

# AYURVEDA

## What is Ayurveda?

Originated in INDIA, AYURVEDA is a complete healthcare system based on the principal belief of 'Prevention is better than cure'. While all other healthcare systems focus on the human body and its diseases, AYURVEDA treats the complete person i.e. Body, Mind and Spirit. Its beliefs lie in the fact that we are only truly happy when all these three are in balance.

## A brief history of Ayurveda



Ayurveda is an intricate system of healing that originated in India thousands of years ago. We can find historical evidence of Ayurveda in the ancient books of wisdom known as the Vedas. What we see is that Ayurveda is more than just a medical system. It is a Science of Life. We are all part and parcel of nature.

## How does Ayurveda work?

According to Ayurveda, most people are born in a perfect state of balance but quickly lose it, either through bad diet, bad treatment from other people or moving away from the things and places best suited to their natural constitution and temperament. Ayurveda offers anyone the chance to discover for them self what the optimum conditions for them might be and to try to keep themselves on an even keel. It uses a vast variety of natural approaches to health care, including meditation, dietary advice, exercise, massage and daily and seasonal lifestyle routines.

The key principle of Ayurvedic treatment is that each person is governed by three 'humors' or 'forces' called doshas. Vatta, Pitta and Kapha (Air, Fire and Water). These three doshas form the tripod of Ayurveda. If they are balanced there is harmony and the person feels well and happy. When one of the three becomes out of balance then we feel unwell. The secret is to keep them in balance so we have a good day every day.

Most individuals have a predominant dosha, which determines body type and temperament. The doshas govern all of the physiological and chemical activities in the body and the aim of Ayurveda is to bring them as nearly as possible into balance - the more balanced they are, the healthier a person is. The role of the Ayurvedic doctor is to assess the effects of the doshas and to counter the influence of those which are harmful.

## Side effects

It is important to remember that unlike allopathic (modern) medicines, Ayurvedic preparations are **safe** to use for all age groups, free from side effects, non-allergenic and non-habit forming.

## A typical Ayurveda treatment

Treatment is aimed towards re-balancing the doshas and has three stages. Firstly, the practitioner looks for factors which may be causing feelings of unwellness. The patient will be asked to alter their lifestyle and diet if necessary. Secondly the practitioner will take steps to strengthen the body's resistance to disease using Ayurvedic remedies. Then thirdly, the part of the body causing illness will be treated with suitable remedies so that the healthy parts are strengthened to subdue any disease.



All Ayurvedic preparations are 100% natural and only prepared from plants and herbs that have been used in India for over 5000 years.

# Are you a Vata, Pitta or Kapha person?

## Vata individual (air)

- \* A thin body and little weight gain
- \* Rough, dry skin which can crack easily
- \* Teeth prone to decay
- \* Small, dull looking eyes (not always)
- \* Eating quickly and irregularly
- \* Erratic memory
- \* Insomnia
- \* Restlessness
- \* Nail biting
- \* Decisiveness
- \* Ability to earn money quickly (and spend it just as quickly)
- \* Difficulty in sustaining relationships
- \* High sex drive
- \* Dreams about flying, jumping, climbing, running and tall trees



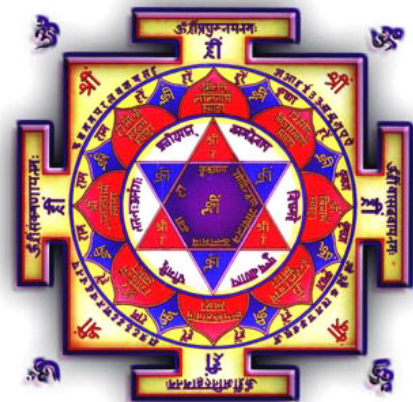
## Pitta individual (fire)

- \* Medium body, neither too light nor too heavy
- \* Smooth skin, possibly with moles and freckles
- \* Small eyes, often green, brown or grey
- \* Good appetite but not prone to rapid weight gain
- \* Medium veins, muscles and bones
- \* Thin hair which falls out easily (males prone to baldness)
- \* Free, often excessive perspiration
- \* Moderate sex drive
- \* High intelligence, but a tendency to anger and be judgmental
- \* Openness to new ideas
- \* Decisiveness and leadership qualities



## Kapha individual (water)

- \* A body prone to fat
- \* Thick, oily hair and skin
- \* Clear whites of the eyes
- \* Thick, heavy eyelids
- \* Unprominent veins and muscles
- \* Heavy bones
- \* Strong-smelling body odor
- \* Slowness, ponderousness and tendency to inactivity
- \* Unimaginative approach to sex
- \* Tendency to oversleep
- \* Medium intelligence



<http://www.new-health.biz/learnabout/ayurveda.htm#top>, 11/25/05. The information on this site is provided through New Health Magazine, a UK Complementary Health magazine operating within the UK, and is intended to be a free and general source of information.