

AYURVEDA 101

Ayurveda is the ancient healing science of India and sister science to yoga. Based on a five element theory, Ayurveda works on creating balance through diet and lifestyle. It considers each person a unique combination of the five elements and gives diet and lifestyle tools accordingly. Ayurveda's goal is to teach people how to attain optimal health through a deeper understanding of themselves & relationship to the world around them.

“Ayus” = life (body, mind, senses & soul) **Veda** = knowledge or wisdom

The Ayurvedic Definition of Health

“One who is established in Self, who has balanced doshas (primary life forces), balanced agni (fire of digestion), properly formed dhatus (tissues), proper elimination of malas (waste prod.), well-functioning bodily processes, and whose mind, soul and senses are full of bliss is called a healthy person.” - Sushruta Samhita sutra 15/38

The Panca Mahabhutas/Five Great Elements

Element		Outside	Examples in the Body
Space/Ether	Akasha	Space	Space in cells & cavities
Air	Vayu	Wind	Breath
Fire	Agni	Fire/Heat	Chemical Reaction/Digestion
Water	Apas	Water, precipitation, dew	Saliva, synovial fluid
Earth	Prithivi	Soil, rocks	Bones

The Doshas

Dosha	Elements	Gunas	Season	Life Stage	Time	Main Sites
Vata “That which moves.”	Space + Air	Dry, clear, mobile, cold, rough, light	Fall & Winter	Post menopause age	2-6 am/pm	Colon, bones & waist
Pitta “That which digests.”	Fire + Water	Hot, sharp, spreading, oily	Summer	Puberty – Menopause	10-2 am/pm	Small intestine, blood liver
Kapha “That which nourishes.”	Earth + Water	Heavy, cold, sticky, oily, slimy, dense	Spring	Birth – Puberty	6-10 am/pm	Lungs, joints, stomach, adipose

“Like increase like and opposites decrease.”