

# Ayurveda

(Ayuh- Life ; Veda- Science)

Ayurveda, ancient yet timeless, gives you the means of attaining and maintaining your own optimal health and well-being. The benefits of Ayurvedic medicine have been proven over centuries of use, and its methodologies are as applicable today in the West as they were thousands of years ago in India

## The understanding of Ayurveda Basics

While Ayurvedic principles can be used to explain the complexity of not only health, but also the world around us, there are several simple basics that become the building blocks for everything else:

Ayurveda's fundamental approach to well-being is that you must reach your unique state of balance in your whole being—body, mind, and spirit.



Ayurveda views the world in light of 3 constitutional principles: vata, pitta, and kapha.



The first line of defense in combating imbalances is to remove the cause of the problem. If the trouble-maker is out of the picture, the body starts being able to heal itself.

If there are any lingering imbalances after removing the inciting cause, then bring balance by using opposites.



Always support the digestive fire, so that nutrition can be absorbed and waste materials can be eliminated.

## Vata, Pitta, and Kapha: Your Viewing Lenses

Once you put on the lens of Ayurveda and see things in terms of vata, pitta, kapha, and combinations thereof, the whole world comes alive in a new way.



**Vata :-** People are generally thin and find it hard to gain weight, because of this; Vatas have very little energy reserve and can tire easily and get themselves out of balance.

**Pitta :-** People are generally of medium size and well proportioned. They have a medium amount of physical energy and stamina. Fire is a characteristic of Pitta.

**Kapha :-** People tend to have sturdy, heavy frames, providing a good reserve of physical strength and stamina. positive outlook towards life. This strength gives Kaphas a natural resistance to disease and a generally

## The Five Elements Of Ayurveda

In Ayurveda, the five elements are discussed but are more like philosophical concepts rather than elements in the scientific sense. They are the basic principles of the universe and therefore represent the primary components of all living things

**Earth**  
(The principle of inertia)

**Wind**  
(The principle of vibration)



**Fire**  
(The principle of radiance)

**Water**  
(The principle of cohesion)

**Sky**  
(The principle of pervasiveness)

## Ayurveda and Remedies

Ayurveda offers a number of ways to balance doshas and find your well-being. The key is to find balance with a holistic approach—addressing mind, body, and spirit. Ayurvedic remedies draw on a number of modalities:

- Diet modifications
- Lifestyle and Activity adjustments
- Herbal Supplements
- Yoga, Pranayama (Breath Techniques), and Meditation
- Marma (Energetic Pressure Points)
- Cleansing Processes, such as Panchakarma
- And much more!



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