



What is Ayurveda?

Ayurveda

Ayurveda is the science of prevention, health, and longevity. The goal of Ayurveda is to create within your body, mind, and spirit an optimum environment for healing to take place. Optimum health occurs when you recognize the elements that make up your body and how to use holistic techniques to bring those elements into balance.

The Five Elements

The Ayurvedic philosophy teaches us to balance the elements of Space, Air, Fire, Water, and Earth in our bodies and environment. We are all born with a unique combination of these elements in ourselves, called dosha's. Throughout our life, however, we are influenced by the elements that surround us in everyday living. Ayurveda gives us the tools to recreate our unique balance of elements using diet, lifestyle modifications, herbs, and 5 sense therapies.

The Three Dosha's

Your dosha is the term that distinguishes combinations of the five elements into three body types. By understanding your dosha, you can learn your imbalances and transform them into a more natural healthy state. All individuals are a unique combination of all three doshas of Vata, Pitta and Kapha.

Vata- Space & Air

Vata dosha is very much like the wind - it is light, cool, dry and mobile. Vata individuals tend to have qualities of these elements. Their bodies tend to be light, their bones thin, and their skin and hair dry. They often move and speak quickly. When out of balance, they may lose weight, become constipated, and have weakness of the immune and nervous system. Other symptoms may be flightiness, chilled bones, worry, anxiety, and fear.

Ayurvedic suggestions to help bring Vata back into balance would include regular routines, natural oil in the diet, lavender aromatherapy in bath water or on the pillow, and anything and everything warm.

Pitta- Fire & Water

Pitta tends to be hot, sharp, and oily. Pitta individuals tend to feel warm, have somewhat oily skin, intense eyes, sharp features and have a moderate body size. When out of balance, they tend toward irritability, anger, diarrhea, skin rashes, infections, and a weakness in the liver, spleen, and blood.

To bring this fire back down, cool things are used and anything hot or spicy is avoided. Aloe gel taken internally helps to cool the body from the inside out. Aromatherapies, such as sandalwood help calm Pitta emotions and symptoms. Also, breathing through the mouth with the tongue curled allows cool air into the body.

Kapha- Water & Earth

Like water and earth, Kapha's are cool, moist, stable, and heavy. Physically this may manifest as dense, heavy bones, supple skin, very loving, and large, stocky frames. When out of balance, Kapha's may experience low metabolism, leading to excess weight, lethargy, mucous, and a possible weakness in the lungs and sinuses.

To help Kapha a strict diet, exercise routine, and getting involved with their environment are crucial.