

# Ayurveda

## Ayur-Life Veda-Science

### A living science for the Whole Being

Ayurveda is one of the world's oldest holistic healing systems that was developed thousands of years ago in India.

It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Nothing is excluded as we are intricately woven by our ancestors, our environment, our senses and our actions. Our unique body/mind type is an expression of the spirit that lives within.

The primary focus of Ayurvedic living is to promote good health, rather than fight disease. If dis-ease is present there are many treatments and recommendations that can assist the body's innate wisdom for healing naturally.

The emphasis is on the effects of the micro/macro cosmos. The whole person is in relationship with everything around and in it. In Ayurveda everything is universally connected. Good health is achieved when your mind, body, and spirit are in harmony with all that is around you and in you. A disturbance in this harmony can lead to poor health and sickness.

Ayurvedic principles explain what affects the physical, spiritual, or emotional well-being of a person. Some things that can cause imbalance are:

- \* injuries and loss
- \* climate and seasonal changes
- \* age

- \* emotions
- \* genetic or birth defects
- \* eating habits

## **Ayurvedic Principle**

Each one of us is created with unique physical and psychological characteristics that combine to form our body constitution called Prakruti. Our unique constitution never changes throughout life.

"Pra" means original"" and "kruti" means "creation", so one's "Original Creation" is their Prakruti.

How one digests food and eliminates waste can influence Prakruti and be the cause of Vikruti. "Vi" means "after" and with "kruti" we have "After Creation" and it shows up as imbalance of the Doshas.

Every person is made up of five basic elements found in the universe.

- \* Space
- \* Air
- \* Fire
- \* Water
- \* Earth

These elements combine in the human body to form three manifestations of energies called Doshas. These Doshas control how your body works, they are:

- \* Vata dosha (air and space)
- \* Pitta dosha (fire and water)
- \* Kapha dosha (water and earth)

Everyone is made of a unique blend of these three Doshas with one predominant Dosha governing the whole constitution. Each Dosha controls a different body function. It is believed that your chances of getting sick are linked to the balance of your Doshas.

## Vata Dosha

Vata dosha (space and air) is thought to be the most powerful of all three doshas as it controls very basic functions such as how cells divide. It also controls your:

- \* Mind
- \* Breathing
- \* Blood Flow
- \* Heart Function
- \* Ability to get rid of body waste through the intestines

Some of the things that cause Vata to go out of balance are:

- \* Eating dry fruit
- \* Eating too soon after a previous meal
- \* Fear
- \* Grief
- \* Staying up late
- \* Eating cold dry food

If vata dosha is your Prakruti you are more likely to develop:

- \* Anxiety
- \* Asthma

- \* Heart Disease
- \* Nervous System Disorders
- \* Rheumatoid Arthritis
- \* Skin Problems
- \* Constipation or alternating constipation/diarrhea

## **Pitta Dosha**

The pitta dosha (fire and water) controls:

- \* Digestion
- \* Ability to break down foods (metabolism)
- \* Hormones related to appetite

Things that cause pitta to go out of balance are:

- \* Eating sour foods
- \* Eating spicy foods
- \* Fatigue
- \* Spending too much time in the sun or the heat

If pitta dosha is your main Prakruti you are more likely to develop:

- \* Anger and Negative emotions
- \* Crohn's disease
- \* Heart Disease
- \* Heartburn a few hours after eating
- \* High blood pressure

- \* Infections
- \* Fevers
- \* Balding or greying hair
- \* Vision problems

## **Kapha Dosha**

The Kapha Dosha (water and earth) controls:

- \* Muscle Growth
- \* Body Strength and Stability
- \* Weight
- \* Immune System

Things that can disrupt this dosha are:

- \* Daytime sleeping
- \* Eating after your stomach is full
- \* Eating or drinking items that have too much salt or water
- \* Eating too many sweet foods
- \* Greed

If Kapha dosha is your main Prakruti that you may be prone to:

- \* Asthma and other breathing disorders
- \* Cancer
- \* Diabetes
- \* Nausea after eating

\* Obesity

\* Melancholy

## Ayurvedic Consultations

You can expect a thorough inquiry into the causes and symptoms of any imbalance. A complete history of your life and your family of origin as well as an intake of all the systems of the body. Daily habits and routines are an influence. Diet, medications, supplements, sleep habits, hobbies, work, rituals, relationships and recreation all impact our well-being. Assessing physical features, bone density, facial expressions, tongue lines, shape and coating, skin thickness, tone and color, hair, nails, pulse and abdominal presentation are all part of gathering information. There are many questions relating to happiness and satisfaction as well as enthusiasm and fortitude. All this and more will be discovered.

The original consultation runs about two hours and each additional consult runs about 30 to 40 minutes. A complete diet and herbal program will be recommended for getting the body to optimal health as well as exercise and yoga for your unique constitution. Environmental and routine habits may be altered as well. In the process of living Ayurveda you will notice your creativity will flourish and you will become the you that you were always meant to be. Hormonal imbalances will subside and freedom will set in. Ayurveda is a path of enlightenment and spiritual awareness. Ayurveda is about remembering your true nature as spirit. The tools offered are practical and doable.

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