

Basics of Ayurveda

|\äyər'vādə; -'vēdə| ORIGIN from Sanskrit **āyus** 'life' + **veda** 'science.'

Ayurveda is a holistic system of health care based on aligning with the rhythms of nature, and our own nature, to create balance in our whole being. It is based on an understanding of the 'elemental' nature of the universe:

Five Elements	Three Doshas
Space	Vata
Air	
Fire	Pitta
Water	Kapha
Earth	

Vata Dosha

- Made up of space and air
- cold, light, dry, rough, irregular, unstable
- wind
- governs our nervous system and all movement in the body

Pitta Dosha

- Made up of mostly fire and a little water
- hot, moist, light, slightly oily, acidic, sharp
- fire
- governs metabolism and transformation

Kapha Dosha

- Made up of water and earth
- cold, heavy, wet, smooth, regular, stable
- kapha is the opposite of Vata except both are cold
- earth
- governs all structure in the body

Prakriti

- Nature or Mind/Body Type - this is the unique proportion of the doshas (made up of the 5 elements) that we are born with.
- 10 basic body types - Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta-Vata, Pitta-Kapha, Kapha-Vata, Kapha-Pitta

Vikriti

- Non-Nature/Imbalance
- The more of a particular dosha that we have in our 'nature' the easier it is to accumulate a little more and 'go out of balance'
- Our Vikriti is the proportion of doshas that we have accumulated in excess of our nature: our 'imbalance'

Times of Day & Seasons

Just like certain doshas predominate in our nature - they are also present in nature around us. During particular times of day and seasons, different doshas predominate. At these times we are also more likely to 'accumulate' excess of these doshas - especially if we have a lot of that dosha in our body type!!

Vata

- From about 2 am - just before sunrise and from about 2 pm until 6pm
- Fall and early winter and whenever the season is changing
- dry, windy weather in general

Pitta

- During the middle of each day & night: about 10 am - 2 pm and 10 pm - 2 am
- Summer
- Warm, moist weather in general, or lots of light like we experience in Alaska

Kapha

- Morning and evening: 6 am - 10 am and 6 pm - 10 pm
- Winter and spring
- cold, wet or frozen weather in general, Kapha is exemplified by our spring 'breakup' season

Ayurveda helps alert us to the aspects of ourselves, the times of the year and even the times of the day that we will be well-served by paying particular attention to.