



What is Ayurveda?

Ayurveda is the 5000+ year old traditional medical system of India that is still in use today.

'Ayu' means 'life'

'Veda' means 'science'

Ayurveda is the science of life.

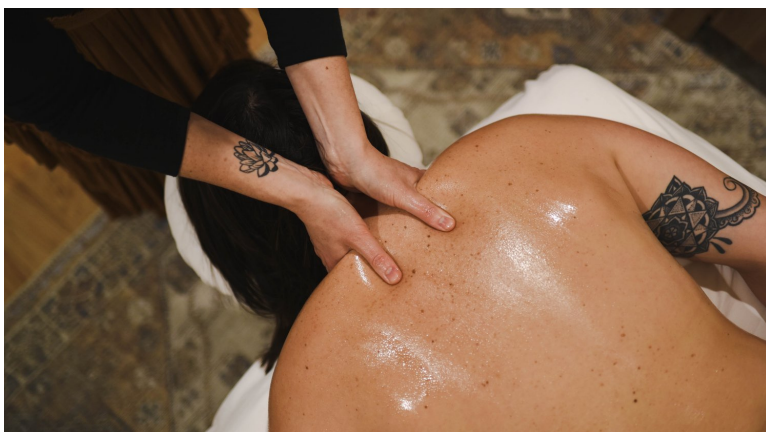
Life is bigger than health or illness.

Life is conception, birth, growth and development, years of metabolism, perception and behavior, disease and healing, and ultimately demise and death, all within a variety of environments that span a variety of places, communities and years.

Even with the perfect diet, lifestyle and meditation choices not one of us will escape all illness, pain, tragedy or grief. Ayurveda knows this and trains us for self-awareness & resilience.

Ayurvedic medicine teaches us to know ourselves by understanding our unique constitution, set between conception and birth, that we carry with us lifelong. Armed with this self-knowledge, we can make appropriate choices in our diet, lifestyle, mental practices, relationships, careers and even conventional treatments like medications and surgeries that effectively can make our whole world medicine for us.

This is the science of life.



Fast Facts about Ayurveda

Ayurveda has 8 branches:

- General Medicine
- Surgery
- Pediatrics
- Toxicology
- Psychiatry
- Rejuvenation Therapy
- ENT/Cephalics
- Vitality

Ayurveda uses *genomics & epigenomics*:

- Prakruti ('Pra-KRUTI') refers to our inborn constitution, our genotype, which is the existence of the instructions in our unique DNA & RNA.
- Vikruti ('Vi-KRUTI') refers to our current constitution, meaning the expression of our DNA/RNA that is seeking stability & survival within any given environment. This is our phenotype.

Ayurveda recommends being aware of your *prakruti* and *vikruti* at all times so you know how to self-treat.

***See the backside to self-assess your constitution.**

Assessment tools:

- Listening to the history
- Looking, Listening, Palpating (feeling)
- Pulse & Tongue Assessment

Treatment tools:

- Literally anything can be medicine if it helps your vikruti to return to match your prakruti.
- Includes diet, lifestyle, sleep/ wake/ eat/ exercise schedules & types of food & exercise, detox, herbs internally & topically, rhythms & recovery protocols.

How we can help:

1. Book an Ayurvedic consultation with our Masters-prepared Ayurvedic practitioners to learn yourself.
2. Try out our Ayurvedic therapies including Ayurvedic massage (abhiyanga, shirodhara, marma, swedana).
3. Explore our other treatments and therapies all supported and applied from an Ayurvedic perspective.
4. Follow us on social for more education & events!

The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment.



Understanding Vata, Pitta & Kapha

Vata, Pitta and Kapha are three Sanskrit words. Each represents a group of qualities or characteristics called a dosha. These characteristics are in the world around us and make up the foundation of our inborn constitution. By birth, our unique constitution is set for life with some vata, some pitta and some kapha. The quantities & locations of the doshas in our bodies and minds is what makes us unique. For example, *cold* quality can be cold toes or a cold heart- both are 'cold' and from vata dosha. To understand which doshas reflect you most when balanced and which doshas are most active when symptoms flare, sit down with a person who knows you well or has known you for a long time and review the table below. See if you can distinguish your prakrtui (inborn constitution) from your vikrtui (your current constitution). Then see the bottom of the table for initial treatment suggestions.

		Vata	Pitta	Kapha
VPK in the world	Elements	Air & Ether	Fire & Water	Water & Earth
	Gunas (Qualities)	Dry, Light, Cold, Mobile, Clear, Rough, Subtle	Hot, Sharp, Light, Oily, Liquid, Penetrating, Spreading	Heavy, Slow, Cold, Oily, Soft, Cloudy, Liquid, Stable
	Governs all...	Movement	Digestion	Structure
	Time of Day	Sunrise & Sunset 2 - 6 am & pm	Noon & Midnight 10 - 2 am & pm	Mid-morning & Mid-evening 6 - 10 am & pm
	Time of Year, Seasons	Fall, early winter Dry & cold	Late spring & summer Hot & humid	Winter & early spring Cold & wet
	Time of Life	Elder years, 55+	Middle-years: 16 - 55 years old	Childhood, 0 - 16 years old
VPK in our bodies & minds	In our Bodies	Colon, joints, nervous system, circulation, ears, all electrical impulses	All digestion of experiences & food, enzymes, skin, liver, hormones, blood	Tissues, muscles, lube in joints/heart, lungs, fat, white matter in brain
	At our Best!	We are typically thin, active, creative people, apt to jump, dance, laugh and talk. Our minds work quickly and make connections others don't. We inspire, motivate and are often spiritual people. We write, create art, and love to move.	We are of medium frame and musculature, often clever and generally competitive. We like to think, debate and discuss. We can be very convincing and make excellent teachers, lawyers and physicians.	We are solid individuals, the strongest constitution, able to eat anything, sleep anywhere, we often live the longest. We are so loving and grounding. We are often more curvy and gravitate towards people, food or architecture in our work.
	What Displaces Us	Stress, lack of sleep, cold, fear, travel, over-stimulation, fall season, dry & cold foods	Stress, heat, spicy foods, running at noon, alcohol, staying up too late, jealousy	Stress, lack of exercise, excess sleep, heavy foods, over-eating, day napping, rain & cloudy weather
	Our reaction	Fear & anxiety	Anger & frustration	Sleepy & hungry
	Our Imbalances	Often vata imbalances are mental. We become hypersensitive, scared, see a snake instead of a stick & then can't sleep at night. Or it's digestive. We get constipated or gassy. Or our skin dries out & joints pop. Long-term risks can include arthritis, osteoporosis, Alzheimer's, Parkinson's.	Primarily, we get hot- become "Type A's", our temper flares and we are cruel with our words or vindictive. We like to argue & fight. We get rashes, acne or canker sores. We tend to have diarrhea or heartburn. Long-term risks include ulcers, high blood pressure, and/or migraines.	We'll just slow down, sit on the couch, eat heavy oily chips and sigh. We attach to piles of clothes or obsess over our relationships. We can grieve forever. Physically, we get congested with sinus infections, edema or excess weight. Long-term risk include tumors, fibroids, asthma, obesity, depression.
Treatments for VPK	What do we Need?	Nurturing! Warm, grounding, love, routine, lube up and help sitting still. sleep in.	Cooling! Soft music, easy places to be, moon-gazing, avoid resistance, fresh air, nature.	Stimulating! Hard exercise, seek challenge, embrace intensity, spicy foods, break up routines & wake up early.
	Balancing Foods (natural to season)	Soups, stews, warm, moist, well-cooked, easy to digest: yams, root veggies, spicy teas, hot water & lemon	Fresh and sweet like raw carrots or bitter greens like kale. astringents like cucumber; Spice gently with cilantro or mint. Sushi.	Spicy and light, add wasabi or ginger. Take beans like lentils in curries. warm (temperature) is better. Add spices: pepper, mustard, cayenne, cloves.
	Balancing Yoga	slow, gentle, methodical, restorative Yoga	surrendering poses, folding the head down, child's pose, twists to cleanse liver	Strengthening, faster, tests the muscles, push-ups, weight-lifting
	Balancing Breath	Slow, methodical Yogic breathing	Shitali	Agni Sar

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