



Ayurveda:

...a 5000 years healing tradition

Radical Understanding of Health & Wellbeing

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Lord Dhanvantari

offering a pot of *amritam* – essence
of life



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

Namāmi dhanvantarimādidevam,
Surāsurairvandita pādapadmam
Loke jarā-ruk-bhaya-mrutyu-nāśham
Dātāramiśham vividhouśhadhīnām

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



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**LIST AS MANY WORDS BEGINNING WITH
THE PREFIX:**

“DIS”

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

Dis – Words



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- ▶ 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

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:

- ▶ **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**

An Unbroken Living Tradition

- ▶ 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 DISEASED-BASED MODEL

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Meaning of the word

- ▶ *ayus = life*
- ▶ *vedas = system of knowledge*
- ▶ *Knowledge of life*

Why Practice Ayurveda?

Nurtures better health & harmony

Body:

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

at Mind level...

- ▶ **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

EMOTIONAL

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

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**“I sometimes eat and drink too much.
My stomach gets very upset about it.”**

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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
 - 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
 - Necessary to expel waste
 - 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

Seven Dhatus

- ▶ 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

- Physical & mental well being
- Happiness
- Inner fulfillment

Diseases & illnesses are

- ▶ **Teachers**
- ▶ **Imposters**

Reminder that **disharmony** has been invited in our lives

Abhyanga- ayurvedic massage



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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**

Q&A

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Jai Anant

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