

What is Ayurveda?

Ayurveda is an ancient medicine dating back at least 5,000 years, some believe it is 10,000. Ayurveda comes from India, and it is a Sanskrit word meaning the “the science of life”. Ayurveda is based on the belief that everything in life is connected, and one must achieve balance and harmony to have health and well-being.

Ayurveda believes that everything is energy when imbalance of energy within the body then disease begins. Ayurveda is a medicine that looks at the whole person, physically, mentally, and spiritually. Ayurveda collects information about the person in all aspects of their life. Their family, work, lifestyle, exercise, digestion and how strong it is.

Everything is connected outside of us and inside of us. The Universe is made up of 5 elements; earth, water, fire, air, ether, some say space instead of ether. Each element is connected to our senses. Five elements, five senses. Ether or space is connected to hearing, the ear canal and bones has lots of space. It vibrates within our ear creating sound. Air creates movement, it moves nerve impulses, muscles, our breathing, and our blood. Air is what makes elimination possible. Fire is energy of transformation. In Ayurveda agni is often referred to as the digestive fire. It is our thoughts, what we perceive as light or sight. Water holds things together. Water allows us to taste our food. Ever have a dry mouth and have a difficult time eating or tasting? Lastly earth is the sense of smell. The earth is our bones, and structure of our body, hair, nails, and skin.

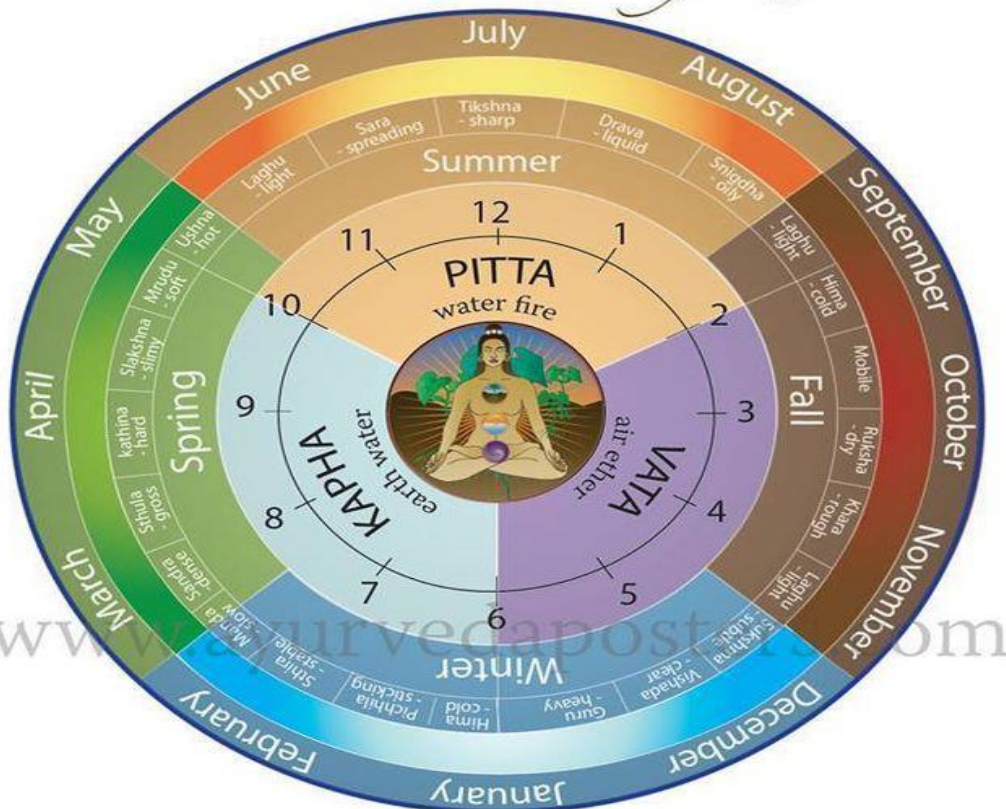


All humans are a combination of three doshas, or body type energies. The doshas are made of the above 5 elements. These three doshas are what we need to keep balanced. Each person can be a different combination of the doshas. This combination is called our constitution, how we were born. There are seven different combinations an individual can have. The doshas are called Vata, Pitta and Kapha. An imbalance occurs when your constitution is altered or becomes unbalanced.



The doshas are influenced by seasons, the moon, the time of day, age, food, stress and so much more. It is the practitioner who gathers information to understand what is creating imbalance in one's life-giving energy. This makes treatment very individualized as we are each different. The doshas and elements each have qualities. Vata is dry, light, cold, rough, mobile, clear, subtle qualities. To balance Vata you need to increase opposite qualities such as warm, moist, soft. Pitta is hot, sharp, oily, liquid, light and mobile. To balance Pitta, you would need to increase opposite qualities such as cold, heavy, dry, stable, slow. Kapha qualities are heavy, slow, cold, oily, smooth, dense, soft, cloudy, liquid. To balance Kapha you would increase dryness, mobile, light, warm, clear qualities.

ayurveda
Seasons and Time of day



Ayurveda is truly a holistic medicine that is awesome at prevention of disease. It brings awareness to the patient of what lifestyle choices or eating habits and food are creating undesirable symptoms. Ayurveda is not just about prevention it also treats disease with often better results than Western medicine at times. Ayurveda always refers to your specialists and works with them together. It is because habits are looked at and can easily be changed creating new energetic pathways. Ayurveda also treats the body by detoxing harmful toxins trapped within the tissues creating disease.

Ayurveda is about loving and thriving in your life. Living your dharma, the soul reason for why you are here. Ayurveda brings awareness to gratitude for all that the Universe has given you.