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.
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.

Vata

Pitta

Kapha
# Doshic Body Type Presentations

<table>
<thead>
<tr>
<th></th>
<th>VATA</th>
<th>PITTA</th>
<th>KAPHA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FACE</strong></td>
<td>OVAL / LONG</td>
<td>SHARP, ANGULAR</td>
<td>SOFT, ROUND</td>
</tr>
<tr>
<td><strong>EYE BROWS</strong></td>
<td>THIN</td>
<td>MODERATE</td>
<td>BUSHY</td>
</tr>
<tr>
<td><strong>NECK</strong></td>
<td>LONG</td>
<td>MEDIUM</td>
<td>SHORT</td>
</tr>
<tr>
<td><strong>EYES</strong></td>
<td>SMALL</td>
<td>DEEP SET</td>
<td>LARGE</td>
</tr>
<tr>
<td><strong>FINGERS</strong></td>
<td>LONG - NARROW</td>
<td>MEDIUM</td>
<td>SHORT / THICK</td>
</tr>
<tr>
<td><strong>SKIN</strong></td>
<td>THIN</td>
<td>MODERATE</td>
<td>THICK</td>
</tr>
<tr>
<td><strong>BONES</strong></td>
<td>LONG / NARROW</td>
<td>MEDIUM</td>
<td>SHORT &amp; THICK</td>
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</tbody>
</table>
Vata = Air + Ether

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

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

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<tr>
<td>Heavy</td>
<td>Heavy bones, muscles, large body frame</td>
</tr>
<tr>
<td>Slow/Dull</td>
<td>Slow walk, talk, slow digestion, metabolism</td>
</tr>
<tr>
<td>Dense</td>
<td>Tick skin, hair, nail, plump, solid muscles, compact, firm</td>
</tr>
<tr>
<td>Smooth</td>
<td>Smooth skin, rounded organs, smooth gentle calm nature</td>
</tr>
<tr>
<td>Static</td>
<td>Loves sleeping, sitting and doing nothing, can be rigid</td>
</tr>
<tr>
<td>Cool</td>
<td>Cold clammy skin, steady appetite and thirst, congestion</td>
</tr>
<tr>
<td>Oily</td>
<td>Soft oily skin, hair, feces</td>
</tr>
<tr>
<td>Liquid</td>
<td>Excessive salivation, congestion in chest, sinuses</td>
</tr>
<tr>
<td>Soft</td>
<td>Soft pleasing look, love, care, compassion, kindness</td>
</tr>
<tr>
<td>Cloudy</td>
<td>Mind cloudy in the morning, often desires coffee as a stimulant</td>
</tr>
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</table>
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
   - Color Therapy
   - Yoga, Pranayam, Meditation.
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.
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
- 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

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)

Let's 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

- 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!