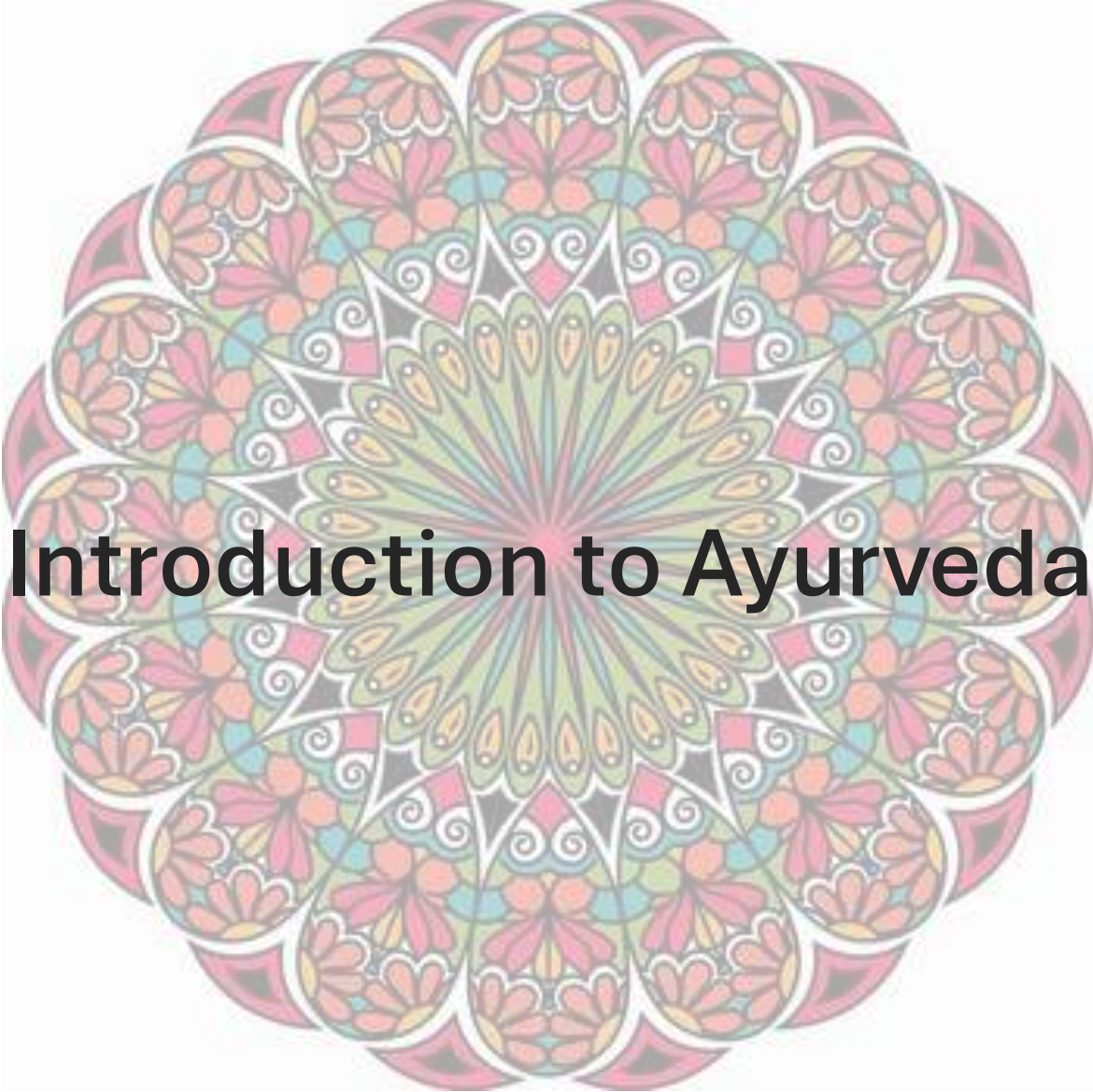




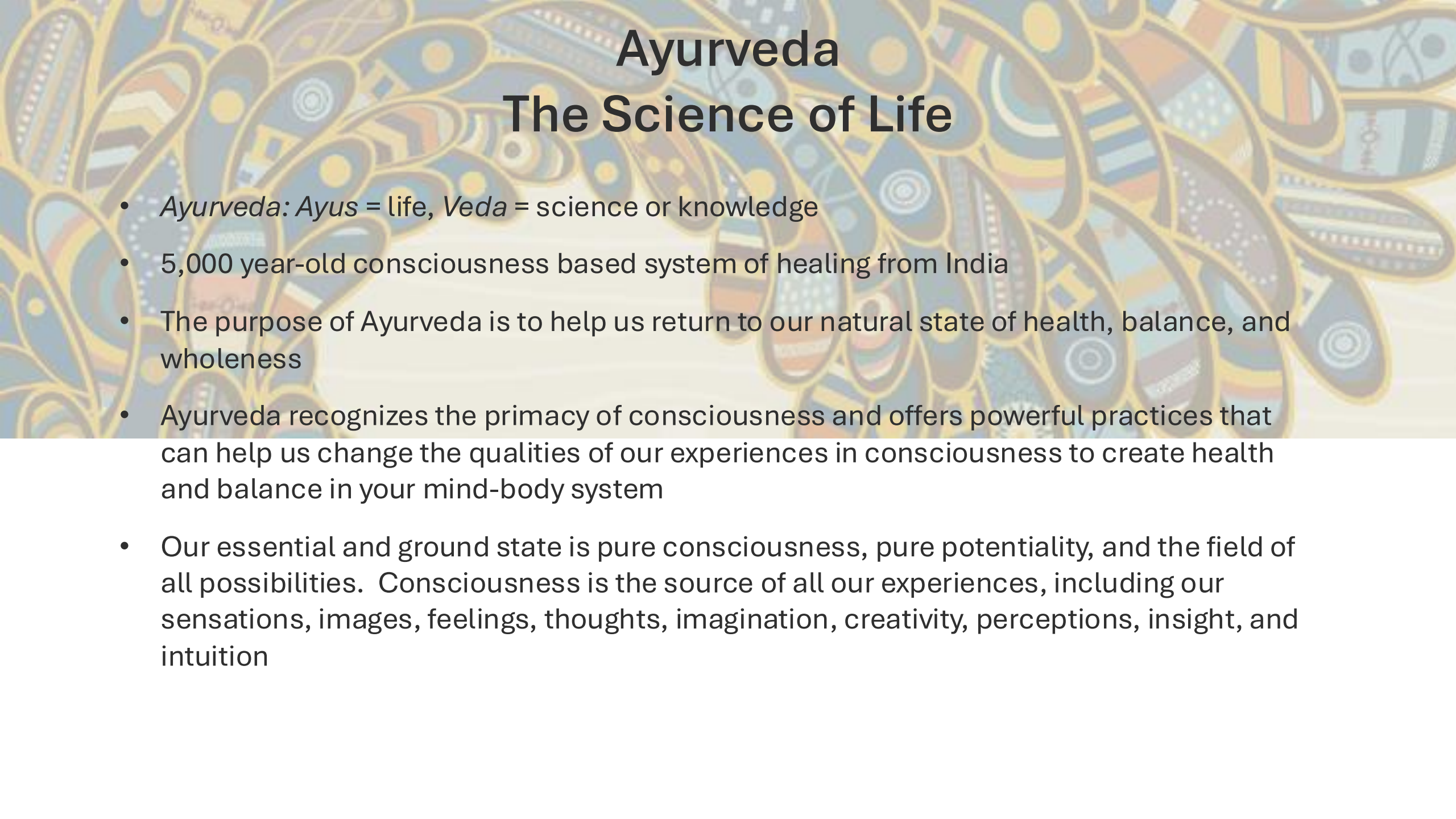
Introduction to Ayurveda

ginny diaz

The Perfect Health: Ayurvedic Lifestyle Program

Tools to enhance your physical and emotional well being

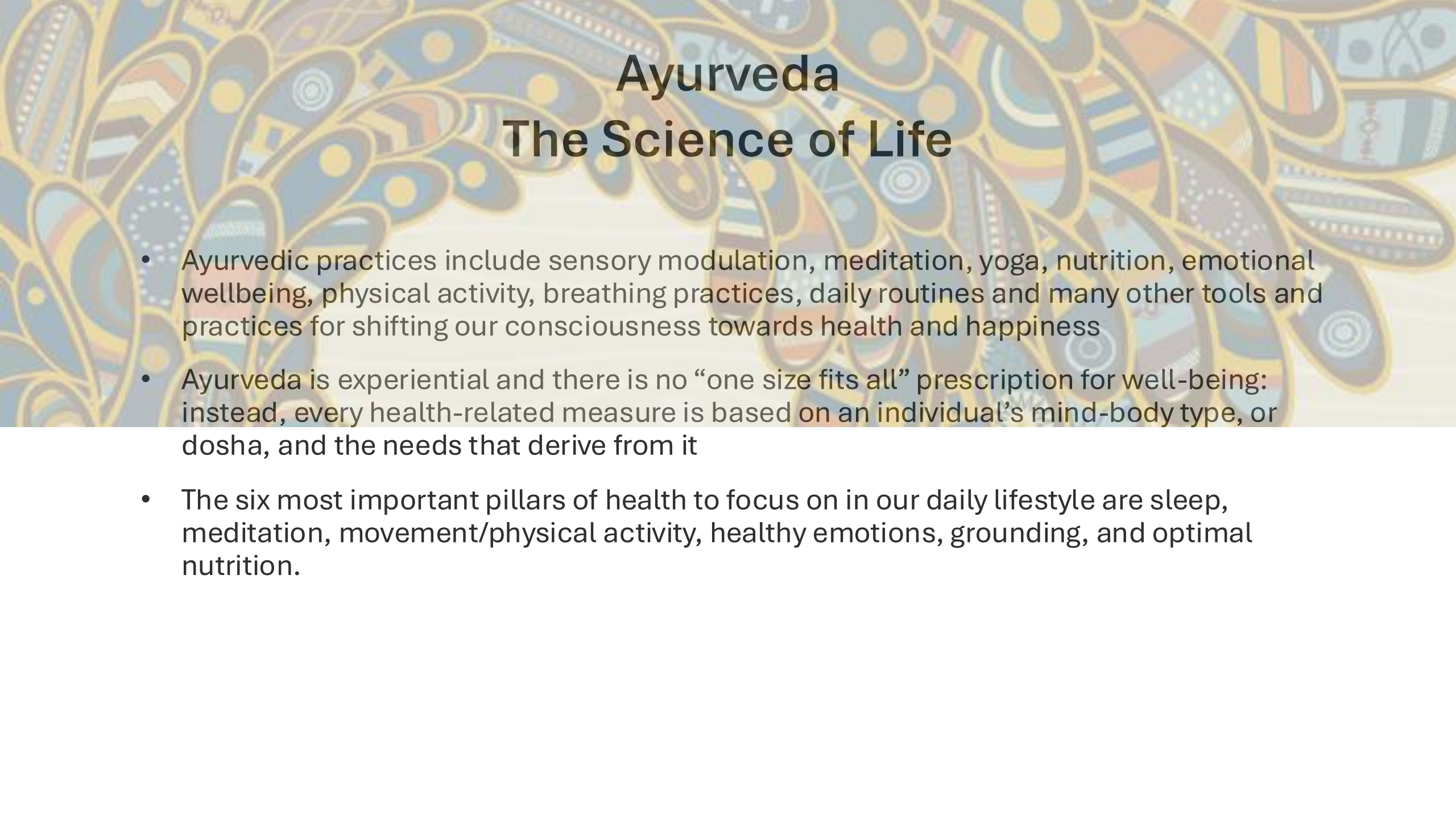
- Lesson 1 – Introduction to Ayurveda
- Lesson 2 – Inner Pharmacy & Rhythms
- Lesson 3 – Ayurvedic Nutrition
- Lesson 4 – Pranayama & Daily Routines



Ayurveda

The Science of Life

- *Ayurveda*: *Ayus* = life, *Veda* = science or knowledge
- 5,000 year-old consciousness based system of healing from India
- The purpose of Ayurveda is to help us return to our natural state of health, balance, and wholeness
- Ayurveda recognizes the primacy of consciousness and offers powerful practices that can help us change the qualities of our experiences in consciousness to create health and balance in your mind-body system
- Our essential and ground state is pure consciousness, pure potentiality, and the field of all possibilities. Consciousness is the source of all our experiences, including our sensations, images, feelings, thoughts, imagination, creativity, perceptions, insight, and intuition



Ayurveda

The Science of Life

- Ayurvedic practices include sensory modulation, meditation, yoga, nutrition, emotional wellbeing, physical activity, breathing practices, daily routines and many other tools and practices for shifting our consciousness towards health and happiness
- Ayurveda is experiential and there is no “one size fits all” prescription for well-being: instead, every health-related measure is based on an individual’s mind-body type, or dosha, and the needs that derive from it
- The six most important pillars of health to focus on in our daily lifestyle are sleep, meditation, movement/physical activity, healthy emotions, grounding, and optimal nutrition.

The Benefits of Ayurveda

- Current scientific research validates Ayurvedic practices
- Ayurvedic practices can change gene expression to promote wellness, self-regulation, and homeostasis (balance)
- Anxiety reduction
- Sustained increases in psychological well-being
- Decrease in chemicals that may increase the risk of heart disease



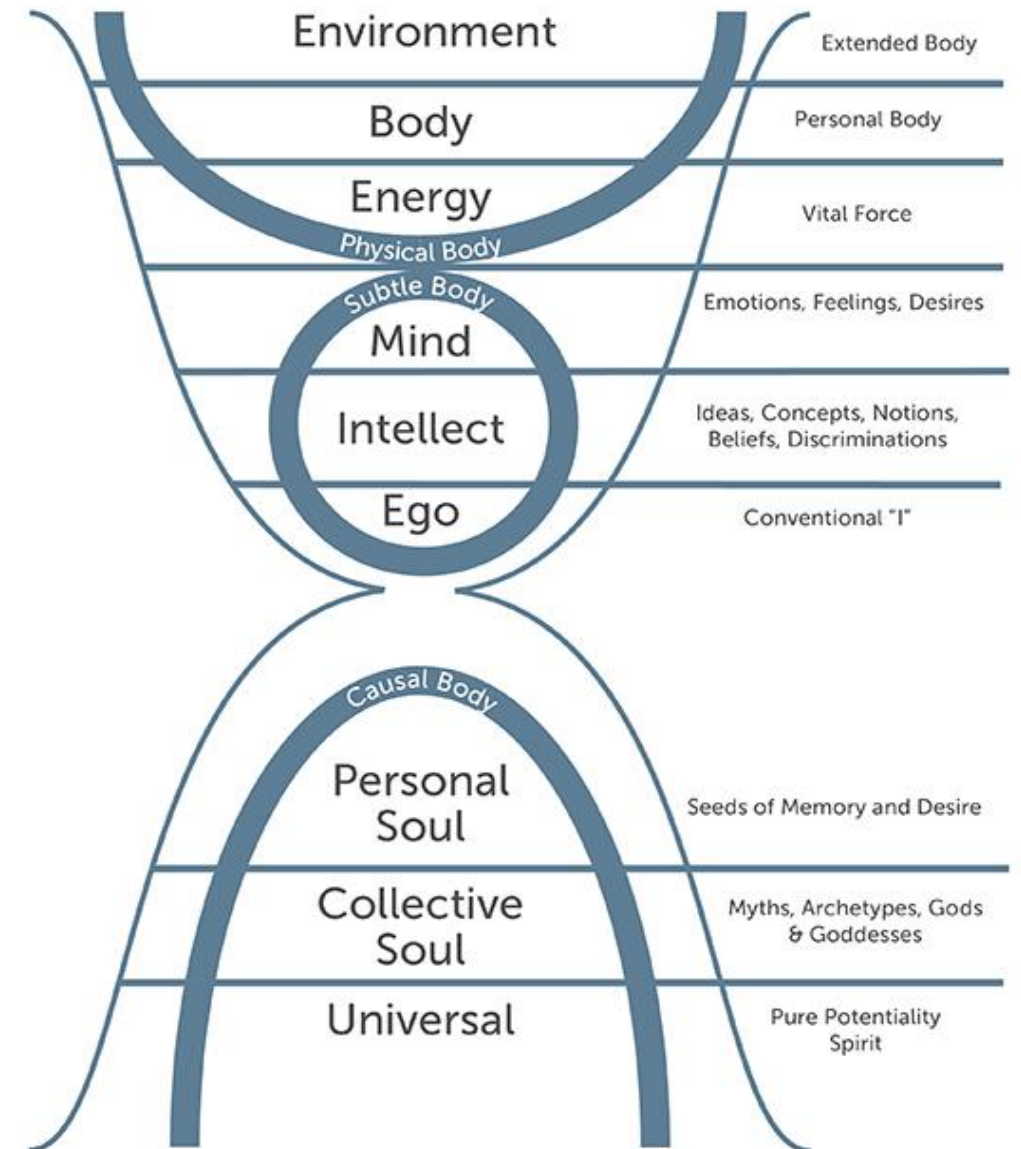
Body, Mind and Soul

- We are inseparable parts of the infinite field of intelligence
- The physical world, including our body, is a reflection of our perceptions, thoughts, and feelings
- Our body is dynamic and constantly transforming. We are not static physical machines that have learned manufactured thoughts, emotions, and ideas. Rather, we are a network of intelligence in dynamic exchange with everything that surrounds us



Layers of Life

- There are three primary layers of life: physical, mental, and spiritual
- These layers of existence are not separate, they are consciousness in different disguises
- Primordial Sound Meditation enables us to witness these layers from a new perspective
- Balance and healing can occur when we are able to freely access these different layers





Let's do the quiz

Prakruti - Your Basic Nature

Instructions

PLEASE READ CAREFULLY: Score a 5 for the description that most closely describes you, 1 for the one that least describes you, and 3 for the one that falls in the middle.

EXAMPLE: My natural frame can best be described as:	3	Slight and narrow	5	Average, with good muscle tone	1	Sturdy and strong
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Prakruti Quiz

My natural frame can best be described as:	Slight and narrow	Average, with good muscle tone	Sturdy and strong
My lifelong tendency with weight has been:	I typically don't gain weight easily, or I have trouble keeping it on	I can gain or lose weight easily, depending on what I focus on	I tend to gain weight easily and can have difficulty losing it
Most of my life, my body temperature has typically felt:	Cold—my hands and feet are usually cold and I prefer warm environments	Warm—I am usually warm regardless of the season and prefer cool environments	Comfortable—I am adaptable to most temperatures

Vikruti – Current State

Instructions

PLEASE READ CAREFULLY: Assign a score of 1 if the answer is Not at all, 3 if Somewhat/Occasionally and 5 if Very often. Then total each column.

Vata Mind

	Not at all	Somewhat/ Occasionally	Very often
<i>I have been scattered and distracted</i>	☐	☐	☐
<i>I have felt anxious or excessively worried</i>	☐	☐	☐
<i>I have had difficulty staying asleep and wake with thoughts</i>	☐	☐	☐
<i>My life has been chaotic and turbulent</i>	☐	☐	☐
TOTAL	0		

Mind Body Questionnaire

Interpreting Your Results

Prakruti

- Gathers information about your basic nature
- Provides proportions of Vata, Pitta and Kapha at conception
- Primary doshas and basic nature doesn't change, but may express themselves differently depending on stage of life or season

Vikruti

- Snapshot of current mind-body state
- Follow recommendations corresponding to the highest body and highest mind score to restore balance
- Sense of sight, sound, and smell to balance the mind. Sense of taste and touch to balance the body.



Five Elements

Building blocks of nature that make up everything we perceive through our senses
These exist both within us and in the world around us



- Space (AKASHA) – Potential



- Air (VAYU) – Change



- Fire (TEJAS) – Transformation



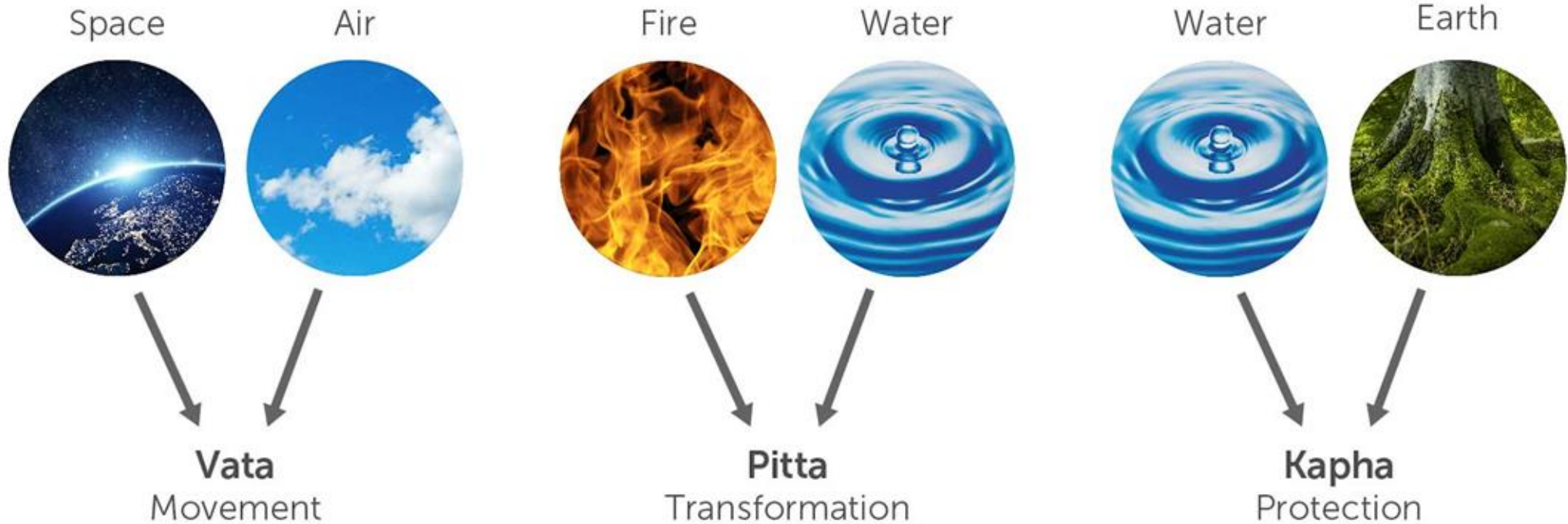
- Water (JALA) – Cohesiveness



- Earth (PRITHIVI) – Form/Protection

Three Doshas

Mind Body Constitutions



Vata

Primary Functions: Movement, Transportation

Qualities of Vata

- Cold
- Light
- Dry
- Sharp
- Irregular
- Rough
- Mobile
- Quick
- Changeable



Vata Characteristics



vata

Characteristics

- Thin, light frame
- Variable digestion and sleep patterns
- Dry skin and hair
- Cold hands and feet
- Moves and talks quickly
- Quick and imaginative
- Resists routine
- Welcomes new experiences

Vata

Resembling the Wind

Balanced

- Energetic
- Creative
- Adaptable
- Shows initiative
- Good communicator
- Spontaneous
- Enthusiastic
- Lively



Imbalanced

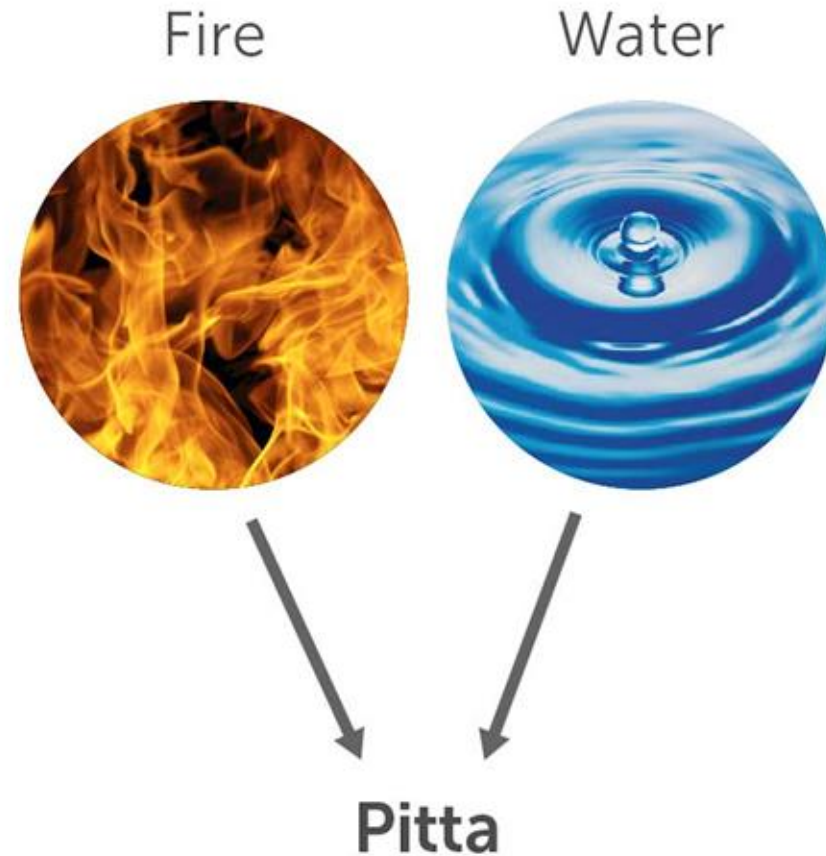
- Overactive Mind
- Anxiety
- Worry
- Inconsistency
- Insomnia
- Constipation
- Gas, bloating
- Fatigue

Pitta

Primary Functions: Transformation, Metabolism

Qualities of Pitta

- Hot
- Light
- Intense
- Penetrating
- Pungent
- Sharp
- Acidic
- Moist



Pitta - Characteristics



Characteristics

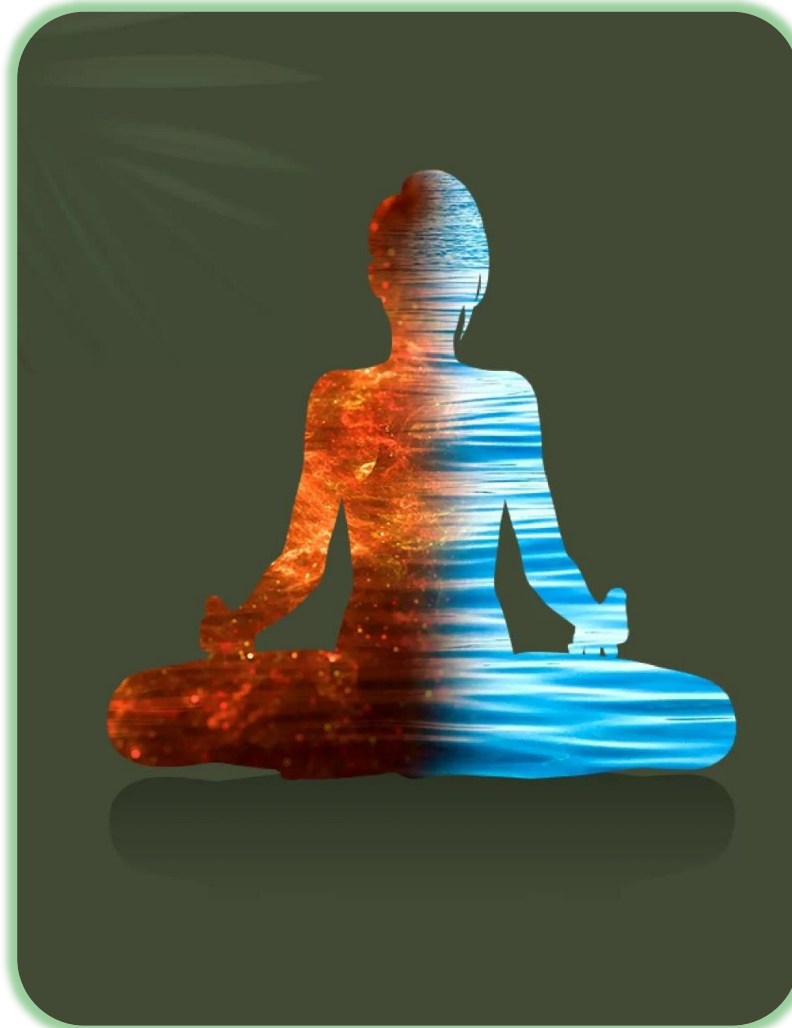
- Medium build
- Strong appetite
- Warm body temp
- Sleeps soundly for short periods
- Sharp intellect
- Direct and precise
- Organized routine
- Ambitious
- Courageous

Pitta

Fiery In Nature

Balanced

- Bright
- Warm
- Friendly
- Focused
- Intelligent
- Decisive
- Natural leader
- Strong digestion
- Passionate



Imbalanced

- Angry
- Irritable
- Excessively critical
- Judgmental
- Aggressive
- Skin rashes
- Inflammation
- Indigestion

Kapha

Primary Functions: Protection, Structural Integrity

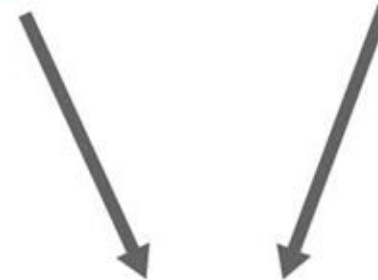
Qualities of Kapha

- Cold
- Heavy
- Solid
- Stable
- Smooth
- Oily
- Slow
- Steady
- Soft

Water

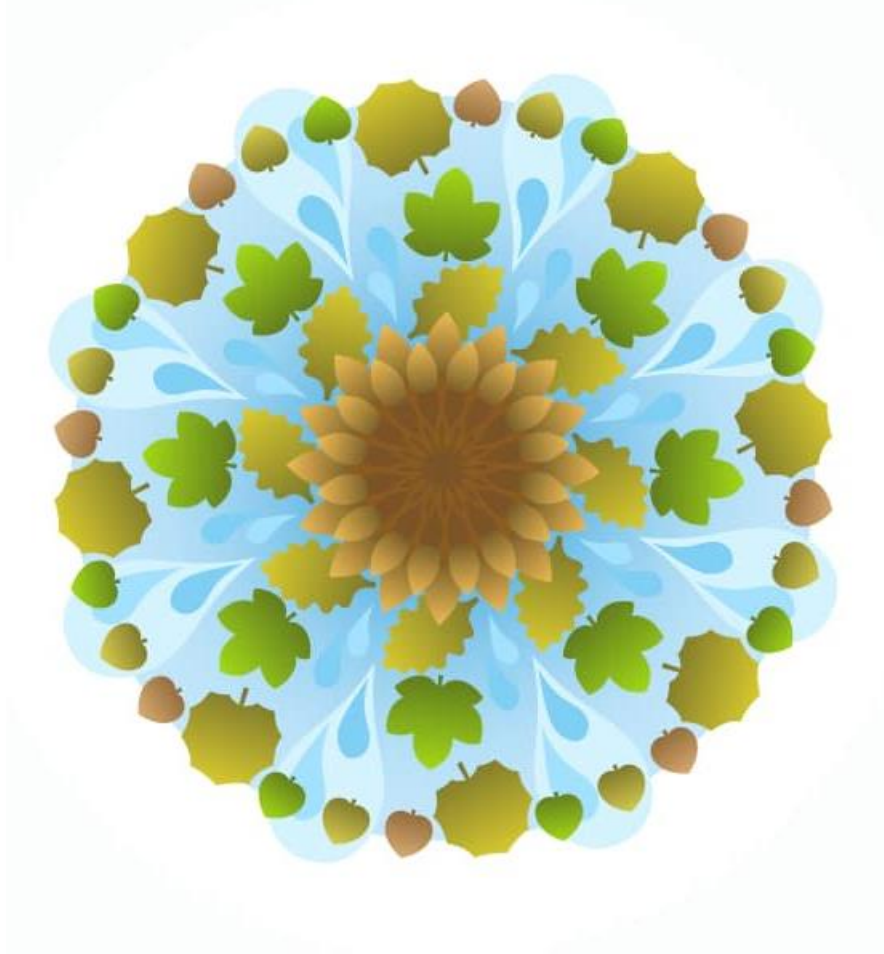


Earth



Kapha

Kapha - Characteristics



Characteristics

- Stocky
- Smooth skin and thick hair
- Deep sound sleep
- Slow moving
- Good stamina
- Easygoing
- Methodical, thoughtful nature
- Detail oriented
- Enjoys routine

Kapha

Grounded, Unruffled, May Resist Change

Balanced

- Steady
- Consistent
- Loyal
- Strong
- Grounded
- Supportive
- Loving
- Content
- Calm
- Patient



Imbalanced

- Dull
- Inert
- Needy
- Attached
- Congested
- Overweight
- Complacent
- Lethargic
- Overly-protective
- Resistant to healthy change