

PRINCIPLES OF AYURVEDIC MEDICINE

LANGHANA – “To Fast”

Parasympathetic Nervous System

- Contracting Principle of the Universe-Samana
- Exhalation and hold after exhalation
- Abdominal–Diaphragmatic Breathing

- Ida (Chandra – moon)
- Left nostril dominance
- Sleeping on the right side activates the left nostril
- Right hemisphere of the brain
- Apana moves downward
- Apana and Samana govern digestion and assimilation process

- Pacifies Vata – movement
- Location is in the colon and pelvis
- Light, subtle, moving
- Pacifies Air and Ether elements

- Pacifies Pitta – digestion and transformation
- Location is in the small intestine
- Light, fluid, hot
- Fire and Water elements

- Forward bends and twisting poses nourish Vata/Pitta
- Catabolic (releases energy)
- Promotes elimination

- Lunar Principle
- Female Principle
- Sakti Principle
- The sound: Ham (Cosmic Consciousness)
- Positive feelings: love, caring, compassion

- Negative feelings: anger, anxiety, fear
- Parasympathetic Nervous System (rest/digest)
- Afferent – sensory activity
- Centripetal – unity
- Low pitched sounds
- Darker colors activate Langhana (browns/violets)
- Bland foods

Emphasize Langhana (cooling, calming) asanas and pranayamas for intense, light, overactive type symptoms, for example: tension, insomnia, fevers, high blood pressure, constipation, headaches, irritability, hot type temperament, chronic pain, arthritis, inflammation, stroke, allergies, herpes, stress-related nerve pain, auto-immune issues and anxiety and to balance “hot” type psychological and emotional issues.

BRAHMANA – “To Expand”

Sympathetic Nervous System

- Expanding Principle of the Universe-Vyana
- Inhalation and hold after inhalation
- Thoracic Breathing

- Pingala (Surya – sun)
- Right nostril dominance
- Sleeping on the left side activates the right nostril
- Left hemisphere of the brain
- Prana/Udana move upward
- Prana and Vyana control respiration and cardiovascular functioning

- Kapha – structure, stability, lubrication
- Location is in the chest and stomach
- Heavy, slow, dense
- Pacifies Water and Earth elements

- Back bends pacify Kapha
- Anabolic (consumes energy)
- Promotes tonification

- Solar Principle
- Male Principle
- Siva Principle
- The sound: So (Egoic Consciousness)
- Positive feelings: activity, intelligence

- Negative feelings: greed, attachment
- Sympathetic Nervous System (fight/flight)
- Efferent – motor activity
- Centrifugal – diversity
- High pitched sounds
- Brighter colors activate Brahmana (reds/yellows)
- Spicy foods

Emphasize Brahmana (heating and stimulating) asanas and pranayamas for cool, heavy and sluggish type symptoms, for example: fatigue, sleepiness, lethargy, apathy, coldness, swelling, edema, congestion, obesity, Kapha type fatigue, asthma, cool type temperaments and to balance “cool” type psychological and emotional issues.



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