



Creating Balance An Ayurvedic Approach

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.

Ayurveda is widely regarded as one of the oldest healthcare systems in the world; it 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 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 is derived from the Atharva Veda, which is sometimes described as The Fifth Veda.

Ayurveda is:

- A healthcare system by which a person keeps the individual's body, mind and spirit in perfect equilibrium with nature.
- A system of 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 a person; each person has a unique physical and psychic (mind-body) constitution, which is called a Dosha.
- A healing system that recognizes that human beings are part of nature, and that our individual Doshic balance 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 prevention, balancing, recovery and health maintenance.



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. The purpose of AYURVEDA is to prevent AND HEAL illness, preserve life, and bring balance to all aspects of the Human Being.

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 are dependent on getting the correct balance within the three doshas (tridoshas). Ayurveda suggests 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 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 described as an organized system of individualized health care; quite different than that of the Western model (ie. the one pill for all, or many different pills for everything 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.

THE THREE DOSHAS

Where the human being COLLIDES with nature's elements.

VATA

air / ether

Directs nerve impulses, circulation, respiration, and elimination.

Is responsible for the decline of the body; old age & post menopause 45+

WHEN 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.

PITTA

fire / water

Responsible for metabolism in the organ and tissue systems.

Responsible from teenage to adulthood. From around the ages of 15 to 45 years.

WHEN 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.

KAPHA

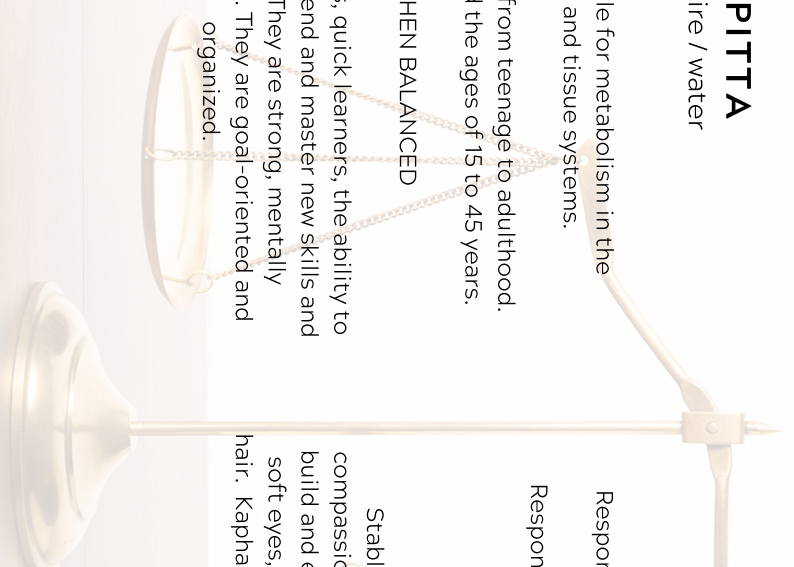
earth / water

Responsible for growth and protection

Responsible for physical maturity from infancy to teenage years.

WHEN 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.



Vata

air / ether

Known as the king or queen of the Doshas.

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 vs 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

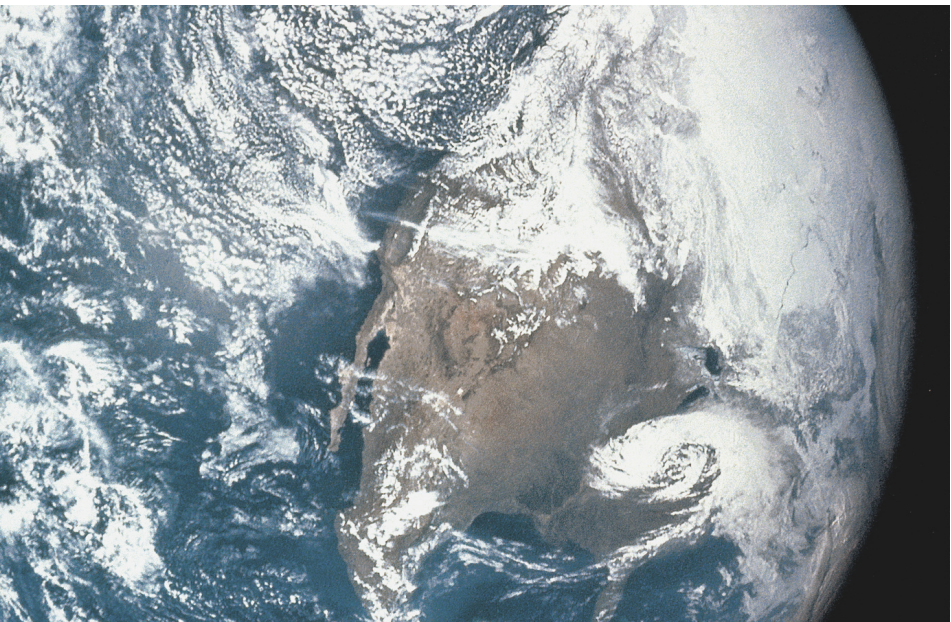
fire / water

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



Kapala

earth / water



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

The Asthic Clock

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, MEDITATION
6 - 8 AM	LUNGS	KAPHA	GRIEF, SADNESS	MILD EXERCISE, GENTLE YOGA OR WALKING
8 - 10 AM	PANCREAS	KAPHA	ATTACHMENT	BREAKFAST (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



THE THREE DOSHAS

SEASONS / TIME / MOVEMENT

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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.

SEASONS - TIME - MOVEMENT

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VATA

air / ether

November - February

2 - 6 AM/PM

Slow steady
movement

Strength training

PITTA

fire / water

July - October

10 - 2 AM / PM

Non competitive movements

Relaxation

KAPHA

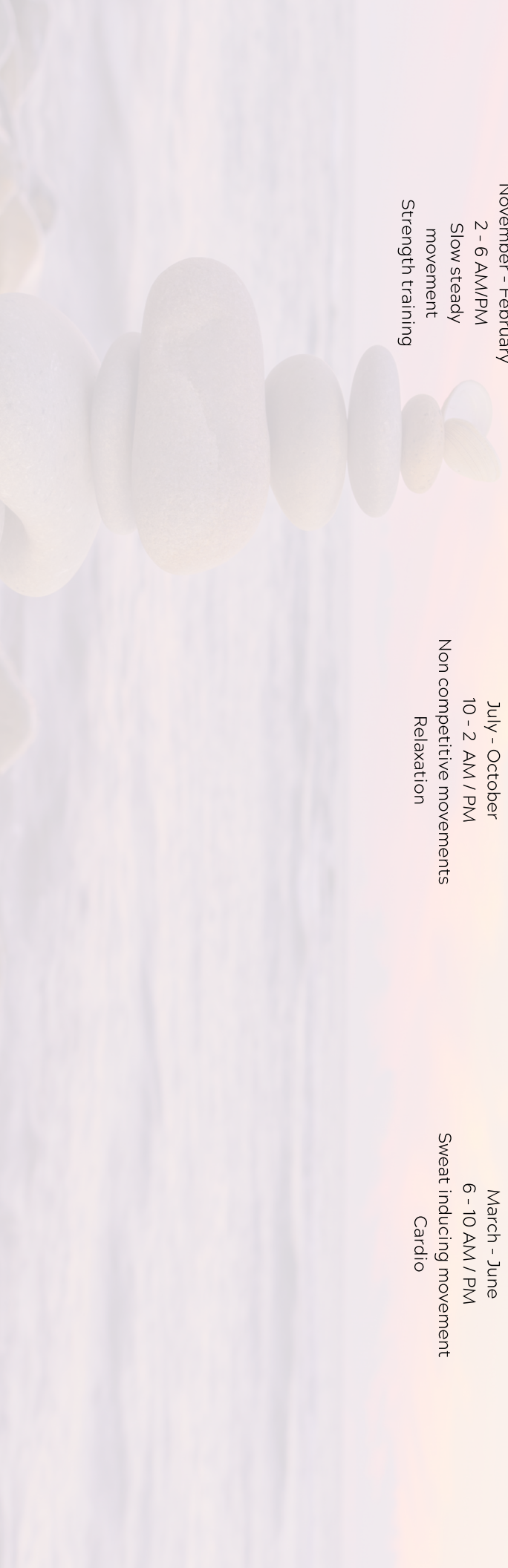
earth / water

March - June

6 - 10 AM / PM

Sweat inducing movement

Cardio



THE THREE GUNAS

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

SATTVA

Light, perception, intelligence, & 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.

Which
Gunas do
you belong
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.

AN AYURVEDIC CONSULTATION

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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:

- Pulse
- Urine
- Feces
- Tongue
- Sounds of The Body
- Eyes
- Nails
- General Appearance
- 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.

Vata

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

Kapha

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

Pitta

A red tongue, with a yellow 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.

Vata

Brittle nails that break easily.

Pitta

Soft, flexible nails.

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.



General Appearance

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.



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 good + 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.



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.



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.

USING ESSENTIAL OILS

Where the human being COLLIDES with nature's elements.

VATA

air / ether

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.

PITTA

fire / water

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.

KAPHA

earth / water

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.

VATA BALANCING SEQUENCE

To ground.

Theme: Peace

Affirmation: I am safe, I am grounded


Pranayama: Alternate Nostril Breath

Mantra: Lokha Samastah Sukhino Bhavantu

A very slow class: 10 breaths per posture

[CLICK HERE FOR YOUR VATA BALANCING YOGA VIDEO](#)

[CLICK HERE FOR YOUR VATA BALANCING PRANAYAMA VIDEO](#)



Child's pose
Child's pose walkover
Cat cow
Bird dog
Downward facing dog
Standing forward fold w/ arm variations
Urdvha hastasana (reach up very slow)
Warrior 2
Triangle
Wide legged forward fold
Standing forward fold
Urdvha hastasana (reach up very slow)
Warrior 2 (face opposite side of your mat)
Triangle
Wide legged forward fold
Step to top of the mat to forward fold
Downward Dog
To seated for pranayama and meditation
Lay on back hug knees in (repeat mantra)
Wind removing pose
Final twist
Savasana

PITA BALANCING SEQUENCE

To calm.

Purpose: Relax

Theme: Release

Affirmation: I am peaceful, I am balanced

Pranayama: Cooling breath

Mantra: Om Shanti Shanti Shanti Om

A calming non-competitive class: 10 breaths per posture

Savasana with guided meditation

Windshield wipers dynamic with breath; then pause

Modified pigeon

Supine twist dynamic with breath; then pause

Savasana

Roll over to advanasa

Broken wing

Savanasa

Locust dynamic

Savasana

Sphinx

Savasana

Upward facing dog

Cat cow

Camel

Easy pose - pause

Seated cat cow

Seated twist

Navasana

Low boat

Savasana

Supine twist

Savasana



KAPHA BALANCING SEQUENCE

To energize.

Purpose: Stimulate

Theme: Energize

Affirmation: I am flowing, I am in creation

Pranayama: Kapalabhati

Mantra: Om Gam Ganapataye Namaha

An energizing class:

Childs pose

Downward facing dog

Standing forward fold

Sun A x 3

Sun B x 3

Chair twist Savasana with guided meditation

Windshield wipers dynamic with breath; then pause

Modified pigeon

Supine twist dynamic with breath; then pause

Savasana

Roll over to advanasa

Broken wing

Savanasa

Locust dynamic

Savasana

Sphinx

Savasana

Upward facing dog

Cat cow

Camel

Easy pose pause

Seated cat cow

Navasana

Low boat

Savasana

Supine twist

Savasana



PROGRAM QUESTIONS

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1. What does Ayurveda mean?
2. Where is Ayurveda from?
3. What is the purpose of Ayurveda?
4. What are the 3 Doshas?
5. List and briefly describe each one.
6. How do the Doshas show up when they are balanced and how do they show up when they are imbalanced?
7. Explain what a typical Ayurvedic Consultation consists of.
8. What are the 3 Gunas?
9. What are the results of your Ayurvedic questionnaires?
10. What is your dominant Dosha?
11. 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!

YOU ARE COMPLETE!

THANK YOU FOR TAKING MY
PROGRAM.

*In gratitude
Hali Love*

