



HIBISKISS ĀYURVEDA

THE SCIENCE OF HEALTHY LIVING

A free guide on how to live a healthier lifestyle

- IN THIS GUIDE YOU WILL DISCOVER:**
- 1. HOW ĀYURVEDA USES NATURE FOR HEALTH**
 - 2. WHAT ARE THE DOSHAS?**
 - 3. DISCOVERING BALANCES AND IMBALANCES**

From eating the right foods to the perfect exercise routine, find the best path to a healthier and happier you.



PREVENTATIVE HEALTHCARE

FINDING BALANCE THROUGH:

DIET: FOOD & HERBAL FORMULATIONS

STRESS REDUCTION: BREATHING TECHNIQUES

BODYWORK THERAPIES: OIL MASSAGES

EXERCISE: YOGA FOR YOUR CONSTITUTION

MENTAL HEALTH: MEDITATION & AFFIRMATIONS

DETOXIFICATION: PANCHAKARMA

Initial Consultation + Treatment Plan + Herb Supply - \$108
Virtual Consultation + Diet & Lifestyle Recommendations - \$81
Body/Energy Work Therapies - \$40-\$135
Vedic Counseling - \$54



HEALTH IS WEALTH

BE ABUNDANT IN HEALTH

Āyurveda is a comprehensive natural healing system that includes mental, physical, emotional, and spiritual health. The term Āyurveda is made from two Sanskrit words, 'Ayur' meaning life and longevity, and 'Veda' meaning wisdom, science, and knowledge. Āyurveda translates to "the science/knowledge of life/longevity."



Āyurveda is the traditional medicine of India. Its roots go back over five thousand years. Often referred to as the "mother of all healing," Āyurveda may be the oldest health care system in the world. It is not only a medical system, but also a framework for living a healthy life with a peaceful mind.



Visit www.hibisKISSayurveda.com
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THE THREE DOSHAS

UNDERSTANDING YOUR **UNIQUE** CONSTITUTION



Ayurveda is based upon five basic elemental principles that comprise our physical universe: earth (solid matter), water (liquid matter), fire (that which transforms solid, liquid and gas), air (gaseous matter) and space (the container for the other four elements). These elements combine in different ways to produce the three “doshas” called Vata, Pitta and Kapha (VPK).

Each of us is born with our own unique combination of the doshas, called “prakruti”. Your prakruti (birth constitution) is the genetic predisposition that, throughout life, governs your inherent strengths, weaknesses, characteristics, and tendencies. It is determined at the moment of conception from your parents’ combination of their own unique doshas and influences.

After understanding your prakruti (birth constitution), it is essential to look at your current changeable state of health, called “vikruti.” Your vikruti (current constitution) is how you have been feeling recently and is often different than your prakruti (birth constitution). Knowing your vikruti (current constitution) shows you where to focus in order to bring yourself back into balance.

THE WHOLE SYSTEM

All of us embody all three doshas, while maintaining a dominant (or dual-dominant) dosha. Keeping our original doshic nature in balance allows us to experience life in a harmonious state. The doshic combination we are born with (our prakruti) stays with us throughout our lifetime, while our current state of being (vikruti) may be swayed away from our original nature by outside factors. The three doshas are Vata, Pitta and Kapha.



VATA

ETHER (space) + AIR

The vata dosha is represented by ether and air. The three dominant qualities of vata are light, cold and dry. Vata dominant individuals have thin frames and small or narrow features. They are creative, spontaneous and enjoy change and movement. Vata individuals have little or a light appetite.

When vata is out of balance it may produce:

anxiety
insomnia
arthritis
constipation
pain
tinnitus

Vata is balanced using warm, wet and heavy elements.

PITTA

FIRE + WATER

The pitta dosha is represented by fire and water. The three dominant qualities of pitta are light, hot and oily. Pitta dominant individuals have a medium build, proportionate facial features and sparkling or intense eyes. They are orderly, intense and focused. Pitta individuals have a sharp appetite and can be irritable when hungry.

When pitta is out of balance it can lead to:

- anger
- resentment
- inflammation
- ulcers
- acid reflux
- jaundice
- acne

Pitta is balanced through cooling, relaxing and nurturing methods.

KAPHA

WATER + EARTH

The kapha dosha is represented by water and earth. The three dominant qualities of kapha are heavy, cold and oily. Kapha dominant individuals have a large build with full, soft features. They are relaxed, patient and conservative. Kapha individuals have stable and regular digestion but can be prone to emotional or “boredom” eating.

When Kapha is out of balance it can cause:

- attachment
- lethargy
- depression
- congestion
- weight gain
- fluid retention

Kapha is balanced by energizing, mobilizing and stimulating means.

Āyurveda works wonders for both chronic and acute imbalances because it addresses the root cause of the problem, not just the symptoms.

Āyurveda also gives us guidance on how to live day-to-day, in sound health, with a focus on prevention. Since Āyurveda is based in nature, its treatment methods aim to restore balance naturally through:

- Dietary Changes
- Lifestyle Modifications
- Herbal Medicines
- Yogic Practices, Including Asana (physical postures), Pranayama (Breath Techniques), and Meditation
- Cleansing Practices, such as Panchakarma



Working with the principles of Āyurveda is fairly simple, once you understand the basics. One lovely aspect about Āyurveda is that with a little knowledge you can accomplish a lot. However, one difference between Āyurveda and other systems of medicine is that YOU have to take an active role in your health.



**The statements expressed above are general descriptions and do not reflect all considerations. To determine individual doshic combination, schedule a consultation.*