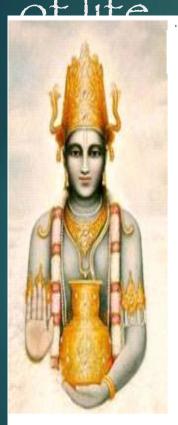
Ayurveda:

...a 5000 years healing tradition

Radical Understanding of Health & Wellbeing

Subhas Tiwari Rampersaud *Valencia College* 

# Lord Dhanvantari offering a pot of amritam—essence



नमामि धन्वन्तरिमादिदेवं सुरासुरैर्वन्दितपादपद्मम् । लोके जरा- ऋक्-भय-मृत्युनाशं दातारमीशं विविधौषध्नाम् ॥

Namāmi dhanvantarimādidevam, Surāsurairvandita pādapadmam Loke jarā-ruk-bhaya-mrutyu-nāsham Dātāramīsham vividhoushadhīnām

I salute Lord Dhanvantari, the foremost of the Gods, whose feet are saluted by Gods and Raksha's alike. He removes the fears caused by the factors of aging, disease and death, through the dispensation of appropriate medicines.

Ice Breaker



5/09/201

LIST AS MANY WORDS BEGINNING WITH THE PREFIX:

"DIS"

WORDS WHICH DENOTE, IMPLY (OR CAN CAUSE) STRESS, STRAIN, TENSION

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#### Dis – Words



- Dis-comfort
- Dis-harmony
- Dis-embowel
- Dis-locate
- Dis-belief
- Dis-robe
- Dis-tr9/24/2014aught
- Dis-figure
- Dis-content
- Dis-grace
- Dis-order
- Dis-stress
- Dys-(dis)function
- Dis-enchant

- Dis-barred
- Dis-obedient
- Dis-credit
- Dis-cord
- Dis-regard
- Dis-dain
- Dis-picable
- Dis-tance
- Dis-gruntle
- Dis-tort
- Di-aster
- **▶** Dis-place
- **▶** Dis-illusion
- Dis-combobulated

#### Leads to state of imbalance we call

DIS -EASE

#### How about words which denote

Harmony

### 25/09/2014

#### Words denoting Harmony

- **▶** Harmony
- **▶** Agreement
- Consensus
- **Love**
- **▶** Whole
- Peace
- Settled
- **▶** Healthy
- **▶** Non-harming

- Forgiveness
- Sharing
- Union
- Dialogue
- Marriage
- -Comfort
- Inclusivity
- -Compassion
- Friendship

# ANCIENT WISDOM PREMISED ON FUNDAMENTAL PRINCIPLES:

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- ► Power to heal oneself
- Live in harmony with self & nature in order to experience optimum health
- ► Mind, body & spirit connection
- ► Includes herbs, diet, aromas, sounds, certain therapeutic practices

- From the Rig & Athar Vedas
- ▶ 2 of the 4 ancient Indian scriptures (4000-9000 yrs.)
- ▶ Refined & systematized in 3 major Ayurveda texts written between 1500 BC 1500 AD.
- Oldest is Charaka Samhita

#### NOT A DESEASED-BASED MODEL

#### Meaning of the word

- > ayus = life
- ► vedas = system of knowledge
- ► Knowledge of life

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#### Body:

- ► Gently rejuvenates & restores
- Re-balances & energizes

- ► Cultivates harmony
- ▶ Promotes self-awareness.

#### at Spirit level....

- ► Fosters self-acceptance
- ► Honors & connects to inner wisdom

# AYURVEDA: YOU ARE A WHOLE BEING

MORE THAN JUST PHYSICAL BODY SEPARATE FROM;

MENTAL

**EMOTION&L** 

SPIRITUAL PERSONALITIES

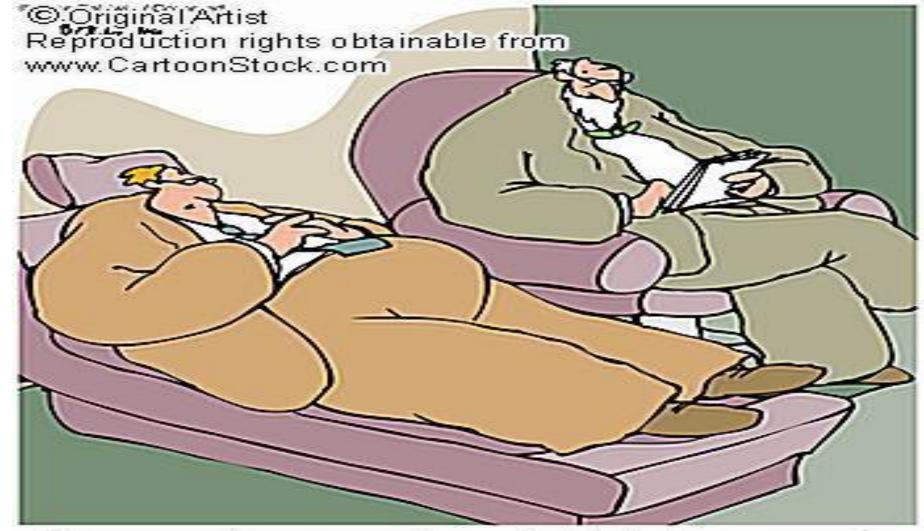
#### CAUSES OF DISEASE

#### ...EITHER PHYSICAL OR KARMIC IN ORIGIN

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#### Imbalance is experienced:

- When we transgress against our inner wisdom
- Improper/excessive use of senses
- Poor or improper eating
- Act against rhythm of the seasons



"I sometimes eat and drink too much. My stomach gets very upset about it."

#### Doshas & Prakriti

- Doshas are the bio-rhythms of nature which align themselves with our body, mind and spirit
- Pancha maha bhutas express themselves in the human body in 3 principles called *doshas*

Ether & Air

Water & Earth

Fire

▶ These 3 doshas give rise to our constitution, called *prakriti* 

# Characteristics of Pancha mahabhutas: ...five (gross) elements of nature

- Fire heat & form
- ► Earth & water taste, density
- ► Air touch, lightness
- Space sound

#### Doshas: universal in all living creatures

Gross elements constitute our body & are further transmuted to the 3 doshas:

- ► Vata
- Pitta
- Kapha

#### Doshas: support the body

- ► Kapha mucus of the body, a protective role
- o Excess is a problem
- Needs to be expelled regularly
- ▶Pitta bile
- Excess build up leads to excess heat- acidity
- ► Vata air/space in the body
- o Necessary to expel waste
- o Excess is disruptive

# Each dosha resides within its respective elements in the body

- ► Vata in the space of body
  - Governs the lower body
- ▶ Pitta within protective waters of the body

  Affects stomach, small intestine, pelvis, blood, eyes
- ► Kapha mass of the body
  - Governs the upper body & joints

- Form the bodily tissues-lymph, blood, fat, bone, marrow, sperm, ovum
- Like doshas the *dhatus* are also constituted from the 5 elements

# Disease sets in when doshas are out of balance

Ayurveda:

dis-ease first sets in at mental level

- ▶ Seeds of a disease are active long before a disease manifests
- Diseases express themselves in as many ways as we are different from each other

#### Responsibility is yours

- o Physical & mental well being
- o Happiness
- o Inner fulfillment

#### Diseases & illnesses are

- **▶** Teachers
- Imposters

Reminder that disharmony has been invited in our lives

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#### Abhyanga- ayurvedic massage



#### Determining your prakriti

# Living with my doshas ....daily routines

#### Vata

#### Regularity in lifestyle habits

- Food: Three meals a day
  - Adhere to regular schedule
    Skipping meals not advised
    Warm foods such as soups, porridges, etc.
- ► Tastes: Sweet, salty.
- ▶ Breath: Breathing exercises at same time each day
- ➤ Yoga: Gentle slow stretches, mat poses, occasional heating breaths
- Sound: Listen to harmonious sounds of nature and music
- Chakra sound: vam-lam

#### Pitta

#### Moderation in all things

- ► Food: Three meals a day

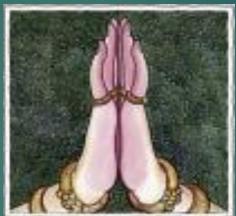
  Moderate quantity of cool & soothing foods

  Avoid hot, spicy, oily, sour foods & alcohol
- ► Tastes: Sweet & bitter
- Breath: Moderation in all activity
   Ample rest & exercise
   Keep breath well-paced & mellow
- ▶ Yoga: Sustained stretching asanas, cooling breath
- Sound: Listen to sonorous sounds of nature
- ► Chakra sounds: yam-ram

#### Kapha

#### Stimulation & invigoration

- Food: Two meals a day
  - Light, warm foods. Greens, ginger etc.
- Tastes: Bitter & pungent.
- ▶ Breath: Twice daily exercise to invigorate breath
- ➤ Yoga: Dynamic poses & breath activities
- Sound: Crisp sounds of nature
- Chakra sounds: ham-yam



j yainasic

Subhas