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

नमः धन्वन्तरिमादिदेवं सुरासुरैरवंदितपादपद्मम्।
लोके जराः ऋक्क-भय-मृत्युनाशं दातार्मीशं विविधौषध्याम्॥

Namāmi dhanvantarimādidevam,
Surāsurairvandita pādapadmam
Loke jarā-ruk-bhaya-mrutyu-nāśham
Dātāramiṣham vividhouśadhīnām

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

List as many words beginning with the prefix: "DIS"

Words which denote, imply (or can cause) stress, strain, tension
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*
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
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

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
  - 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
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

Namaste

Subhas