

Introduction to Ayurveda

Ajita Patel C.A.S., P.K.S.
Clinical Ayurvedic Specialist

Clinical Ayurveda Specialist.

Pancha Karma Specialist.

Pranayam, yoga and meditation teacher.

Master level 4 Reiki healer.

Founder Niramaya Ayurveda Clinic at the
Sanctuary in Tustin

what is Ayurveda?

- ❖ Science or knowledge of life, sister science to yoga. Mother of all healing systems (TCM,homeopathy, Allopathic,and naturopathy).
- ❖ Timeless wisdom practiced continuously for over 5000 years.
- ❖ Originated in ancient Vedic culture of India.
- ❖ Complete body – mind –spirit approach to health and well being using natural therapies.
- ❖ Goal to maintain health/heal in order to connect with our divinity and live in harmony with laws of nature.

A vertical strip on the left side of the slide shows a field of lavender plants with purple flowers and green stems, set against a soft-focus background.

Ayurvedic Approach To Disease

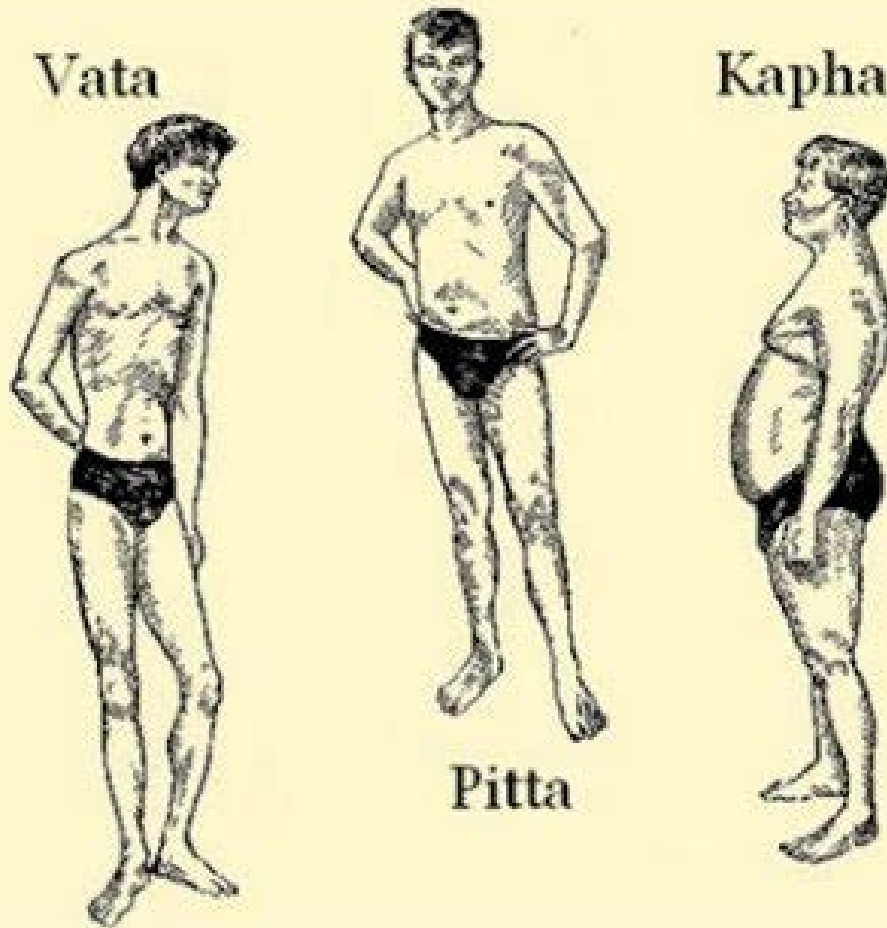
- Understand the nature of the patient, the nature of the imbalance, guide the patient to create a lifestyle that is conducive for perfect health
- Correct the imbalance in the body and mind by treating the root cause using herbal formulas, lifestyle changes, and appropriate diet
- Purify the body of any toxins. Pancha Karma is a deeply relaxing way to cleanse the body of accumulated toxins, and release the negative effects of stress and tension and provides rejuvenation to body, mind, and spirit.
- Strengthen the body's defense mechanisms, strengthen digestion.

Overview

- ❖ Natural therapies, appropriate foods, exercise, meditation, herbs, aromas, yoga, body therapies.
- ❖ Increase self awareness and self healing.
- ❖ Addresses all of life (physical, psychological, spiritual, social).
- ❖ Individualized health care.
- ❖ Guidelines for daily routines, seasonal routines.
- ❖ Treat root cause as well as symptom.

What's your dosha?

- ❖ Fill out dosha quiz.



Doshic Body Type Presentations

	VATA	PITTA	KAPHA
FACE	OVAL / LONG	SHARP, ANGULAR	SOFT, ROUND
EYE BROWS	THIN	MODERATE	BUSHY
NECK	LONG	MEDIUM	SHORT
EYES	SMALL	DEEP SET	LARGE
FINGERS	LONG - NARROW	MEDIUM	SHORT / THICK
SKIN	THIN	MODERATE	THICK
BONES	LONG / NARROW	MEDIUM	SHORT & THICK

Vata = Air + Ether

Attributes	Manifestations in the Body, Mind & Emotions
Dry	Dry skin, hair, lips, tongue; dry colon, tending towards constipation
Light	Light muscles, bones, thin body frame, light, scanty sleep
Cold	Cold hands, cold feet, poor circulation, hates cold, loves hot
Rough	Rough cracked skin, nails, hair, teeth, hands and feet
Subtle	Subtle fear, anxiety, insecurity, minute muscle twitching
Mobile	Fast walking, talking, doing many things at a time, restless eyes
Clear	Clairvoyant, understands immediately and forgets immediately; clear empty mind
Astringent	Dry throat, hiccups, burping, craves sweet, sour and salty, loves mushy soups

Vata Constitution

- ❖ Thin, flexible bodies prone to constipation and immune challenges as well as digestive and mal-absorption problems.
- ❖ Easily excited, alert, quick to act, fast talking, fast moving, easily fatigued, energetic, restless, good imagination, loving.
- ❖ Tendency to change, grasp things quickly but forget easily too ,can become overwhelmed under stress. Creative, inspiring.

Pitta = Fire + Water

Attributes	Manifestations in the Body, Mind & Emotions
Hot	Good digestive fire, strong appetite, warm body temperature, hates heat; gray hair with receding line/baldness
Sharp	Sharp teeth, distinct eyes, pointed nose, tapering chin, good absorption/digestion, sharp memory
Light	Light/medium frame; does not tolerate bright light, fair shiny skin
Liquid	Loose liquid stools, soft delicate muscles; excess urine
Oily	Soft oily skin, hair, may not digest deep fried food (may cause headache)
Sour	Sour acid stomach, acidic pH, sensitive teeth; excess salivation
Pungent	Heartburn, burning sensations; strong feelings of anger
Bitter	Bitter taste in mouth; repulsion towards bitter

Pita Characteristics

- ❖ Medium build, moderate and steady weight. Focused, intense, disciplined, intellectual, confident and critical.
- ❖ Strong appetite, Prone to loose stools, skin rashes and heart burn as well as infections/inflammations.
- ❖ Under stress, prone to anger, resentment and jealousy. Perceptive, dynamic, perfectionist, ambitious and great leaders.

Kapha = Earth + Water

Attributes	Manifestations in the Body, Mind & Emotions
Heavy	Heavy bones, muscles, large body frame
Slow/Dull	Slow walk, talk, slow digestion, metabolism
Dense	Thick skin, hair, nail, plump, solid muscles, compact, firm
Smooth	Smooth skin, rounded organs, smooth gentle calm nature
Static	Loves sleeping, sitting and doing nothing, can be rigid
Cool	Cold clammy skin, steady appetite and thirst, congestion
Oily	Soft oily skin, hair, feces
Liquid	Excessive salivation, congestion in chest, sinuses
Soft	Soft pleasing look, love, care, compassion, kindness
Cloudy	Mind cloudy in the morning, often desires coffee as a stimulant

Kapha Characteristics

- ❖ Blessed with good health, calm, content, gentle, stable, steady, mild mannered, compassionate, loyal, nurturing, accepting, romantic.
- ❖ Strong stamina and endurance, home bodies, likes to feed, entertain. Stocky build, prone to overweight, large eyes, strong teeth, thick smooth skin.
- ❖ Slow moving slow speaking, consistent devoted, deep faith. Excellent memory. Can become greedy, over attached, lethargic.

1. Lifestyle Counseling and Support. Healthy daily routines
2. Diet using food as medicine
3. Herbs
4. Purification Techniques followed by rejuvenative therapies
5. Subtle Therapies to correct imbalance and strengthen immunity and vitality:
 - ❖ Aromatherapy
 - ❖ Sound Therapy
 - ❖ Color Therapy
 - ❖ Yoga, Pranayam, Meditation.

Ayurveda Therapy

1. Lifestyle Counseling and Support. Healthy daily routines

Meet regularly to guide, support, educate and inspire you to create healthy habits, develop greater self awareness as well as practical tools to deal with any symptoms.

Daily routines are an important tool to create health and balance and address needs of body, mind and spirit. see handout on self massage.

2. Diet using food as medicine: satwic foods

3. Herbs

4. Purification Techniques followed by rejuvenative therapies

5. Subtle Therapies to correct imbalance and strengthen immunity and vitality:

- ❖ Aromatherapy
- ❖ Sound Therapy
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Ayurveda Therapy

1. Lifestyle Counseling and Support. Healthy daily routines

2. Diet using food as medicine:

satwic (Fresh, pure, easy to digest foods)

foods see handout

Coriander, Ginger, Turmeric and other digestive herbs in the

The kitchen pharmacy,

■ Herbal Teas, nourishing soups, khichadi

3. Herbs

4. Purification Techniques followed by rejuvenative therapies

5. Subtle Therapies to correct imbalance and strengthen immunity and vitality:

❖ Aromatherapy

❖ Sound Therapy

❖ Color Therapy

❖ Yoga, Pranayam, Meditation.

Ayurveda Therapy

1. Lifestyle Counseling and Support. Healthy daily routines
2. Diet using food as medicine

3. Herbs:

Shatavari, ashwagandha, triphala, guggulu, digestive herbs

4. Purification Techniques followed by rejuvenative therapies
5. Subtle Therapies to correct imbalance and strengthen immunity and vitality:
 - ❖ Aromatherapy
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Ayurveda Therapy

1. Lifestyle Counseling and Support. Healthy daily routines
2. Diet using food as medicine
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4. Purification Techniques followed by rejuvenative therapies

Pancha karma and ayurvedic body therapies:

warm oil massage, steam, marma therapy, shirodhara, chakra therapy.

5. Subtle Therapies to correct imbalance and strengthen immunity and vitality:

- ❖ Aromatherapy
- ❖ Sound Therapy
- ❖ Color Therapy
- ❖ Yoga, Pranayam, Meditation.

Ayurveda Therapy

1. Lifestyle Counseling and Support. Healthy daily routines
2. Diet using food as medicine: satwic foods
3. Herbs
4. Purification Techniques followed by rejuvenative therapies
5. Subtle Therapies to correct imbalance and strengthen immunity and vitality:

- ❖ Aromatherapy: use some good quality essential oils in the shower or bath or as a spray for a room: Sandal wood, Lavender, Jatamamsi, Marjoram, Sweet Orange, Jasmine, Chamomile, Basil ,jatamamsi, flowers, mints...
- ❖ Sound Therapy: healing music, tibetian bowls,
- ❖ Color Therapy: : warm, bright for depression, earth colors for anxiety. Gold, greens increase ojas
- ❖ Yoga (restorative), Pranayam, Meditation.

Pranayama (breath work)

Lets shake it up, stretch and breath.

Prana = life force (chi, qi)




Ayurvedic Understanding & Management

- An Ayurvedic physician will first understand the energetic imbalances or obstructions in the energy systems, any habitual behaviors or thinking patterns, diet and lifestyle that is at the root cause
- . The goal is to EMPOWER YOU to:
 - Know your self well and the nature of your imbalance.
 - Take full responsibility for your health with the choices you make throughout the day every day. Commit to healthy daily routines.
 - Learn ways to nurture your body, mind and soul.

Body, mind, behavior, environment and consciousness or soul are all interrelated and beautifully addressed in this eternal and universal wisdom that can prevent disease, promote good quality of life, treat the cause as well as the symptoms of disease as well as guiding you on your spiritual journey whatever faith or expression you chose.

Further reading

- Ayurveda: Life, Health, Longevity, by Robert Svoboda.
- Ayurveda: The Science of Self-Healing, by Vasant D. Lad.
- Ayurvedic Cooking For Self-Healing, by Vasant D. Lad and Usha Lad.
- Ayurvedic Healing, by David Frawley.
- The Ayurvedic Cookbook by Amadea Morningstar.
- Secrets of Healing by Maya Tiwari.
- Mishra LC, Scientific Basis for Ayurvedic Therapies.



Who ever you are and where
ever you may be on your
journey, May your path be
full of joy and perfect health
as you discover and fulfill
your true purpose.

May you walk with inspiration
and unconditional love and
in perfect harmony with
yourself, others and the
Divine!