

AYURVEDA CURIOUS?

An Introduction to Ayurveda

THE ORIGINS

- Vedic Texts
 - 1500 BCE
- Indus Valley Civilization
 - 3300 BCE
- Proto-Ayurveda
 - 7000 BCE

DHANVANTARI

God of Health



CORE MEDICAL TEXTS

- Charaka Samhita
 - 760 BCE
- Sushruta Samhita
 - 660 BCE
- Ashtanga Hridaya
 - 650 BCE

EIGHT BRANCHES

- Internal medicine
- Surgery
- Otolaryngology, Ophthalmology
- Obstetrics, Gynecology, and Pediatrics
- Toxicology
- Psychiatry
- Anti-Aging and Rejuvenation
- Reproductive and Aphrodisiac Medicine

THEORY

- Connection with nature and the universe
- Five Great Elements
 - Pancha mahabhuta
 - Ether
 - Air
 - Fire
 - Water
 - Earth

DOSHAS: PSYCHO-BIO-ENERGIES

- Vata
 - Air + ether
 - Movement
- Pitta
 - Fire + water
 - Transformation
- Kapha
 - Water + earth
 - Construction,

WHAT'S YOUR DOSHA?

- Established at conception
- Single-, dual-, or tridoshic
- Governs physical and mental tendencies
- Prakriti v. Vikriti
 - Ideal v. Actual
 - Balanced state v. Unbalanced state

GUNAS: QUALITIES

- cold/hot
- oily/dry
- heavy/light
- dense/subtle
- solid/liquid
- static/mobile
- dull/penetrating
- soft/hard
- smooth/rough
- sticky/clear

PHYSIOLOGY

- Doshas
 - Governing energies
 - Physical, mental, and emotional
- Dhatus
 - Organs and structures
- Malas
 - Wastes

AGNI: ENERGY OF DIGESTION

- Jatharagni x 1
 - Primary stomach digestion
- Bhutagni x 5
 - Digestion of primary elements in the liver
- Dhatuagni x 7
 - Micro-digestion inside each tissue

AMA: METABOLIC IMPURITIES

- Sub-optimal digestion
- Toxic substances
- Impedes movement of fluids and energy
- Results in disease formation

AHARA: NOURISHMENT

- Food, water, air, information
- Affects body, mind, spirit
- Poor *ahara* may affect digestion
- Poor digestion results in *ama*

RASA: TASTES

- Sweet = water + earth
- Salty = fire = water
- Sour = fire + earth
- Pungent = air = fire
- Astringent = air + earth
- Bitter = space + air

SWASTHA: HEALTH

- Balance of three *doshas*
- Efficient digestion
- Balanced tissue formation
- Proper elimination
- Physical, mental, spiritual balance

QUESTIONS?