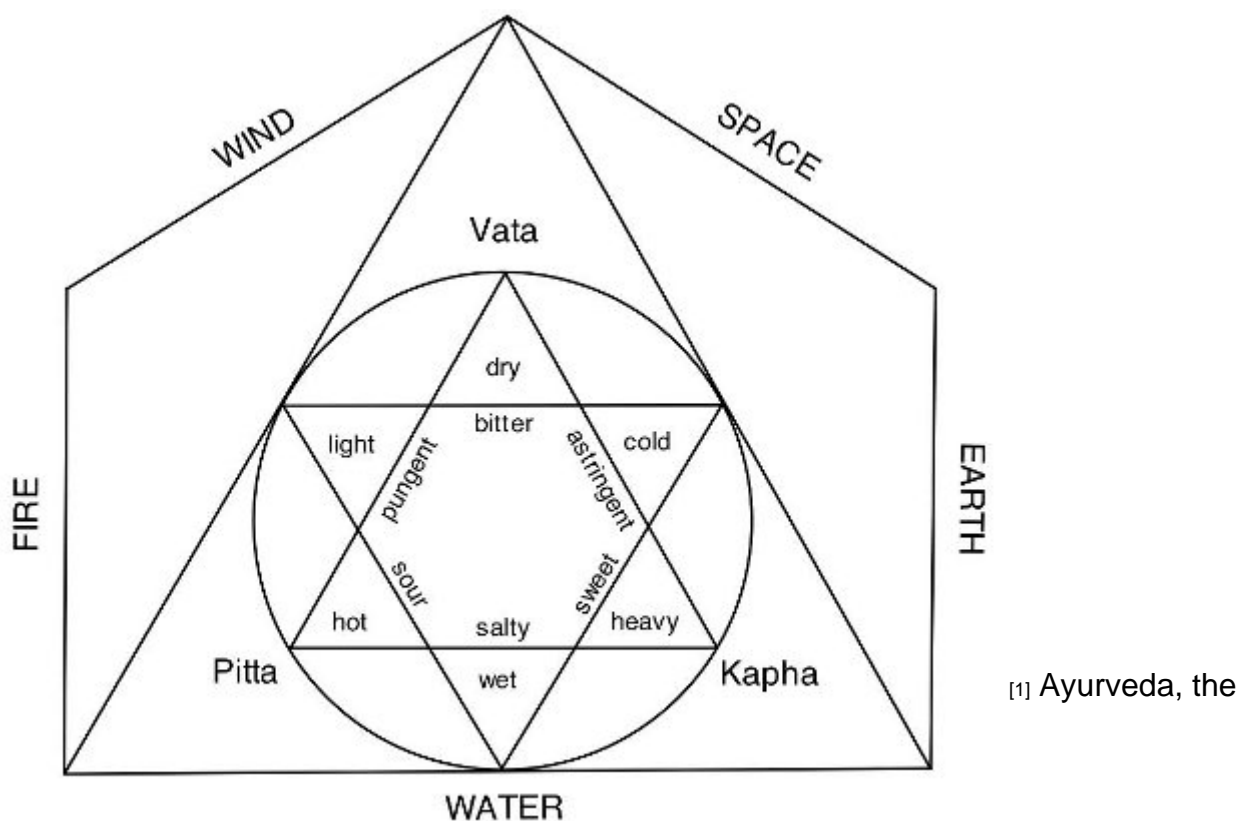


## Ayurveda



[1] Ayurveda, the

traditional medicinal system from ancient India, has been healing humanity through lifestyle modifications and herbal medicine for over 6000 years.

"Ayur-veda," meaning the knowledge of life, suggests that our lifestyle be examined before taking medicine. This includes using Yoga practices to improve our life. Maggie integrates her

knowledge of Ayurveda into both her public and private Yoga Therapy classes. She teaches privately in-person and online.

Ayurveda (Aṅganga Cikitsa) has 8 limbs, including Kaya Cikitsa (Body Therapy = General Medicine). It is a holistic (purna) system: A=B. We are a part of our natural environment and it is part of us! **All disease is caused by seeing ourselves as separate from the whole**, like a cancer cell that takes care of itself and steals resources from the whole natural environment.

Ayurveda's goal is to heal the body by dealing with these negative effects of prakrti. It seeks to balance the 5 elements of the body (bhutas): ether (akasha), air (vayu), fire (tejas), water (jalam), and earth (prithivi). These correspond to the 5 senses (tanmatras) respectively: sound, touch, sight, taste, and smell. These are then related to the 5 sense organs and their actions: ears, skin, eyes, tongue, and nose.

See image created by Todd Caldecott [1]

### Human Constitution (Prakrti) ? The 5 Elements manifest as the 3 Doṅas of the Body

?Vata (?ether and air), ?Pitta (?fire and hot water), and ?Kapha (?earth and cold water)

5 Elements (Panca Maha Bhutas) - Form	5 Senses -Vibrational	5 Senses Organs (Input)	5 Mo (Out)
Ether (Akasha) ?Vata	Sound	Ears	Mou
Air (Vayu) ?Vata	Touch	Skin	Han
Fire (Tejas) ?Pitta	Sight	Eyes	Feet
Water (Jalam) ?Pitta and ?Kapha	Taste	Tongue	Gen
Earth (Prithivi) ?Kapha	Smell	Nose	Anus

### 10 Pairs of Opposite Attributes (Gunas) of the 3 Doṅas

Attribute	Sanskrit Name	Doshic Effect	Opposite Attribute	Sans
1.Heavy	Guru	?Kapha	Light	Lagh
2.Slow	Manda	?Kapha	Sharp/Quick	Tikr
3.Cool	Sita	?Kapha +Vata	Hot	Usna
4.Lubricant	Snigdha	?Kapha+Pitta	Dry	Ruks
5.Smooth	?laksana	?Kapha+Pitta	Rough	Khar
6.Thick	Sandra	?Kapha	Liquid	Drav
7.Soft	Mrdu	?Kapha+Pitta	Hard	Kath
8.Stable	Sthira	?Kapha	Flowing	Sara
9.Subtle	Suksma	?Vata + Pitta	Corpulent	Sthu
10.Lucid	Vi?ada	?Vata + Pitta	Slimy/Cloudy	Piccl

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