



*hibisKISS āyurveda*

## AYURVEDIC LIFESTYLE RECOMMENDATIONS

Ayurveda, a sister science of yoga, is a traditional Indian system of medicine focusing on preventative healthcare, detoxification, rejuvenation and longevity. Native to India, Ayurveda means, Ayu – “life” and Veda – “knowledge or science”, so it can be interpreted as the “science of life”. Ayurveda is mankind’s oldest healing system, dating back beyond 5,000 years, using foods, herbs, oils, massage, stones, yoga and meditation to maintain doshic balance. Ayurveda brings the body, mind and spirit into unity so you may live in harmony with your true nature. Ayurveda focuses on preventative healthcare, rejuvenation and longevity using natural law. Each of us is made up of a combination of the elements: ether (space), air, fire, water and earth. Our individual bodily make-up, or constitution, when honored allows us to live in harmony and serenity. The five elements then pair-up into three combinations (known as doshas) to form the primary forces of nature.

Each of us carry our own unique dosha that is established at time of birth. This is known as our prakriti. Our current constitution, known as our vikriti, has the ability to change while prakriti does not. Life influences (such as diet, environmental factors, lifestyle, etc.) cause vikriti to move out of balance from our prakriti, shifting us out of harmony. In excess this can lead to disease. Ayurveda strives to keep us in a state of serenity and out of a state of stress.

# *How Can Ayurveda Benefit Me?*



To bring us back into balance is to find health and happiness. Doshic balance can be maintained through our daily routines and rituals. Ayurveda uses a combination of herbs, oils, foods, bodywork therapies, yoga, meditation and panchakarma (to name a few) to align each of us back into harmony. Ayurveda can be used in conjunction with western medicine for anyone who is interested in finding balance using natural remedies, honoring our original one-of-a-kind nature.

We are divine beings. Using the tools and the awareness of Ayurveda, we can navigate through life's influential factors while maintaining a state of bliss.

*\*Ayurvedic practitioners do not diagnose, treat or prescribe. Instead, they make suggestions and recommendations to help patients find health, happiness and serenity.*



# *The Three Doshas: Vata, Pitta, and Kapha*



Ayurveda states that each of us is born with a unique combination of elemental energies, called doshas. Our dosha is derived from a combination of the five great elements: ether, air, fire, water and earth. The doshic combination we are born with (our prakriti) stays with us throughout our lifetime, while our current state of being (vikriti) may be swayed away from our original nature by outside factors.

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 three doshas are Vata, Pitta and Kapha.

Vata (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, fear, insomnia, and irregular digestion.

Pitta (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 and ulcers.

Kapha (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 and congestion.

Vata is balanced using warm, wet and heavy elements. Pitta is balanced through cool, relaxing and nurturing methods. Kapha is balanced by energizing, mobilizing and stimulating means.



# Signs of Imbalance

Just as the weather is always changing, you too may experience fluctuations in the way that you feel over time, even throughout the course of a day! Practicing mindfulness, simply by bringing awareness to how you feel, can be a wonderful way to become present and make decisions that support your health and wellbeing.

<u>Increased Vata</u>	<u>Increased Pitta</u>	<u>Increased Kapha</u>
Racing mind Hyperactivity Rough or cracked skin Insomnia Feelings of fear, anxiety, or loneliness Tingling or numbness Pain Twitching or tremors Stiffness Palpitations Dizziness Fatigue or exhaustion Ringing in the ears Brown coloring on back of tongue	Rise of body temperature Excessive thirst Diarrhea Hyperacidity Feeling judgmental or overly critical Rash Insatiable hunger Undue perspiration Burning sensations Anger, envy, or hate Inflammation Irritability Yellow coloring on tongue	Cough with expectoration Congestion Oily, sticky stools Excessive sleep Feelings of malaise or depression  Swelling or puffiness Drowsiness/ sluggishness General heavy feeling Chronic cough/cold Attachment or greed Undue sweet taste in mouth Breathlessness White coating on tongue

*\*The statements expressed above are general descriptions and do not reflect all considerations.*

# *Eating and Food Combining*



Tips for proper digestion and mindful eating:

- Eat in silence when possible, taking note of food flavors as they hit the palate
- Eat fruit alone, should not be combined with any other foods - a great snack food!
- All vegetables can be taken together and with grains
- Liquids should be room temperature or warmer, including beverages
- Foods are to be chewed thoroughly as to lighten the strain on your digestive system
- Bless your food and give thanks
- Eat only until hunger subsides - stomach should be full of: 1/3 food, 1/3 liquid, 1/3 empty to leave space for digestion
- Include all six tastes (sweet, sour, salty, bitter, astringent, pungent) in your daily diet
- Food should always be fresh, avoiding leftovers
- Limit raw food intake, as it is harder on the digestive system
- Choose foods that take into account your prakriti, vikriti and current doshic circumstances

Most importantly - LISTEN TO YOUR BODY! If it causes digestive issues make the necessary changes.



# *Eating and Food Combining*



**Vata:** is balanced by warm, moist, oily, soupy, smooth well-cooked foods that are sweet, sour and salty. Think of root vegetables, grains and oils.

**Pitta:** is balanced with cooling foods. In order to not further aggravate your pitta be mindful to not eat spicy foods, foods that are overly oily or too salty. Focus on the sweet, bitter, and astringent tastes.

**Kapha:** is balanced by pungent, astringent and bitter foods. Lighter foods can be taken, including lots bitter greens.

**Vata-Pitta:** the sweet taste is really good for a vata-pitta diet. Eats lots of vegetables and grains to incorporate more sweet into your diet.

**Pitta-Kapha:** the bitter and astringent tastes are good for a pitta-kapha diet. Leafy greens, astringent and dried fruits, lentils and lots of vegetables are good for this dosha.

**Vata-Kapha:** your foods need to be heating, but should be neither too drying nor too oily, and they should be both energizing and stabilizing. The sour taste has a pacifying effect on both kapha and vata doshas.



# *Ayurvedic Sundial*



## **Kapha 1 (6:00am/sunrise - 10:00am):**

Kapha begins to gather as the sun rises. This is a time for elimination, meditation, pranayama, light physical movement such as hatha yoga, first food intake, and cleansing rituals including garshana and abhyanga.

## **Pitta 1 (10:00am - 2:00pm):**

Agni (digestive fire) is at its peak. This is the time of day for the largest meal to be taken, work to be pursued and energy to be focused into daily productivity.

## **Vata 1 (2:00pm - 6:00pm):**

Mental activity is at its highest. This is the ideal time for social interaction, as well as the final light meal of the day.

## **Kapha 2 (6:00pm - 10:00pm):**

Energy begins to slow down during Kapha 2 time of day. This is the time to turn inward, unwind and reflect. The last time to exercise should be done at the start of Kapha 2 time, followed by relaxing activities such as reading and writing. Sleep should begin before this time has come to a close.

## **Pitta 2 (10:00pm - 2:00am):**

The internal cleansing process is in full action. Restoration and deep sleep commence.

## **Vata 2 (2:00am - 6:00am):**

Sleep becomes lighter as the elimination process starts. This is the time to awaken and begin morning meditation/spiritual rituals.

