



Meru Institute

Yoga ~ Ayurveda ~ Community Ministry

Ayurveda 101

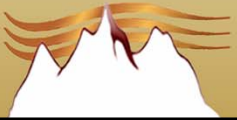
Introduction

Instructor Ambika Cynthia Copple

September 12-13, 2015

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Awareness is the Healer



Om Gan Ganapataye Namaha

For auspicious beginnings, to remove obstacles

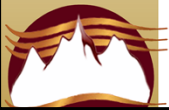


Ayurveda

Ayur = *life, lifespan*

Veda = *science, wisdom*

- **To maintain health in the healthy**
- **To eliminate disease in the sick**
- **To live 100 years**





History and Pre-History

- **Pre-history**
- **Three main historical textbooks of Ayurveda**
 - Charaka
 - Sushruta
 - Vaghat



Scope

- **Atomic energy**
- **Biology, horticulture, psychology, physics, microbiology, philosophy, anatomy, physiology, weather, solar system**
- **Microcosm and macrocosm**
- **Influenced Chinese and modern medicine**



Scope

- **As healing system**
- **Eight specialties since ancient times**
 - Internal Medicine (Kayachikitsa)
 - Pediatrics (Bala roga)
 - Surgery (Shalya tantra) including midwifery



Eight Specialties (continued)

- Ophthalmology, including diseases of ear, nose and throat (Salakya Tantra)
- Invisible causes (germs, spirits), psychopathology (Bhuta vidya)
- Poison antidotes (Agada tantra)
- Anti-aging, geriatrics, rejuvenation (Rasayana tantra)
- Aphrodisiacs, to ensure fertility (Vajikarana)



What is health?

Sama dosha samagnis cha

Sama dhatu mala kriya

Prasamnatmendriya Manah

Swastha ityabhidhiyatebhikdiyate

—Sushruta Samhita, 15:38



A healthy person is:

*One who is established in Self,
who has balanced doshas,
balanced agni,
properly formed dhatus,
proper elimination of malas,
well functioning bodily processes
and whose mind, soul and senses are full of bliss,
is called a healthy person.*



The Four Aims of Life

- **Dharma**
- **Artha**
- **Kama**
- **Moksha**

Samkhya Yoga

The Samkhya Yoga philosophy is shared by Yoga and Ayurveda. It describes the evolution of consciousness into matter and the involution of matter back into consciousness. This process, of evolution and involution, takes place every moment. It creates the world as we know it.

In the beginning was pure consciousness, bliss, one without a second
Pure energy, standing wave, not matter, nothing our senses can register.

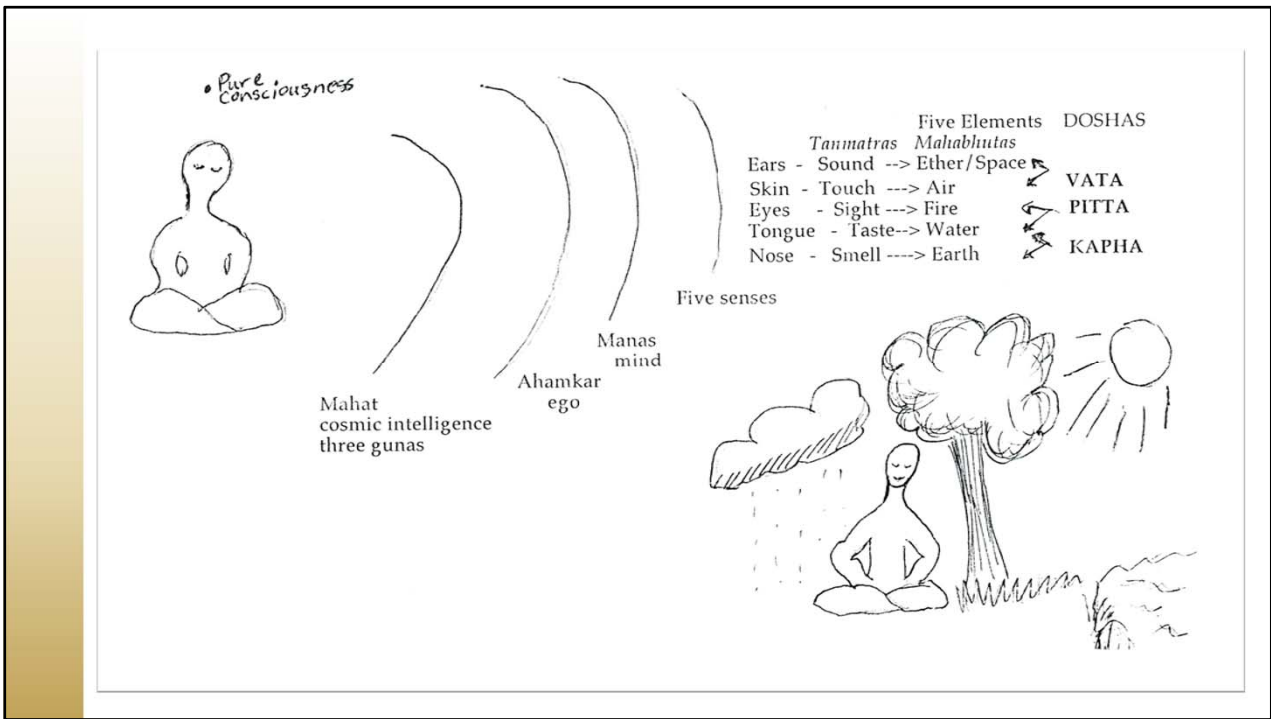
$E = mc^2$ · Einstein said energy and matter are the same, different forms of the same essence. Energy is latent in matter and matter is latent in energy.

energy = matter The vedas said the same thing 10,000 years ago.

In the beginning was pure consciousness. A state beyond the senses and intellect, therefore not nameable. Yet called many names, among them God.

Pure Consciousness ----->	Purusha	+	Prakriti
<i>bliss</i>	<i>masculine principle</i>		<i>feminine principle</i>
<i>one without a second</i>	<i>witness consciousness</i>		<i>matter principle</i>
<i>unity consciousness</i>	<i>spirit</i>		<i>nature</i>
	<i>sun</i>		<i>moon</i>
	<i>subject</i>		<i>object</i>

Pure consciousness moves out of its purity when Purusha and Prakriti come together, like energy that becomes polarized. First, the three **gunas**, principles underlying all life processes, come into existence. (*Sattva*: purity, clarity; *Rajas*: movement, activity, agitation; *Tamas*: inertia, ignorance). Life exists as the dance of these three forces. Like a snowball, evolution once started continues as subtle energy gets denser becoming higher intelligence, then the "I" sense, the mind, the five senses, then matter and the world as we know it. Through meditation, we withdraw from our senses and get back to unity consciousness again.





Samkhya: life evolution/involution

Brahma

- Purusha+Prakriti
- Buddhi
- Ahamkara
- Manas
- 5 senses (hearing, touching, seeing, tasting, smelling)
- 5 action instruments (speaking, holding, moving, procreating, eliminating)
- 5 subtle elements (sound, touch, form, taste, odor)
- 5 gross elements (Ether, air, fire, water, earth)



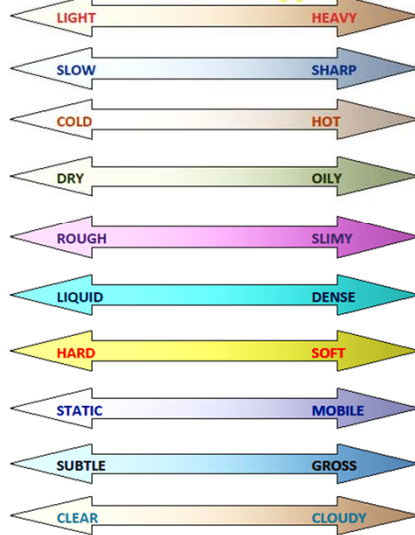


Five Elements

- **Ether**
- **Air**
- **Fire**
- **Water**
- **Earth**

The Twenty Attributes

The Ten Pairs of Opposites



Everything in life and nature has these qualities.

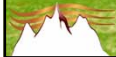
Opposite decreases

Similar increases the qualities

Healing ... use opposite substances

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*All three doshas are in nature
and in every cell of the body*



Dosha Attributes

VATA

Cool
Light
Subtle
Rough
Mobile
Dry



PITTA

Hot
Slightly oily
Penetrating
Light
Sour smell
Liquid



KAPHA

Cool
Oily
Slow
Heavy
Static
Cohesive



The doshas are known by their effects. When these qualities or effects are increased in the body it shows that the dosha has increased relative to the other doshas.

Each dosha is an opposite to the other doshas; herbs, foods, weather and other factors are also similar or opposite to the doshas & have an effect the on them.



Vata creates dryness, movement



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Vata: air and ether, movement in space



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Pitta creates heat, energy



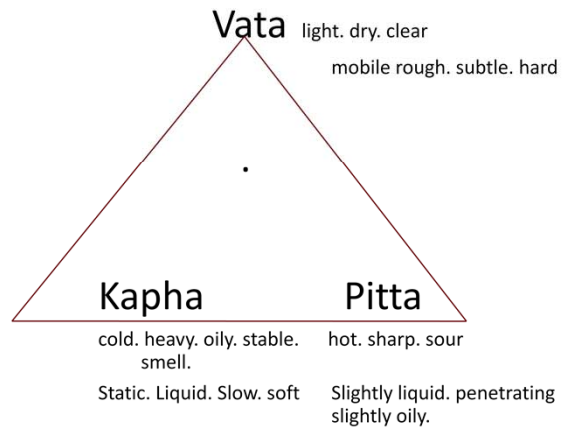


Kapha creates liquidity and solidity





The Doshas have opposite effects





Doshas, Dhatus, & Malas

Doshas:

- Processes
- They create, maintain and destroy the body
- They are created through digestion

Dhatus

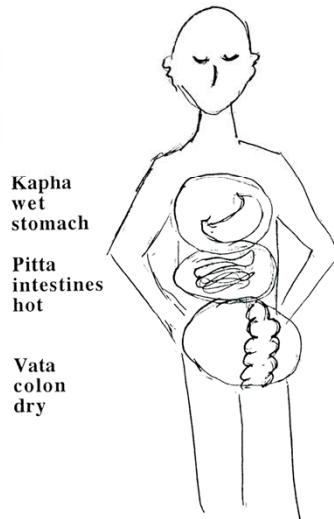
- The stable parts of the body.
- They are created through digestion

Malas

- The waste products, sweat, urine, feces from the doshas and dhatus and digestion



Seats of the Doshas



Kapha
wet
stomach

Pitta
intestines
hot

Vata
colon
dry

Doshas, Dhatus, & Malas

- Doshas:** Processes
They create, maintain and destroy the body
They are created through digestion
- Dhatus:** The stable parts of the body.
They are created through digestion
- Malas:** The waste products, sweat, urine, feces
from the doshas and dhatus and digestion



Seats of the Doshas

Vata

- Colon
- Dry

Pitta

- Intestines
- Hot

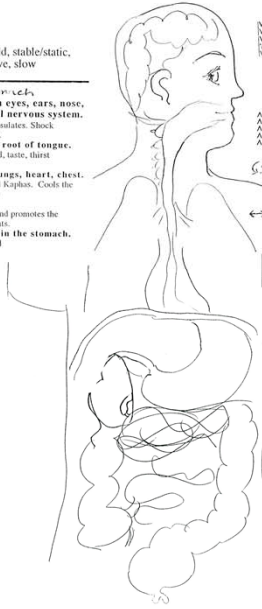
Kapha

- Stomach
- Wet

PROPERTIES OF DOSHAS, THEIR LOCATIONS & FUNCTIONS

KAPHA heavy, cold, stable/static, viscous/oily, cohesive, slow

- KAPHA** कफः स्थूलो रूढः
- 1. Tarpak.** In brain eyes, ears, nose, central & peripheral nervous system. **functions:** Cools and insulates. Shock absorber, retains memory.
 - 2. Bodhak.** Throat, root of tongue. **function:** moistens food, taste, thirst perception.
 - 3. Avafambak.** In lungs, heart, chest. **function:** Nourishes all Kaphas. Cools the lungs, heart (supporting)
 - 4. Slechak.** Joints **functions:** Lubricates and promotes the smooth movement of joints.
 - 5. Kledhak.** Located in the stomach. **function:** Liquefies food



VATA: light, cold, moving, drying, rough, subtle

- VATA** वातः सूक्ष्मः शूलः
- Seat:** large colon
- 1. Prana Vayu.** From head to chest. Downward & inward movement, from head to chest area. **functions:** Maintains nervous system, sensory, functional alertness and positivity, good sense of sight, hearing, touch, etc, cranial nerves, secretion of neurotransmitters & hormones, pituitary, etc. inspiration of breath
 - 2. Udana Vayu.** Upward movement from diaphragm through throat **functions:** exhalation, speech, efforts, energy, memory, activities as whole.
 - 3. Vyana Vayu.** Circulation, located in the heart and moving throughout body. **functions:** Movements of joints, circulation of blood & lymph
 - 4. Samana Vayu.** Located in small intestines. **functions:** promotes digestion, secretion of digestive juices
 - 5. Apana Vayu.** Located in colon, downward and outward movement. **functions:** promotes good elimination of waste products, also all motor function, erection of penis and ejaculation of semen, menstruation fetus

PITTA light, hot, penetrating, liquid, sour smell, slightly oily, movable

- PITTA** पित्तः शूलः शीतः
- Seat:** small intestines
- 1. Alochaka.** Located in eyes. **Functions:** good vision
 - 2. Sadhaka.** Located in heart and brain **functions:** Understanding, conceptual knowledge, intelligence, ambition.
 - 3. Ranjaka.** Located in liver, spleen. **functions:** coloring the blood (hemoglobin), skin, eyes, urine, stool.
 - 4. Pachaka.** In small intestines. **function:** promoted digestion, assimilation, maintains nutrition of body.
 - 5. Bhranjaka.** In the skin. **function:** keeps skin healthy, the 'healthy glow' of the skin, body temperature.



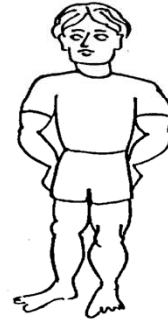
Three Dosha Types



Vata



Pitta



Kapha

VATA

- **Runs fast.** Kinetic energy
- **Body:** lean & thin, dry
- **Sleep:** needs less
- **Activity:** likes a lot
- **Mind:** quick. may forget.
- **Emotions:** spirited, volatile

Tendency when stressed:

- **Emotions:** fear, anxiety
- **Body:** dry, cracking joints, pain, stiffness, osteo-arthritis, osteoporosis
- **Example of diet:** warm, soupy, cooked foods like gingery vegetable or chicken soup with olive oil



BETLE BAILEY



Mort Walker

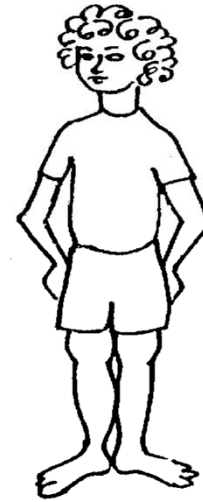


PITTA

- **Runs hot.** Metabolic energy.
- **Body:** moderate
- **Sleep:** moderate
- **Activity:** short spurts
- **Mind:** sharp, analytical
- **Emotions:** passionate, strong will

Tendency when stressed:

- **Emotions:** anger, irritable, jealousy
- **Body:** ulcers, heart problems, inflammation, skin problems
- **Example of diet:** non-spicy, non-fried, non-acidic, like cooked vegetables, dal and rice , no oranges





I'M ALREADY TOO FULL
OF MYSELF TO EAT.



Good Times 4/20/00

MVLLER

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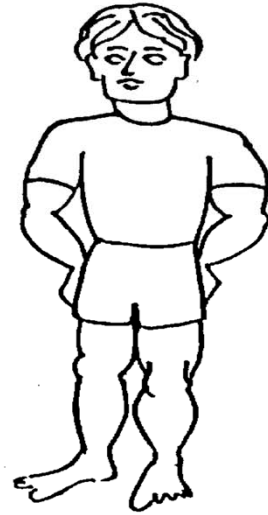
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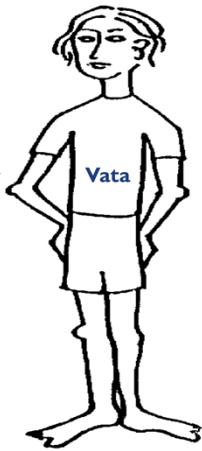
KAPHA

- **Runs cold, slow.** Condensation of energy.
- **Body:** muscular, sturdy
- **Sleep:** long
- **Activity:** prefers very little
- **Mind:** slow, steady, doesn't forget
- **Emotions:** level, compassionate

Tendency when stressed:

- **Emotions:** attached, depressed
- **Body:** tumors, excess weight, depression,
- **Example of diet:** hot, spicy, cooked, not cold or heavy ,
less milk, bread, less pasta, sugar, desserts

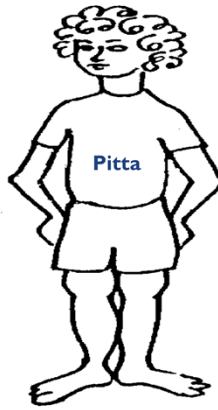




Runs fast. Kinetic energy
Body: lean & thin, dry
Sleep: needs less
Activity: likes a lot
Mind: quick, may forget.
Emotions: spirited, volatile

Tendency when stressed:

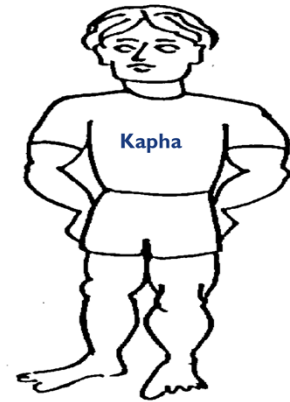
fear, anxiety, dry, cracking joints, pain, stiffness, osteo-arthritis



Runs hot. Metabolic energy.
Body: moderate
Sleep: moderate
Activity: short spurts
Mind: sharp, analytical
Emotions: passionate, strong will

Tendency when stressed:

anger, irritable, jealousy, ulcers, heart problems, inflammation, skin problems



Runs cold, slow.
Body: muscular; sturdy
Sleep: long
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Mind: slow, steady, doesn't forget
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Tendency when stressed:

attached, depressed, tumors, excess weight, depression,



Prakriti/Vikriti

- --Prakriti is your balanced nature, no symptoms, happy, ,healthy, vital
- --Vikriti is when your doshas are out of balance; symptoms occur
- --Symptoms of imbalance are seen as Vata, Pitta and Kapha
- --Steps to healing:
 - Become aware of cause of VPK imbalances
 - Eliminate the cause
 - Keep diet and lifestyle and self expression as balanced for your nature



Three causes of disease

- Not listening to your body/mind; misuse of the intellect; misinterpretation
- Not paying attention to time: routines, seasons of nature internal and external
- Wrong use of the senses; attachment to wrong things



*If you don't have an everyday structure to your life and being,
the power of enlightenment will blow your world apart.*





Dinacharya. Daily effects of Doshas

Day

- *Sunrise*
- 6 am to 10 am Kapha Cooling
- 10 am to 2 pm Pitta Heating
- 2 pm to 6 pm Vata Movement, Cooling

Night

- *Sunset*
- 6 pm to 10 pm Kapha Cooling
- 10 pm to 2 am Pitta Heating
- 2 am to 6 am Vata Movement, Cooling




Seasonal effects of Doshas

- Spring
- Summer
- Fall
- Winter
- Special routines at change of season (Fall and Spring)
- Body transitions from hot to cold, cold to hot.



SEVEN KEYS TO HEALTH

- 1) Digestion
- 2) Elimination
- 3) Daily Routine
- 4) Self Expression
- 5) Sleep
- 6) Compassion
- 7) Awareness

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***Karma can't be negotiated... it's like
you're given a series of words
and it's up to you what
kind of story you fit them into.***

—Sarah Gran

*I honor you for continuing on the path of Ayurveda
from India to the U.S. and bringing it into your lives.*

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