

Ayurveda- The Science of Life

Ayurmeans "longevity" or "life" and Veda means "Science";Bestows us with the knowledge of-

- How to prevent disease &
- How to eliminate its root cause if it does occur.

Ayurveda defines health in a very holistic manner and not just absence of diseases-

One who is established in himself, who has-

“Sama dosah samagnis ca sama dhatu mala Kriyah

Prasannatmendriya manah svastha ityabhidhiyate.”

(Sushruta Samhita 15.38)

- balanced doshas,
- balanced agni (fire or metabolism),
- properly formed dhatus (tissues),
- proper elimination of malas (waste),
- well- functioning body processes, and
- Whose mind, soul and senses are full of bliss, is called a healthy person.

Existence is made up of **PanchMahabhuthas**(Five Elements)

- 1- Earth
- 2- Water
- 3- Fire
- 4- Air
- 5- Space

From these Panchamahabhutas- 3 Doshas or Vital humors of body –Vata, Pitta, Kapha are formed which are responsible for our Personality (Body type), Normal functioning and Imbalances occurring time to time.

Vata (Air + space)-It is responsible for all the movements in body like movement of food, faeces, fetus and flatus. When it gets imbalanced or aggravated it can cause disturbed sleep, headache, muscular or joints pain.

Increased Vata can be controlled by following Diet & life style changes-

Foods- Have warm, moderately heavy foods like soups, warm porridge; clarified butter or ghee in foods; sweet substances like warm milk, fruits

Herbs- Coriander, basil

Spices such as Asafetida, Cumin seeds

Salads with mild dressing

Life style changes which include Oil massage, Meditations and Gentle Yoga postures.

Pitta (Fire + Water) - It is responsible for thirst, hunger, complexion, hair colour, intelligence, courage and maintaining the body heat. On its imbalance it can cause Hyperacidity, Gastritis, Skin rashes, Migraine headache, Piles and similar diseases.

Imbalanced pitta can be controlled by-

Foods- Cooling drinks like- water, Tender coconut water, buttermilk, milk; Sweet fruits like apples figs. Veggies like asparagus, pumpkins, zucchini

Herbs like Mint, basil

Cooling spices such as cinnamon, fennel

Actions like Bathing, swimming, drinking water; few cooling breathing exercises like Sheetal, shitkari help in balancing Pitta.

Kapha(Earth+ Water)- It supports other doshas and also gives stability to the emotional nature. Brings steadiness in body and also lubricates joints. When

imbalanced it leads to diseases like Obesity, High cholesterol, Nasal & chest congestion, excess sleep.

Imbalanced Kapha can be controlled by-

Foods- dry, warm foods like grilled, baked foods instead of Fried. More fibrous veggies, hot & pungent foods like chillies, pepper.

Herbs – Curry leaves

Spices- cumin, fenugreek, garlic, ginger

Actions such as walking, jogging, exercising helps in reducing Kapha

Vata imbalance leads to 80 types of disorders.

Pitta imbalance leads to 40 types of disorders.

Kapha imbalance leads to 20 types of disorders.

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