



ANANDA VEDA
Holistic Living

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Imagine a world where everyone is blessed by the presence of everyone else. Just imagine how beautiful such a world would be.



Where did Ayurveda come from?

Ayurveda is an ancient, holistic philosophy of health & wellbeing. *Ayur* means life & *Veda* means knowledge so it is recognised as the science or knowledge of life

What is Ayurveda?

The focus of Ayurveda is to achieve optimum health & wellbeing by bringing our body, mind and spirit into a state of balance. Our state of balance is influenced by every aspect of our life: diet, lifestyle, occupation, hobbies, sports as well as our emotional and mental responses. Ill health or dis-ease is the result of our system being out of balance.

How does Ayurveda work?

Ayurveda is based on the principles or elements of Ether, Air, Fire, Water and Earth which make up all matter. These five basic elements manifest in the human body as three basic constitutions or doshas;

Vata – ether and air

Pitta – fire and water

Kapha – water and earth

These three doshas govern all the biological, psychological and physiological functions of the body, mind and spirit. When they are in balance they maintain health and when they are out of balance they contribute to the disease process.

Vata relates to the principle of movement and within the body and its qualities are: cold; dry; light; mobile; rough; clear and subtle.

Pitta relates to the principle of transformation and within the body governs our metabolism and its qualities are: hot; oily; light; sharp; liquid and soft.

Kapha relates to the principle of structure and holds together the elements of the body and its qualities are: cold; heavy; soft; unctuous; stable; solid; dense; slow and liquid.

Each constitution has its own unique qualities and we are all born with a unique combination of Vata, Pitta and Kapha that makes us who we are. By understanding our individual constitution Ayurveda can identify the aspects of our life that are causing imbalance and symptoms of ill health. The primary focus of Ayurveda is to maintain wellbeing and where dis-ease occurs identify and remove the cause rather than treating symptoms.

How can Ayurveda help me?

An understanding of your own constitution and basic knowledge of what does and doesn't help you maintain a state of balance enables you to manage your own health and wellbeing. You can learn to identify signs or symptoms of imbalance early, understand the cause and how to use herbs, spices, oils and food and lifestyle changes to correct the imbalance before it manifests as sickness or disease.

Understanding Vata

Vata meaning Air relates to movement within the body and governs all biological movement within the body such as: Expansion & contraction; Pulsations; Movements in muscles and tissues; Respiration; Impulses in nerve cells & Pain. The primary site for Vata within the body is the colon. The qualities of vata are: cold; dry; light; mobile; rough; clear and subtle.

A person with a pre-dominant vata constitution is likely to exhibit many of the following characteristics:

- Tend to be light in body weight & bone structure and either very tall or short,
- Rarely gain weight & if so it is around the middle
- Skin tends to be dry, rough & cold to touch, tans easily.
- Irregularity in features – crooked nose, teeth etc
- Small active eyes – usually black or brown
- Variable appetite, easily skips meals
- Long & thin fingers & toes with brittle nails
- Most likely to suffer from pain & nervous disorders
- Tendency towards constipation and gas
- Tend to be restless, active, curious and creative and finds routine difficult.
- Talk and walk fast but are easily fatigued
- Will often have a lot of things happening at once
- Quick to change their mind and may find it difficult to make decisions,
- Most likely to spend money easily & impulsively
- Talk a lot & quickly & tend to talk with their hands
- Forget their dreams
- Sleep is short and light, wakes easily and can experience insomnia
- Dislikes cold, dry weather - and wind
- Most likely to experience fear, anxiety, insecurity
- Quick mental understanding but forgets easily

Vata imbalance is caused by:

- Irregular routine and meals
- Staying up late
- Uncooked, light, dry, cold food & cold drinks
- Too much bitter, astringent and pungent tasting food
- Cold, dry weather
- Excessive mental work

Balancing Vata

- Regular routine
- Early bedtime – lots of rest
- Eat warm, cooked food – preferably not alone
- Food with predominately sweet, sour & salty tastes
- Warmth – avoid cold dry winds.
- Daily massage with warm sesame oil
- Soothing environment – soft colours, sound etc
- Avoid excess travel – particularly air travel
- Avoid stimulation – TV, radio, computer work, excess talking & thinking.



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Understanding Pitta

Pitta relates to the principle of transformation and within the body governs: Digestion; Assimilation; Absorption; Metabolism; Body temperature; Skin colouration; Intelligence and Understanding. The primary site for Pitta within the body is the small intestine. The qualities of Pitta are: hot; oily; light; sharp; liquid and soft.

A person with a pre-dominant Pitta constitution is likely to exhibit many of the following characteristics:

- Tend to have moderate/ medium physical characteristics – height/weight etc
- Fair complexion with freckles & moles, sunburns.
- Skin tends to be soft, warm, slightly oily – most likely to suffer from pimples, rashes, skin conditions
- Sharp features with reddish lips
- Hair is fine, brown or reddish, tendency towards early greying & hair loss
- Strong appetite & digestion – hates to miss a meal.
- Soft, loose bowel motions
- Natural craving for sweet, astringent & bitter tasting foods
- Sleep is medium and sound – 8 hrs
- Intelligent and sharp thinking with good memory
- Competitive nature and can tend to be excessive
- Can be demanding / tendency towards perfectionist
- Make decisions easily, see things fairly black & white
- Spend money for a purpose
- Good stamina
- Tend to be fairly structured/organised & likes routine
- Most likely to experience anger/impatience/frustration
- Dislikes the heat, humidity – likes cool, well ventilated environments

Pitta imbalance is caused by:

- Excessive competition
- Too much pungent, sour & salty foods
- Hot, spicy, oily food
- Hot, humid weather
- Lack of rest
- Excessive heat – saunas and spa baths
- Inflexibility and rigidity in thinking and routine

How to balance Pitta

- Cool, well ventilated environment
- Food with predominately sweet, bitter & astringent tastes
- Cool food and drinks (not cold)
- Regular meals – particularly at noon
- Leisure time - stop and smell the flowers
- Walk in the moonlight and cool air
- Competitive team activities that encourage co-operation
- Wear cool colours – blue and green
- Create a soothing environment – fresh flowers, music
- Daily massage with coconut oil

Understanding Kapha

Kapha relates to the principle of structure and holds together the elements of the body. It is responsible for Lubrication, Building, Healing; Memory storage, Immunity, Strength and Stability. The primary site for Kapha within the body is the lungs. The qualities of Kapha are: cold; heavy; soft; unctuous; stable; solid; dense; slow and liquid.

A person with a pre-dominant Kapha constitution is likely to exhibit many of the following characteristics:

- Tend to be short, stocky build – carry extra weight particularly around hips & thighs
- Heavy muscle and bone structure
- Thick, cool, oily skin
- Fair complexion but tan easily.
- Dark, thick, wavy hair
- Eyes are large and attractive – often brown
- Regular appetite – tend to eat slowly
- Crave bitter, pungent and astringent food
- Soft, pale, plentiful stool.
- Excellent stamina once going but tend to move slowly.
- Loves sleep and lots of it – very deep and sound
- Most likely to experience depression / grief
- Steady & dependable but can be possessive, clingy, jealous
- Dislike cold, damp weather & humidity
- Good savers
- Takes time to make decision but then sticks to it – can be stubborn
- Slower comprehension but once learnt never forgets
- Can be complacent & lethargic - can get stuck in a rut
- Most likely to suffer from congestion conditions – colds, flu, sinus etc

Kapha imbalance is caused by:

- Excessive sleep and rest
- Excessive food intake
- Insufficient exercise
- Lack of variety in life
- Heavy, oily/fried or cold foods
- Too much sweet, sour & salty tastes

How to balance Kapha

- Regular vigorous exercise
- Light, warm, spicy food
- Pungent, bitter & astringent tastes
- Avoid sweet, sour & salty tastes
- Light breakfast – best after 10am
- Main meal midday, light evening meal
- Stimulating physical & mental activity Get up before sunrise & limit sleep to max. 8 hrs
- Weekly 1 day fasts
- Warm, dry environment