

# AYURVEDA 101

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### AYURVEDA'S 3 DOSHAS



The 3 doshas are the **life forces** or energies which control the body's activities. When the doshas are balanced, one experiences health, when out of balance leads to disease. The 5 elements that exist in all of nature also exist in the human body. When combinations of 2 of these elements join together, they form a specific energy or dosha. Everyone has all 3 doshas, but one of them usually predominates in the constitution. There are 7 constitutional body types: V, P, K, VP, PK, VK, VPK. These energies are always in flux, dependent on our diet, activity, exercise, bodily processes, thoughts, emotions, weather, seasons, or other factors. When these energies are disturbed, it can lead to a host of physical or mental symptoms.

**VATA dosha = SPACE + AIR**

Vata governs movement. It is considered the most influential dosha because it regulates respiration, circulation, cell division, elimination of wastes, and the flow of the mind. Vata can be aggravated by a lack of routine, staying up late at night, overexertion, or emotions such as anxiety, fear, and uncertainty. These individuals have sensitive digestive systems and are more prone to constipation, bloating, IBS, and Crohn's disease. Vata types also suffer from insomnia, excessive dreaming especially flying, arthritis, cracking in the joints, and neurological conditions.

### DINACHARYA- DAILY ROUTINE

Ayurveda emphasizes the importance of having a daily routine in our lifestyle to promote health and vitality, increase the body's immunity, and promote anti-aging. It focuses on living in harmony with nature, the rhythmic cycles of day and night, and the fluctuation of the seasons. Thus, we must adjust our diet, sleep, exercise, and lifestyle according to what is most harmonious in relation to the external natural world and the internal nature of our doshas.

Each time of day has a characteristic energy and is connected to a specific dosha. Kapha is predominant in the early mornings and early evenings when people tend to feel more slow and sluggish. Vata is predominant at dawn and dusk, periods of transition and movement. Pitta is at its peak at midday and midnight when we experience the intensity of day and night.

