



# AYURVEDA

**AYURVEDA MEDICINE** is the worlds oldest health system of traditional medicine native to India and originated over 5,000 years ago. The term Ayurveda means, “The Science of Life” and often called “The Mother of All Healing”. Health is achieved through a balance in one’s life, right thinking, diet, lifestyle and the use of herbs; body, mind and consciousness.

Ayurveda and Yoga are sister sciences. They are encouraged to be practiced together. Yoga focuses on harmonizing mind, body and spirit while Ayurveda focuses more on our physical health. They are both meant to help us improve our overall well being. Ayurveda and Western Medicine are very different.

Western Medicine focuses on symptomology and disease using drugs and surgery to rid the body of disease. Drugs can cause toxicity and weaken the body. In some cases, drugs and surgery Are necessary when the conditions are acute.

Ayurveda maintains balance in the body with the flow of energy and minimal stress. The body’s Natural defense systems can easily defend against disease.





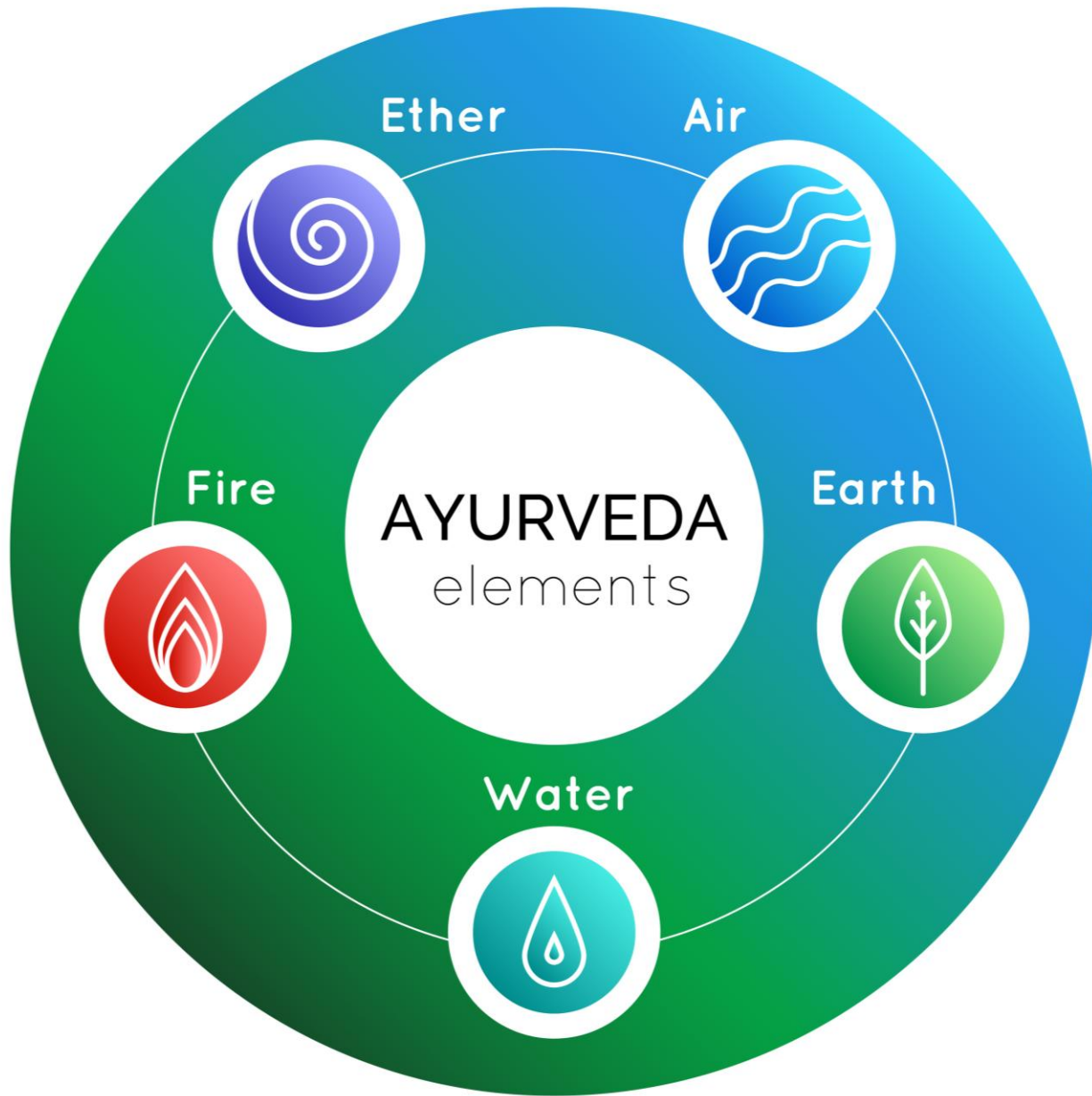
- ❖ Wake up early
- ❖ Take 3 deep breaths
- ❖ Bowel movement for healthy elimination
- ❖ Oil pulling / Tongue scraping/ brush your teeth
- ❖ Nasal passage cleansing
- ❖ Meditate
- ❖ Yoga
- ❖ Have some lemon water / tea
- ❖ Dry brushing
- ❖ Abhyanga – full body self massage with warm oil
- ❖ Warm breakfast to help your digestive system
- ❖ Balance your Dosha's as a part of your daily practice





# Basic Principles

- ❖ 3 FUNDAMENTAL PSYCHIC ENERGIES (TRIGUNAS) : SATTVA (TRUTHFULNESS), RAJAS (ACTIVITY OF BODY), AND TAMAS (BODY IN MOTION OR INERTIA)
- ❖ 5 BASIC ELEMENTS (PANCHA MAHA-BHUTAS) : PRITHVI (EARTH), JAL (WATER), VAYU (AIR), AGNI (FIRE) AND AKASH (SPACE/ETHER).
- ❖ 3 DOSHAS/ENERGIES (TRIDOSHAS) : VATA, PITTA AND KAPHA
- ❖ 7 BODY TISSUES (SAPTA DHATUS) : RASA DHATU (FLUID TISSUE), RAKTA DHATU (BLOOD TISSUE), MAMSA DHATU (MUSCLE TISSUE), MEDA DHATU (FAT TISSUE), ASTHI DHATU (BONE TISSUE), MAJJA DHATU (NERVOUS SYSTEM), SHUKRA DHATU (REPRODUCTIVE TISSUES).
- ❖ 13 FIRES OF DIGESTION (TRAYADOSA AGNI) : JATHARAGNI (GASTRIC FIRE), SAPTA DHATVAGNI AND PANCHA BHUTAGNI
- ❖ 3 TYPES OF BODY WASTE : PURISA (FECES), MUTRA (URINE) AND SVEDA (SWEAT).



## FIVE BASIC ELEMENTS





## **PRITHVI (EARTH)**

**FIRST ELEMENT OF AYURVEDA.**





## JAL (WATER)

Second element of Ayurveda.





## **AGNI (FIRE)**

Third element of Ayurveda.





## VAYU (AIR)

Fourth element of Ayurveda.





## **AKAASH (SPACE)**

Fifth element of Ayurveda.



The 5 basic elements are split into 3 energies, called Doshas, which are:

- **VATA** – Space and Air
- **PITTA** – Fire and Water
- **KAPHA** – Water and Earth

Every *BODY* has all 3. Most people will have one or a combination of 2 doshas that is predominant. Very few people will be Tri-dosha which means that all doshas are in balance.

Each dosha has its own characteristics, functions and qualities that affect our physical, mental and emotional health.

# Ayurveda

## doshas

Vata



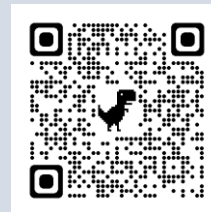
Pitta



Kapha



You can take this quiz to determine your predominant Dosha type:



The aim of Ayurveda is to create balance of your biological constitution which is your Pakriti (the 3 doshas you have), and not about bringing all of them in line. It is about knowing your biological constitution and creating balance. That can be done through diet and lifestyle.

- **VATA** – Movement, creativity and communication
- **PITTA** – Digestion, metabolism and intelligence
- **KAPHA** – Stability, immunity and compassion



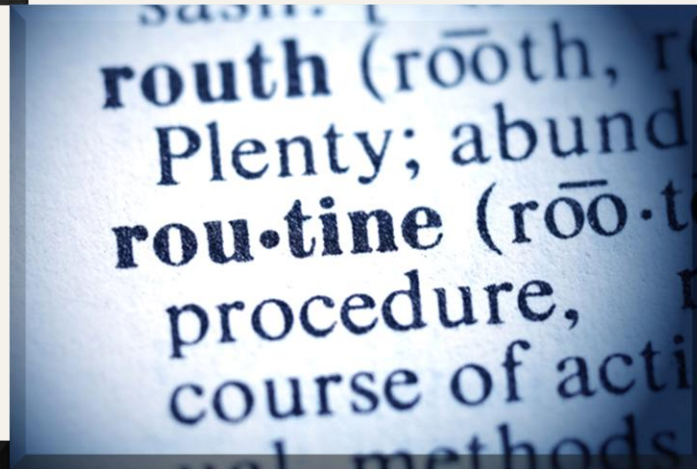


## 3 PILLARS OF AYURVEDA

❖ Nutrition : what we take in through our senses

❖ Lifestyle : Routine

❖ Sleep : rest and digest which includes energy management and dealing with stress.



REST



## ABOUT

We live in constant learning and search for knowledge. My mission is to spread the word about the benefits of Ayurveda and when used in connection with Yoga. Always ask questions. Each body is different and may require a different approach each time. Listen to your body when you eat, drink or move in a certain pose. If you don't feel well then that's your body's way of rejecting it. When it comes to certain poses, start off slow or you may need to eliminate some poses all together from your practice. Stay healthy and continue practicing mindfulness.





## RESOURCES AND CREDIT REFERENCES

(PDF MUST BE DOWNLOADED FIRST IN ORDER TO OPEN HYPERLINKS)

REFERENCE	SPEAKER	URL	TOPIC
Purple Valley Yoga	Justin Robertshaw	<a href="https://yogagoa.com/">https://yogagoa.com/</a>	Ayurveda & Ashtanga Connection
The Ayurvedic Institute	-	<a href="https://ayurveda.com/">https://ayurveda.com/</a>	Basic Principles of Ayurveda
Purple Valley Yoga	Justin Robertshaw	<a href="https://yogagoa.com/">https://yogagoa.com/</a>	Introduction To Ayurveda Vata, Pitta, Kapha
Mansarovar	Ayurvedic Medical College	<a href="https://Mamcbhopal.com">https://Mamcbhopal.com</a>	What are the main fundamental principles of Ayurveda?



**THANK YOU**

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