



AN INTRODUCTION TO

AYURVEDA

"THE SCIENCE OF LIFE"

A 10-HOUR ONLINE
CONTINUING EDUCATION PROGRAM

CONTENTS

“

The key to lasting success is balance. Balance in mind, body and spirit. Hali Love

”

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THE HISTORY AND PURPOSE OF AYURVEDA

Ayurveda is widely regarded as one of the oldest healthcare systems in the world, Ayurveda is an intricate medical system that originated in India thousands of years ago. The fundamentals of Ayurveda can be found in Hindu scriptures called the Vedas (ancient books of wisdom).

THE MEANING OF AYURVEDA

The Meaning Ayurveda is a Sanskrit term, made up of the words 'ayus' and 'veda'. 'Ayus' means life and 'Veda' means knowledge or science. The term Ayurveda means the knowledge of life or the science of life. Ayu comprises the mind, body, senses and soul. Traditionally, Ayurveda is known as the sister science to Yoga.

THE RIG VEDA

The Rig Veda (a collection of Vedic Sanskrit hymns counted among the four Hindu religious texts known as the Vedas) is said to be composed between roughly 1700–1100 BCE, making it one of the oldest texts).

It contains a series of prescriptions to help humans overcome various ailments. Ayurveda, derived from the Atharva Veda which is sometimes described as The Fifth Veda.



THE PURPOSE

THE PURPOSE OF AYURVEDA IS TO PREVENT AND HEAL ILLNESS, PRESERVE LIFE, AND BRING BALANCE TO ALL ASPECTS OF THE HUMAN BEING.

The Basic Principles

Ayurveda is based on the premise of the five universal elements: air, fire, water, earth and ether. In Ayurveda, these elements are represented in humans by three doshas (or energetic ayurvedic body types): Vata, Pitta and Kapha.

When any of the doshas accumulate in the body beyond the desirable limit, the body loses its' balance. Every individual has a distinct balance; health and well-being dependent on getting the correct balance within the three doshas (tridoshas). Ayurveda suggest specific lifestyle and nutritional guidelines to help individuals reduce the excess dosha.

A healthy person, as defined in Ayurveda is: “He (or she) whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body and spirit are cheerful.”





AYURVEDA OFFERS

Ayurveda offers specifically tailored recommendations for every individual, ranging from general lifestyle changes to the treatment of dis-ease (literally, an imbalance within our natural state of ease).

Ayurveda can be called an organized system of individualized health care; quite different than that of the Western model (ie. the one pill for all approach).

Since the doshas are used to detect and correct imbalances before the manifestation of dis-ease, Ayurveda is a complete system of preventative medicine.

This “Science of Life” teaches us how to preserve health within a wide spectrum and bring happiness and satisfaction in our lives.



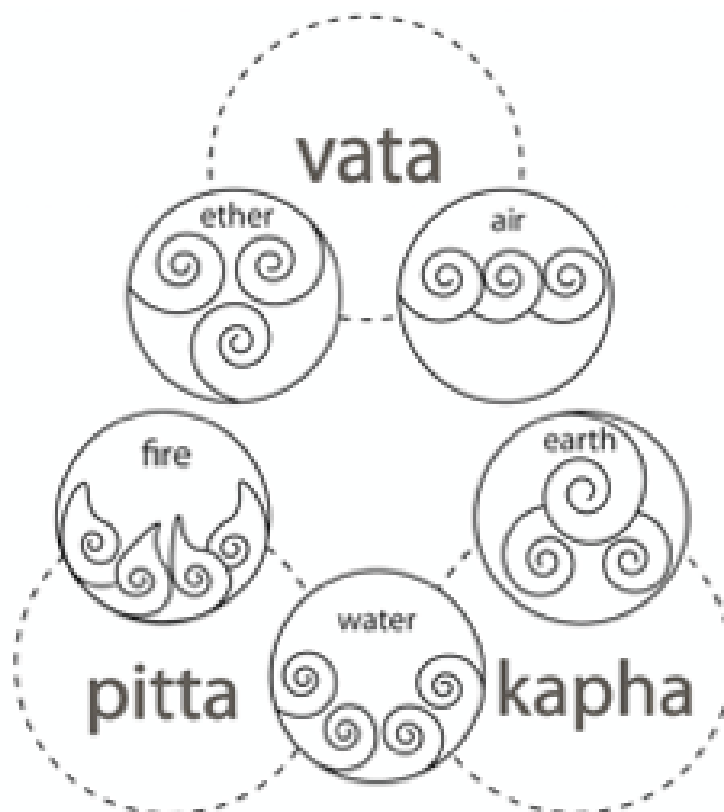
AYURVEDA IS

- A system which uses the principles of nature to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature.
- Uses natural methods, with the knowledge that there are subtle yet vital energies behind food, herbs, and other therapies that bring subtle, but significant results.
- An individualized healing approach to the person – each person has unique physical and psychic (mind-body) constitution (dosha).
- A healing system that recognizes that human beings are part of nature, and that our Dosha is a result of our inner and outer environments.
- An integral healing system that approaches all aspects of the human being: gross physical body, mental, emotional, energetic, intellectual and spiritual aspects.
- A system of accountability that requires personal responsibility and active deliberate participation of the individual in recovery and health maintenance.

THE THREE DOSHAS

WHERE THE HUMAN BEING COLLIDES WITH
NATURE'S ELEMENTS.

“*To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.*”
Buddha



VATA

Air and Ether Elements

This energy is generally seen as the force which directs nerve impulses, circulation, respiration, and elimination.

Summary of a Vata

Known as the king or queen of the Doshas - Vata represents movement; nothing happens without Vata. Vata rules the other two Doshas.

Slender and does not put on weight easily
Height is taller or shorter than average
Hair and neck are 'thin'
Bone structure is smaller than usual
Energy + appetite fluctuates and comes in bursts
Skin frequently becomes dry
Prefers warm, moist weather v dry/cold weather
Creative, imaginative and often artistic
Active, restless, becomes spaced out easily
Quick learner but forgets quickly
Tendency to feel anxious, nervous and insecure
Speaks quickly and uses hand gestures
Always on the go
Becomes constipated easily; irregular digestion
Irregular routines
Often has colourful dreams
Commonly experiences stiffness, especially in joints, low back and spinal pain, sciatica
Nervousness



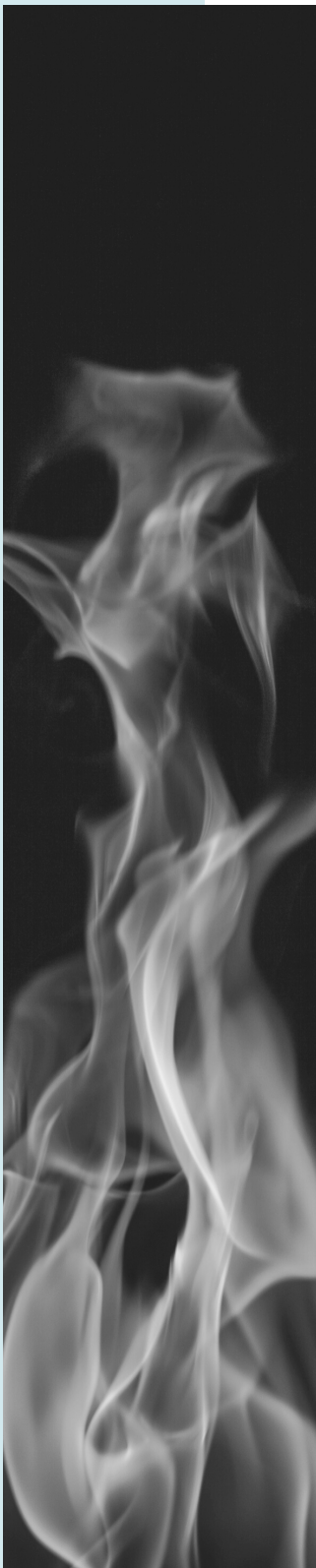
PITTA

Fire and Water Elements

Pitta is responsible for metabolism in the organ and tissue systems.

Summary of a Pitta

Medium build and medium weight
Gains and puts on weight easily
Average height
Pointed features
Energy levels high
Strong appetite
Oily skin
Reddish tone, can have red hair
Easy perspiration
Penetrating eyes
Regular bowel movements
Occasional bouts of diarrhea
Prefers cool weather
May become irritable in hot weather
Goal-oriented
Good sense of humour
Strong intellect, sharp wisdom, outspoken
Likes to learn new things
A natural leader
Critical of self and others
Perfectionist



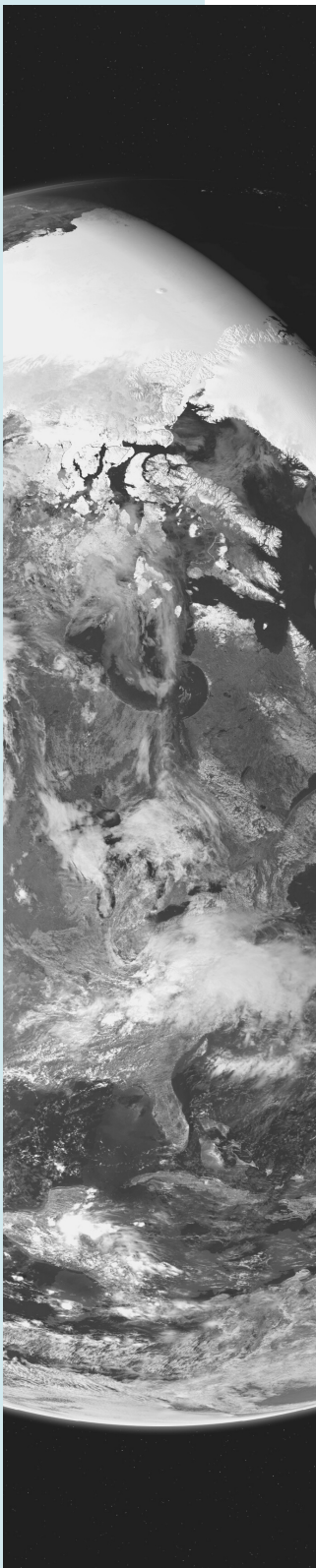
KAPHA

Water and Earth Elements

Kapha is responsible for growth and protection.

Summary of a Kapha

Gains weight easily, loses weight with difficulty
Short and stocky or tall and sturdy
Hair and neck are 'thick'
Abundant strength and stamina
Weak digestion, feels heavy after eating
Regular bowel movements
Oily skin, smooth and pale
Sleeps easily and soundly
Catches cold easily
Prefers hot weather
Large-hearted and calm nature
Prefers a slow, relaxed lifestyle
Not a very quick learner but excellent long term memory
Sentimental, often thinks of past, depression
Methodical but lethargic, can be sad
Protective of self and family
Lets negative emotions build up rather than addressing them
Lets others take the lead
Natural listener who many people confide in
Have fluid retention problems
Swelling
Commonly have head colds; congestion and lung problems



DOSHAS AND LIFE STAGES

The Doshas differ in every cycle of human existence.

KAPHA | CHILDBIRTH - TEENAGE YEARS

Responsible for the growth of children.

Responsible for their physical maturity from infancy to teenage years.

PITTA | TEENAGE YEARS - MENOPAUSE

Responsible from teenage to adulthood.

From around the ages of 15 to 45 years.

VATA | OLD AGE - POST MENOPAUSE

Responsible for the decline of the body. This may occur after the age of 45. This imbalance results in causing arthritic ailments etc. (all of the imbalances of Vata).

These cycles may vary in age according to the individual personality. For example, Pitta Dosha may extend in some people until the age of 55 to 60, and Vata may become imbalanced before puberty.

It is work to keep balance within the three Doshas. Any one of the three Doshas can become imbalanced at anytime.

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DOSHAS: TIME OF DAY, ORGAN, EMOTION + ACTIVITY

TIME	ORGAN	DOSHA	EMOTION	ACTIVITIES
12 - 2 AM	HEART	PITTA	JOY, ALL DEEP ROOTED UNRESOLVED EMOTIONS	SLEEP
2 - 4 AM	SPLEEN	VATA	ANGER	SLEEP
4 - 6 AM	COLON, BLADDER	VATA	ANXIETY	BOWEL MOVEMENT, MEDITATON
6 - 8 AM	LUNGS	KAPHA	GRIEF, SADNESS	MILD EXERCISE, GENTLE YOGA OR WALKING
8 - 10 AM	PANCREAS	KAPHA	ATTACHMENT	BREAKFST (8AM, DIGEST 9-10AM
10 AM - 12 PM	SMALL INTESTINE, STOMACH	PITTA	ANGER, ANXIETY	DIGEST
12 - 2 PM	HEART	PITTA	JOY, ALL DEEP ROOTED UNRESOLVED EMOTIONS	12PM LUNCH, 1-2 DIGEST
2 - 4 PM	LIVER, GALLBLADDER	VATA	ANGER, HATE, RESENTMENT	DIGEST
4 - 6 PM	COLON, KIDNEY	VATA	ANXIETY, FEAR	DINNER
6 - 8 PM	LUNGS	KAPHA	GRIEF, SADNESS	WALK
8 - 10 PM	PANCREAS	KAPHA	ATTACHMENT	REST + DIGEST
10 - 12 PM	SMALL INTESTINE, STOMACH	PITTA	ANGER, ANXIETY	10PM SLEEP

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DOSHAS: TIME OF DAY, ORGAN, EMOTION + ACTIVITY

Have you ever found that if you sleep in, you feel heavy and sluggish all day? Or that at about 10 pm you get the munchies? Do you sometimes wake up at 4 am worrying, and have a hard time falling back asleep?

Ayurveda has a fairly simple explanation for all this: There is a natural ebb and flow within nature, including within your own body and mind. Vata, Pitta and Kapha are energetic forces that govern the tides of your life, and if you understand these forces, you can tune into the natural rhythms of the world, and make informed choices to help steer your life into healthful, harmonious directions.

The doshas exert their influence upon us in four hour increments throughout the 24 hour day. Each four hour time period is dominated by one dosha and thus is influenced by the qualities of that dosha. In other words, there is a vata, pitta and kapha time of day and a vata, pitta and kapha time of night.

Understanding this allows you to choose activities, food choices, etc. that will support the dominant energy inside and around you at that time.

VATA

November - February
2 - 6 AM / PM
Slow steady
Strength training
60+, menopause+

PITTA

July - October
10 - 2 AM / PM
Non competitive
Relaxing
20s to menopause

KAPHA

March - June
6 - 10 AM / PM
Sweat inducing
Cardio
Birth - 20s

THE THREE GUNAS

GUNA: THE QUALITIES OF THE STATES OF BEING THAT EXIST IN ALL MATTER.

"When we look closely, the three gunas exist in nature."

Nature consists of 3 basic qualities:

SATTVA

Light, perception, intelligence, and harmony.
The proper quality of the mind.

When Sattva is predominant, we uncover our capacities for truth, honesty, humility and interest in the good of the whole.

RAJAS

Energy, activity, emotion, and turbulence.
A predominance of Rajas generates value for power, prestige, authority and control.

TAMAS

Inertia, darkness, dullness, and resistance
Tamas traps us in fear, servility, ignorance, and the forces of decay.

Ayurveda recommends a lifestyle that is predominantly Sattvic, including foods and herbs with this quality. Rajasic and Tamasic actions, foods and herbs may be used to help counter each other and promote balance and harmony as well.

WHAT GUNA DO MOST HUMANS HANG OUT IN?

For most of us, our answers will generally fall in the middle or the Rajasic area, which is the main spiritual state in our active and outgoing culture today. We will have various psychological problems but can usually deal with them.

A Sattvic nature shows a spiritual disposition with few psychological issues. A highly Sattvic nature is rare at any one time. A Sattvic nature will show up in long-time spiritual practitioners.

A Tamasic person has a danger of severe psychological problems. They are closed off, and likely would not be interested in healing or achieving balance.

The areas in ourselves that we can improve from Tamas to Rajas or from Rajas to Sattva will aid in our peace of mind and spiritual growth. We should do all we can to make such changes.

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HOW TO BALANCE VATA

VATA NEEDS

Cooked foods, spiced, warm and balanced with healthy fats, comfort foods, wheat and root vegetables. Warm, calm, environments. Meditation.

AVOID

Raw food, dry food, cold/frozen food + beverages, coffee, alcohol dry + light foods like rice cakes, dried fruits, gas producing vegetables (broccoli, cauliflower, brussel sprouts), large beans, foods with bitter, astringent, pungent flavours. Cold environments.

TASTES THAT BALANCE VATA

Sweet, sour, salty.

TASTES THAT INCREASE VATA

Bitter, pungent, astringent.

YOGA FOR VATA

A grounding, slow, calm, and contemplative practice.

Consistency in practice time (ie. the same time each day).

Postures that work on the colon (the bodily seat of vata), intestines, pelvis, lumbar spine, and sacroiliac balance vata by bringing energy back down into the base of the torso.

Slow Sun Salutations, twists, forward bends, calm inversions.

Standing poses: Tadasana, Warrior Postures, Tree Pose, Wide Legged

Forward Folds, a longer than normal Savasana.

PRANAYAMA

Nadi Shodhana (Alternate Nostril) / calming.

Bhramari (Humming Bee Breath) / calming.

Ujjayi (Victorious Breath) / calming and heating.

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HOW TO BALANCE PITTA

PITTA NEEDS

To eat regularly or they tend to get 'hangry'. To eat more cooling foods such as sweet fruits, melon, asparagus, cucumbers, potatoes, sweet potatoes, green leafy vegetables, pumpkins, broccoli, cauliflower, celery, okra, lettuce, green beans, and zucchini.

AVOID

Tomatoes, hot peppers, carrots, beets, eggplant, onions, garlic, radishes, and spinach.

TASTES THAT BALANCE PITTA

Sweet, cooling.

TASTES THAT INCREASE PITTA

Spicy, bitter.

YOGA FOR PITTA

Cooling, heart opening, and a non-competitive class.

Work the abdominal area with twists.

All standing forward bends.

Heart opening poses.

Moon salutation rather than sun salutation (moon cools, sun heats).

PRANAYAMA

Exhale through mouth.

Sitali (cooling breath).

Left nostril breath (cooling).

Ujjayi breath is heating, and should be used moderately if imbalanced.

Fire breath, or Kapalabhati, should only be practised if completely calm and cool.

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HOW TO BALANCE KAPHA

KAPHA NEEDS

Ginger, beans (except for soybeans AVOID soybean-based foods such as tofu (always) lighter fruits such as apples, pears, pomegranates, cranberries, and apricots, all spices, lots of vegetables

AVOID

Dairy, tofu, sweets (other than honey), heavier fruits like bananas, avocados, pineapples, oranges, peaches, coconuts, melons, dates, figs, salt, sweet and juicy vegetables such as sweet potatoes, tomatoes, and zucchini.

TASTES THAT BALANCE KAPHA

Pungent, bitter, astringent tastes and light, dry, and warm foods.

TASTES THAT INCREASE KAPHA

Spicy, bitter.

YOGA FOR KAPHA

Challenging, warming and vigorous.

Work on the abdominal region and practise asanas which open the chest area.

Most backbends, Handstand and headstand.

Regular Sun Salutations.

Jumping (lightly) during transitions is recommended to build stamina.

Savasana can be kept a little shorter.

PRANAYAMA

Any vigorous breath used to open the lungs (fire breath, Ujjayi).

Kapalabhati and Bhastrika are recommended.

Right nostril breathing is also cleansing and energizing.

Ujjayi breath can be used throughout the asana practice for its warming effects.

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ESSENTIAL OILS FOR VATA

Cinnamon, camphor, eucalyptus, bergamot and soothing oils such as sandalwood, rose, jasmine. It is good to apply these oils mixed with base oils of sesame or avocado. Other oils that are suitable for balancing Vata dosha are vanilla, lavender, lemongrass, lemon, ginger and ylang ylang.

ESSENTIAL OILS FOR PITTA

Jasmine, gardenia, rose, mint and chamomile, yarrow, and to combine them with base oils such as sunflower, coconut oil or olive oil. Dry oils such as saffron, St. John's Wort, white yarrow are recommended.

ESSENTIAL OILS FOR KAPHA

Basil, cedar, myrrh, sage, anise, laurel, birch, ginger.

One of the main problems faced by the Kapha constituents is lymph stagnation, accumulation of mucus and other body fluids, and delayed metabolic processes. To deal with these problems Ayurveda uses essential oils that have the property of strengthening the body like parsley, dill, cinnamon, coriander, lemon grass. Once the metabolism is activated, essential oils such as cardamom, coriander, chamomile, juniper, sage, eucalyptus and others that combat pathogens must be used. They speed up the process of removing excess fluids, as well as toxins (ama). To balance the digestive system of Kapha dosha, it is advisable to use orange peel, basil, cardamom, cinnamon, laurel and juniper essential oils.

WHEN VATA IS BALANCED

Creative, optimistic, joyful, forgiving, flexible, and full of enthusiasm. They thrive on change and love to discover and experience new things and meeting new people. Vatas usually have a thin, light frame and excellent agility.

WHEN PITTA IS BALANCED

Natural leaders, quick learners, the ability to easily comprehend and master new skills and concepts. They are strong, mentally and physically. They are goal-oriented and organized.

WHEN KAPHA IS BALANCED

Stable, dependable, great listeners, compassionate, and loyal. They have a strong build and excellent stamina. They usually have soft eyes, smooth and radiant skin; and thick hair. Kaphas make the most dependable friends.



AN AYURVEDIC CONSULTATION

When one receives a complete Ayurvedic Consultation by a certified practitioner, you can expect a complete examination which includes discussion and or observation of the following:

1. Pulse
2. Urine
3. Feces
4. Tongue
5. Eyes
6. Nails
7. Overall Appearance
8. Energy

Subsequent to your practitioner or consultants evaluation, they will recommend which of the balancing tools you can use to bring balance your being.

PULSE

When taking your pulse, the practitioner uses their first three fingers (index, middle and ring).

They will extend your arm to face up (ladies, your primary pulse is on your left side, men on your right).

The index finger will be approximately one-inch from the bottom of the patient's thumb, the three fingers will remain close together and act as the sensors to the patient's pulse.

Each finger of the practitioner represents a dosha:
Index = Vata, Middle = Pitta and Ring = Kapha.

Vata

Fast, feeble, cold, light, thin, rough, disappears on pressure.

Pitta

Prominent, strong, high amplitude, hot, forceful, flexible, lifts palpating finger.

Kapha

Deep, slow, broad, wavy, thick, cool or warm, regular, soft thick.

URINE

The color can indicate if one is properly hydrated. The frequency can indicate if there's enough fluid intake. Pain or discomfort could indicate a more complicated concern.

Excess Vata
Scanty urine.

Excess Pitta
Hot urine.

Excess Kapha
Cloudy urine.

Some AC (Ayurvedic Consultants) collect a sample of fresh urine in a glass jar (midstream from the first urine in the morning), place a drop of sesame oil on the surface and observe its pattern:

Vata conditions: Oil floats and pattern resembles a snake.

Pitta conditions: Bubbles appear; splits into small drops; makes the shape of a ring.

Kapha conditions: Looks like a pearl and may sink.

FECES

Our feces reveals vital information about the health of our digestive system.

Daily elimination (or lack thereof) is a visible indication of digestive health. Ideally, we should eliminate every morning within one hour of waking, the shape and consistency of our feces should be similar to that of a large banana. The bowel movement should have no pain or strain.

Constipation indicates that vata is present.

Loose stools indicate pitta.

Heavy, sludgy stools indicate kapha.

To cleanse the digestive system, begin your day by sipping a mug hot water with lemon. Do not eat anything for 30 minutes after.

TONGUE

When examining the tongue, the practitioner looks at the color and shape, checking to see if there are scallops on the sides, movement, coating, or cracking.

Kapha

A large, round-tipped tongue, with a white coating.

Pitta

A red tongue, with a yellow coating.

Vata

A cracked, thin and pointed tip, with a brown coating.

Scalloped edges on the sides of the tongue (teeth impressions) indicate possible malabsorption or malnutrition. Coating indicates a presence of ama, or undigested food, in the digestive system.

Look at your tongue first thing in the morning: Is there coating? It's important to remove this coating every morning using a metal tongue scraper. Gently scrape from the back to the front of the tongue, three to five times. This removes digestive waste and stimulates the digestive system.

SOUNDS IN THE BODY

A gurgling stomach or cracking joints indicate the presence of vata.

Eating cooked foods and keeping regular meal times can help with gurgling, and rubbing the joints with sesame oil can soothe cracking sounds.

The quality, speed, and tone of your voice also provides information about your constitution. If you speak quickly and tend to lose your train of thought, there may be excess vata present.

Those with more pitta in their constitution speak sharply and clearly.

Kapha types take their time expressing their thoughts while speaking slowly.

EYES

The doshas affect both the shape and color of the eyes.

Vata

Small, dry eyes.

Pitta

Medium, piercing. May have red or yellow on the whites.

Kapha

Big, watery eyes.

Soothing the eyes daily by splashing cool water on them or adding a few drops of rose or camomile water can relieve red, itchy, dry, and tired eyes.

NAILS

The nails also indicate the presence of vata, pitta, or kapha.

Long vertical lines can indicate malabsorption.

Pitta

Soft, flexible nails.

Vata

Brittle nails that break easily.

Kapha

Thick, oily, and strong.

Dry skin is a feature of vata; oily skin prone to acne and rashes is a sign of pitta imbalance; and kapha skin is thick, soft, and smooth.

G

GENERAL APPEARANCE

- Body shape
- Color and texture of hair
- Energy level
- Gait

Vata

A vata body is one with thin, small bones, and without much curve or musculature. Vata hair is typically average in amount, dry, and light brown or blonde.

Pitta

Pitta types are usually medium-framed with a moderate amount of musculature. Pitta types often have thinner hair, reddish or auburn, and may bald or go gray early in life.

Kapha

Kapha types are fuller and bigger-boned with more curves. Kapha hair is generally thick, curly or wavy, dark brown, and oily.

ENERGY

Vata

Sporadic amount of energy.

Bouncing around in one moment and exhausted in the next.

Pitta

Strong energy.

Tend to burn themselves out by overscheduling.

Kapha

Slow and steady.

Stamina, but they don't move quickly through the process.

PROGRAM QUESTIONS

1. What does Ayurveda mean?
2. Where is Ayurveda from?
3. What is the purpose of Ayurveda?
4. What are the 3 Doshas? List and briefly describe each one. How do they show up when they are balanced and how do they show up when they are imbalanced.
5. Explain what a typical Ayurvedic Consultation consists of.
6. What are the 3 Gunas?
7. What are the results of your Ayurvedic questionnaires?
8. What is your dominant Dosha?
9. Create a balancing plan for yourself based on the information provided in this program.

Please submit your answers to halilove@me.com for feedback and subsequently receive your Certificate of Completion!