gain and digestive problems

26. Hobbies

- v) I like art (drawing, painting, dance) and travel
- p) I like sports, politics, and things that get my adrenaline pumping
- k) I like nature, gardening, reading, and knitting.

Totals	
V	
P	
K	

