

WHAT IS AYURVEDA?

Ayu(r) = Life

Veda = Science, Knowledge, Wisdom

Ayurveda is a holistic, modern medical science that originated thousands of years ago in the Indian subcontinent. It is based on the understanding that vigorous health is possible when you eat, live and treat your body in ways that are in harmony with your unique constitutional needs.

According to Ayurveda, the source of disease often originates with poor eating habits, poor digestion and unrelieved stresses in life. The role of the Ayurvedic practitioner is to show you the unhealthy patterns in your mind and body, and teach you ways to regain health through the use of foods, herbs and daily practices.

WHAT IS VATA, PITTA, KAPHA?

PROCESSES & THEIR PROPERTIES	RELATION TO NATURE	ACTION ON BODY AND MIND	EFFECT OF IMBALANCE
<p>VATA</p> <p><i>(Kinetic Energy, Movement)</i></p> <p>Cold, Light, Dry</p>	<p>Wind or Air</p>	<p>Movement, Blood flow, nerve impulses, emotions, inspiration</p>	<p>Constipation, gas, arthritis, stress, tension, poor memory, anxiety, nervousness, pain</p>
<p>PITTA</p> <p><i>(Metabolic Energy, Function)</i></p> <p>Hot, Light, Slightly Moist, Slightly oily</p>	<p>Sun or Heat</p>	<p>Digestion, Metabolic reactions, enzymatic balance, intelligence, understanding</p>	<p>Hyper-acidity, nausea, indigestion, hormonal imbalance, PMS, vertigo, hot flashes, anger, inflammation, excess perspiration,</p>
<p>KAPHA</p> <p><i>(Condensation of Energy, Structure)</i></p> <p>Cold, Heavy, Wet. Stable</p>	<p>Rain or Water</p>	<p>Body stability, growth, lubrication, love, affection, patience</p>	<p>Congestion, sinusitis, cold, cough, weight gain, allergies, lethargy</p>

BODY TYPES

DOSHA CHARACTERISTICS	VATA (movement) <i>Cold, dry, light</i>	PITTA (heat) <i>Hot, light, moist</i>	KAPHA (liquid) <i>Cold, heavy, wet</i>
BODY STRUCTURE	Lean, very tall or short	Moderate	Muscular, sturdy
COMPLEXION	Skin dry, rough	Warm, moist, reddish, moles or freckles	Smooth, soft
ACTIONS	Quick, likes to move	Precise, goal-seeking, orderly	Slow, steady, graceful
PERSONALITY	Spirited, volatile	Intelligent, leader, perfectionist, passionate, strong will	Affectionate, compassionate, forgiving
METABOLISM	Irregular	High, strong hunger	Slow
SLEEP	Needs less	Sound, Moderate	Sound, long
RECOMMENDATIONS FROM AYURVEDA:	Slow down, be regular	Calm down, be cool	Increase movement

Daily Life Cycle

	<i>Sunrise</i>		
Day	6 am to 10 am	Kapha	cooling
	10 am to 2 pm	Pitta	heating
	2 pm to 6 pm	Vata	movement, cooling
	<i>Sunset</i>		
Night	6 pm to 10 pm	Kapha	cooling
	10 pm to 2 am	Pitta	heating
	2 am to 6 am	Vata	movement, cooling
	<i>Sunrise</i>		

Stages of Life

Birth to Puberty	Kapha
Puberty to age 35-40	Pitta
Aged 35-40 to death	Vata

TASTES AND THEIR EFFECTS

TASTE	ACTIONS ON BODY	SOURCE	EFFECT OF IMBALANCE	EFFECT ON DOSHAS		
				V	P	K
SWEET	Tissue growth, development of body	Bread, rice, pasta, mild, oils, meats	Toxin build up, allergies, weight gain, lethargy	↓	↓	↑
SOUR	Maintains acid balance, counters thirst	Lemons, oranges, yogurt, alcohol, vinegar	Hyperacidity, envy, skin problems	↓	↑	↑
SALTY	Maintains mineral balance, holds water	Table salt, seaweed, junk food, soy sauce	Water retention, greed	↓	↑	↑
PUNGENT	Improves appetite and metabolism	Chilies, cayenne, pepper, garlic, ginger, onion, cloves	Burning, drying, anger, ulcers	↑	↑	↓
ASTRINGENT	Gives firmness to tissues, stops bleeding, heals abscess	Beans, lentils, cabbage, broccoli, cauliflower	Contraction, fear, gas, pain, drying up of skin, muscles & tissues	↑	↓	↓
BITTER	Detoxification, liver cleansing, digestive	Spinach, romaine lettuce, golden seal, neem, aloe	Cold, sorrow, spaciness	↑	↓	↓

AYURVEDIC DIET & LIFESTYLE

WHEN AND HOW TO EAT:

1. Avoid eating foods you are allergic to, or which don't make you feel vital.
2. Eat when hungry, every 3-6 hours on a regular schedule, to allow previous meal to be fully digested.
3. Sit quietly or say food prayer before eating.
4. Eat until you are 2/3 full, not feeling "stuffed."
5. Food and drink should always be warm, not cold.
6. Eat in peaceful surroundings: no television, reading, emotional discussion, interruptions.
7. Walk 100 paces after each meal.
8. The last meal should be taken at least 2 1/2 hours before bed. The last liquid, at least 1 hour before bed.

WHAT TO AVOID EATING:

- **Cold foods**, directly from refrigerator; leftovers. Cold, iced, or carbonated **drinks**
- Red meat, cheese (cottage cheese ok)
- **Deep fried food**: donuts, chips, oily substances
- **Fermented food**: yogurt, yeasted foods (some breads), vinegar, pickles, soy sauce, beer, tofu, etc.
- **Frozen food**: ice cream, frozen dairy products, frozen vegetables and fruit
- Green bananas, apples, fruit juices
- Excessively **pungent (spicy)** food, pickles, raw or cooked onion, garlic, ketchup, red/green chilis, cayenne
- **Raw food**, (salad only 20% of meal)
- Excessive **sour food** and citrus fruits: tomatoes, oranges, kiwi, lemons, grapefruit, mango, papaya, sour berries
- **Beans**: soy, black, pinto, kidney, etc.
- **Light food**, popcorn, rice cakes, sprouts.
- **Butter**, use ghee or sesame or olive oil instead.
- Smoking, caffeine, alcohol, coffee, black tea
- **Vegetables**: Corn, eggplant, potatoes, tomatoes, radishes, cabbage, brussel sprouts.
- **Dried fruits**: (raisins & dates ok in moderation)
- **Misc**: Excessive avocados, melons, bitter leafy greens, candy, or chocolate

WHAT TO EAT MORE OF:

- Fresh, warm, cooked food, soups
- Warm or hot **drinks** (no ice)
- Whole **grains**: wheat, rice, amaranth, oats, oatmeal, barley, Basmati rice, cream of wheat
- White **meat** of chicken or turkey, freshwater fish
- Green **salad** (not cold)--20% of meal
- **Spices**: Ginger, cumin, coriander, turmeric, hing, cardamom, cilantro, coconut, Bragg's Aminos
- **Sweetener**: Honey, raw sugar, dates, maple
- **Bread**: unyeasted, chapatis. (Garden of Eatin' or whole wheat tortillas)
- **Fresh vegetables**: stir-fried, in soup, baked, or steamed broccoli, summer and winter squash, leafy greens, cauliflower, okra, carrots, beets, peas, sweet potatoes, green beans, spinach, leeks
- **Sweet fruits**: peaches, pears, apricots, ripe bananas, blackberries, sweet grapes, sweet cherries. Cooked fruits.
- **Nuts**: almonds, walnuts, (avoid peanuts, pistachios, cashews)
- **Beans**: mung, lentil, split pea, adzuki
- **Dairy**: Whole fresh cow's milk, goat's milk
- **Oil**: Ghee (clarified butter), sesame oil, olive oil

FOR A HEALTHY LIFESTYLE:

- Elimination first thing in the morning
- Daily meditation, breathing exercises and hatha yoga
- Massage the body with sesame oil, followed by warm bath or shower
- Fast once in ten days from dinner to dinner if recommended by practitioner
- Avoid controlling natural urges (elimination, hunger, belching, crying, flatulence, urination, orgasm, etc.)
- Make time for yourself--one 8-hour period a week of unscheduled time (or two 4 hour periods)