

AYURVEDA BASICS

Ayurveda is an ancient system of health and healing from India. The word comes from two Sanskrit words: Ayuh (life) and Veda (knowledge)... the knowledge of life.

It teaches us how to live in balance with nature by paying attention to what we eat, how we sleep, how we move, and how we think.



Ayurveda helps you feel your best through small, thoughtful choices each day.

Two key principles:

- Like increases like
- Opposites bring balance

THE 5 ELEMENTS (PANCHA MAHABHUTAS)



Ether Water Fire Air Earth

Everything in nature, including us, is made of five elements:

- Ether: open and still
- Air: light and moving
- Fire: hot and sharp
- Water: cool and flowing
- Earth: solid and steady

AGNI & OJAS

Agni is your digestive fire. It helps break down food – and also what you take in through all five senses: sights, sounds, smells, touch, and emotions. Agni lets you absorb what nourishes you.

Ojas is your deep vitality and immunity. Strong agni builds ojas. Weak digestion creates ama (toxins), leading to tiredness or fog.

Healthy agni and ojas mean a strong, clear, vibrant life.

PRAKRUTI AND VIKRUTI

Prakruti is your natural constitution – your unique combination of the doshas and gunas present at birth. It influences how your body and mind respond to the world.

Vikruti is your current state, which can change due to stress, food, sleep, emotions, or the seasons. Ayurveda helps you notice when you're out of balance so you can return to your natural state of well-being.



Vata

Pitta

Kapha

DOSHAS

The five elements combine into three doshas, or mind-body types:

- Vata (Air + Ether): quick, dry, and light
- Pitta (Fire + Water): focused, hot, and intense
- Kapha (Earth + Water): calm, slow, and steady

Each person is born with a unique mix. Your Prakruti reflects your natural dosha makeup.

You can take a short quiz to learn more about your dosha here:

www.halepule.com/dosha-quiz

THE MAHA GUNAS: ENERGIES OF THE MIND AND LIFE

The three Maha Gunas (Sattva, Rajas & Tamas) are the main energies in nature and the mind.

These are found in all things — food, environment, thoughts — but are most easily noticed in the mind. A healthy mind has mostly Sattva. Too much Rajas or Tamas can cause stress or foginess.

Recognizing the gunas in daily life can help us understand how our habits shape the state of our mind.



Sattva
calm
clear
balanced



Rajas
active
intense
emotional



Tamas
heavy
dull
sleepy



DINACHARYA: DAILY RHYTHM FOR BALANCE

Start with these fundamentals:

Wake before 6 a.m.
Scrape your tongue
Drink warm water

Eliminate naturally without force
Eat meals at consistent times
Breath work or meditation
Move your body gently
Be in bed before 10 p.m.

Ayurveda is about living in rhythm with nature. You don't have to do everything at once. Start with 1 or 2 practices, stay consistent, and notice how you feel.



GURVADI GUNAS: FUNDAMENTAL PROPERTIES

These are 20 qualities that describe everything in the physical world. They come in 10 opposite pairs:

Cold / Hot
Wet / Dry
Heavy / Light
Gross / Subtle
Dense / Flowing
Static / Mobile
Dull / Sharp
Soft / Hard
Smooth / Rough
Cloudy / Clear

These help you understand how foods, weather, and activities affect your body. Example: If you're feeling dry and cold, choosing warm and moist things can help you feel better.

PRAJNYAPARADHA: MISTAKES OF THE MIND

Even when you know better you sometimes do things you know aren't good for you like:

- Eating food that upsets your body
- Staying up too late
- Ignoring your need for rest or movement
- Overworking or pushing past your limits
- Scrolling on your phone instead of going to sleep

Ayurveda teaches us to notice these patterns — not to judge, but to gently return to balance.

BRINGING IT ALL TOGETHER

Ayurveda is about understanding yourself and living in harmony with nature. You are made of the same energies as everything around you. When you notice imbalances and respond with care, you build health that lasts. Simple daily choices make a big difference!