

LIVING in BALANCE with NATURE - The Ayurvedic Way



@ Elias CC, 19 March 2016

By Shailu Suresh

Ayurvedic Lifestyle Consultant

Director, Om Vedic Heritage Centre

First President Ayurvedic Practitioners Association of
Singapore



6297 2670 Ayurveda (Indian Herbal Therapy). Yoga. Astrology

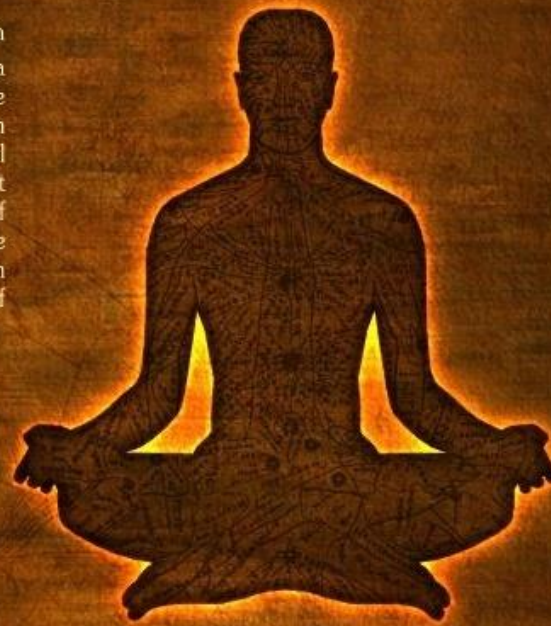
Om Vedic Heritage Centre AyurVeda Pharmacy@ Belilios AyurVeda Pharmacy@ Siglap centre



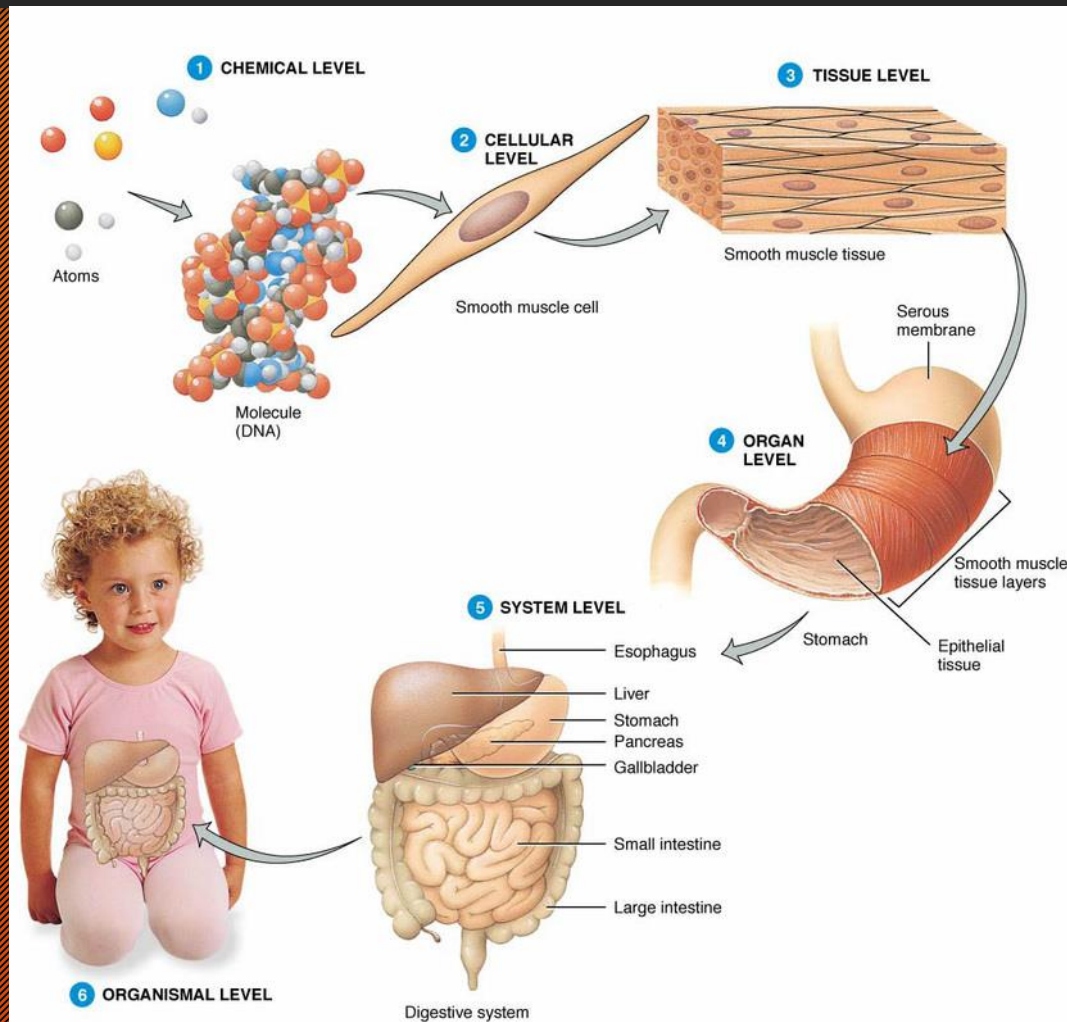
Human Body: Nature's Wonder

The Body Mystique

The mystique of the body has enamoured both epicureans and philosophers since ages. Ayurveda sees the human body as a mystique blend of the five basic elements: Sky, Water, Earth, Air and Fire. In perfect equilibrium, the body houses the Universal Consciousness and echoes the harmony of Nature. It is regulated by the three bio-regulating principles of *tridoshas*. The five elements which compose the human body are combined in such a way as to form the three humors which control all the processes of health and disease.



Human Body: Scientific Perspective....ELEMENTS !



What is Ayurveda?



Ayu = Life

Veda = Science/Knowledge

Hence, ayurveda means the science of life.

Human Body: Natural Perspective....ELEMENTS !

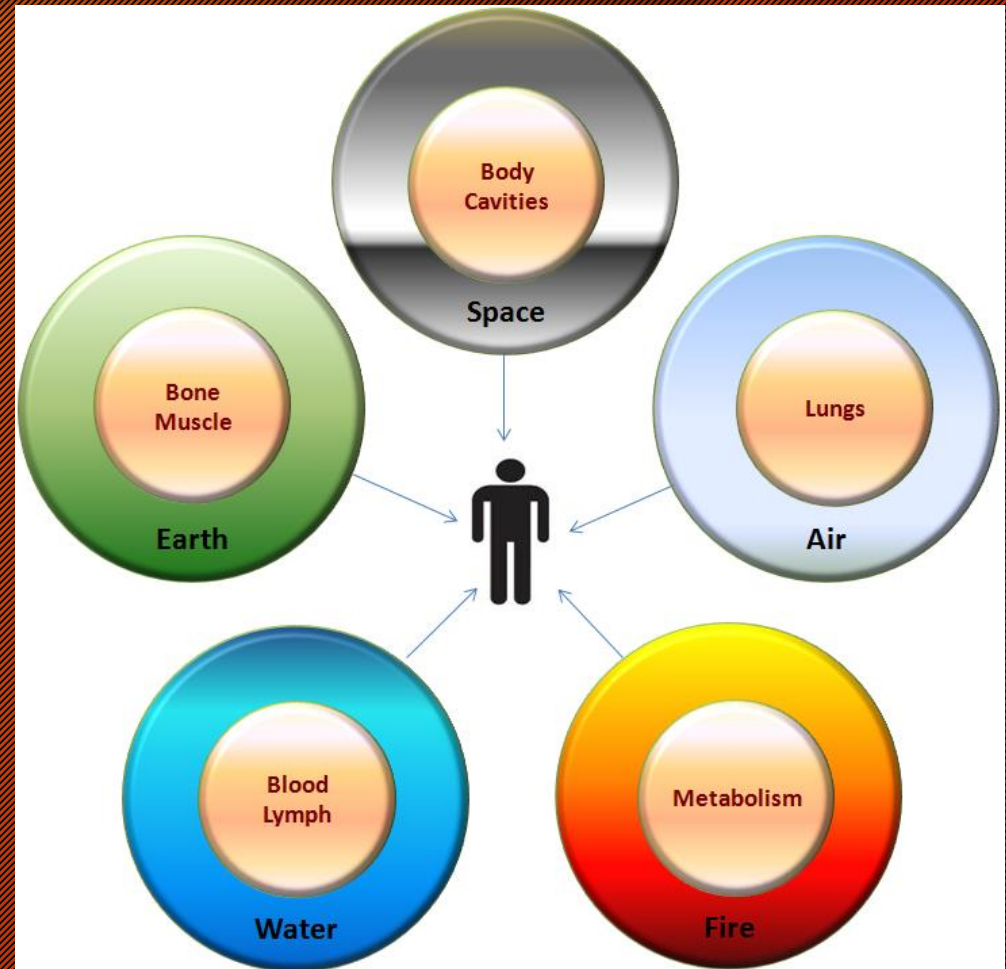


TCM

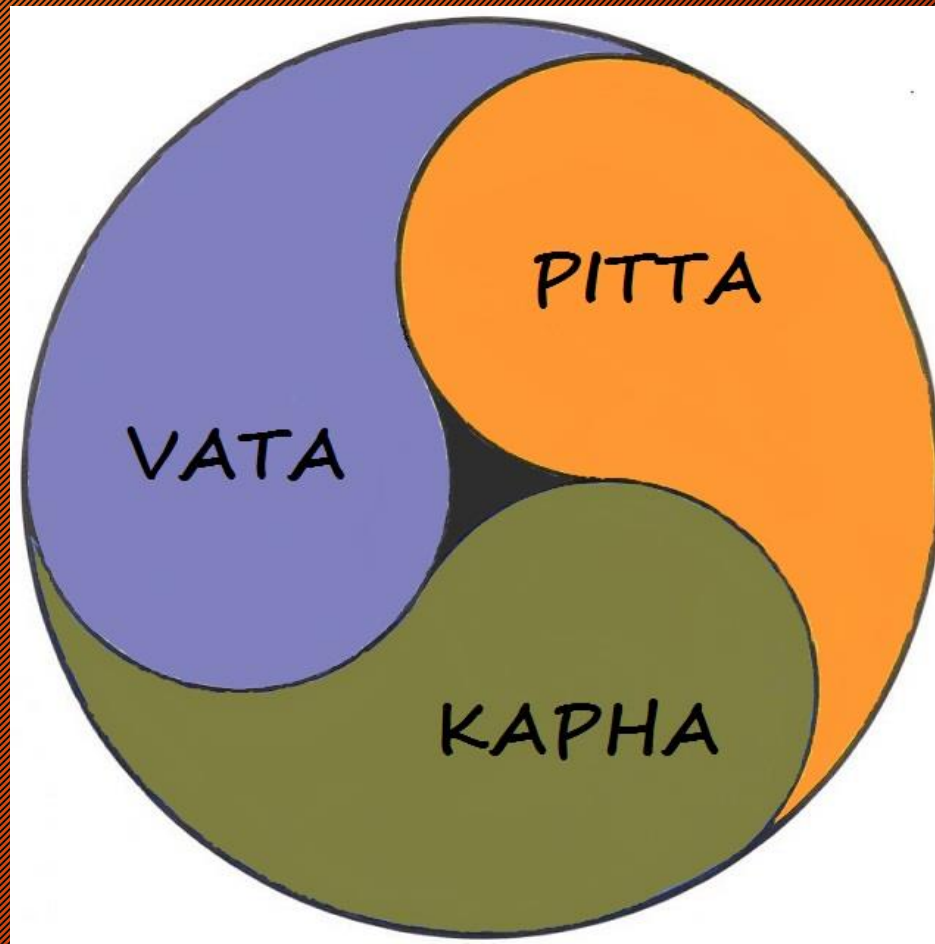


TIM

Human Body & Nature



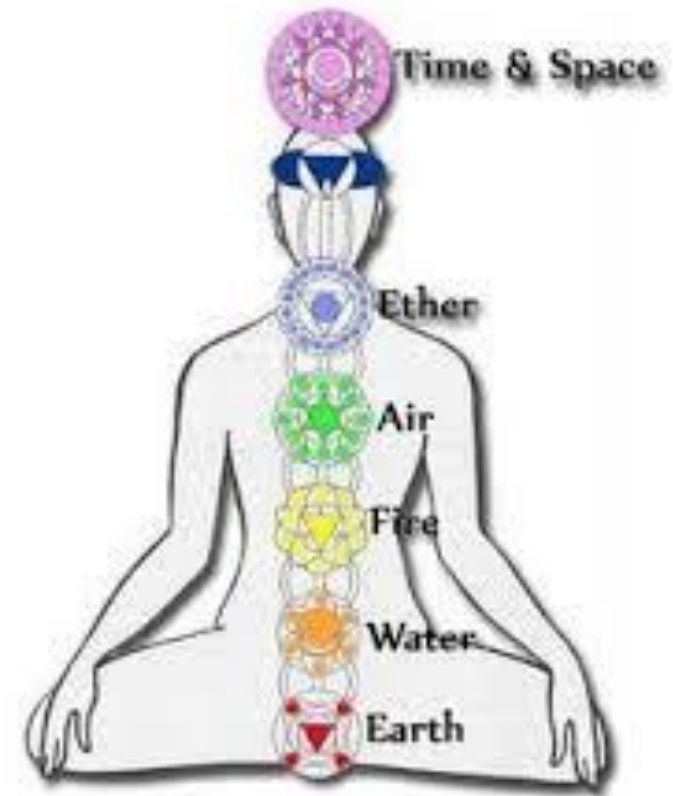
Human Body & Nature



Human Body & Nature



Human Body & Nature



Human Body: Organising Principles



BHUTAS: Elements
vs

MAHABHUTAS: Underlying organising principles

Ether / Akasha: Space - Expansion

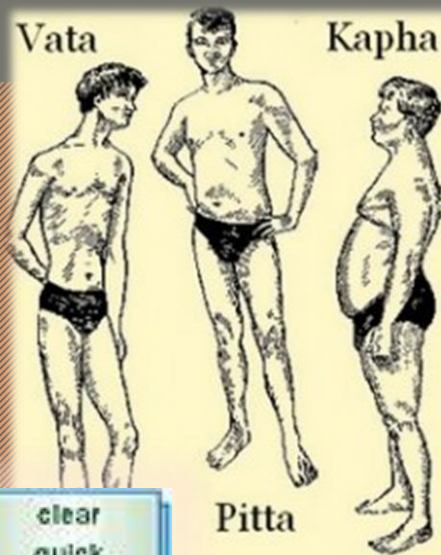
Air / Vayu: Breath / Prana - Movement

Fire / Agni: Acids & Enzymes - Conversion

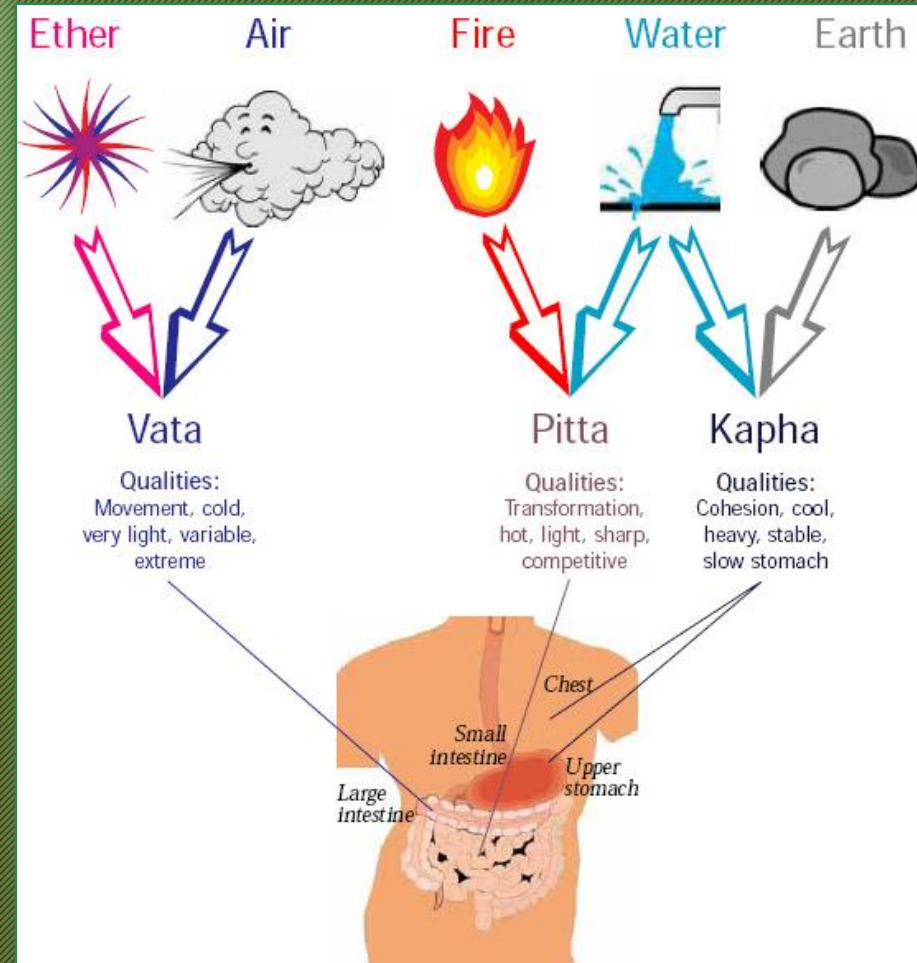
Water / Jala: Fluid – Liquidity / Binding

Earth / Prithvi: Bones, Muscles - Solidity

5 ELEMENTS: DOSHAS (VPK)



VATA	when you balance your Vata you are	clear quick thinking creative
PITTA	when you balance your Pitta you are	decisive courageous articulate
KAPHA	when you balance your Kapha you are	affectionate generous steady



Know yourself !

DOSHA

VATA (air & space)

Cold, Dry, Light

PITTA (fire & water)

Hot, Wet, Light

KAPHA (water & earth)

Cold, Wet, Heavy

What is your constitution?

What is your constitution?

The Human Constitution (Prakruti)

ASPECT OF CONSTITUTION	VATA	PITTA	KAPHA
☐ Frame	Thin	Moderate	Thick
☐ Body Weight	Low	Moderate	Overweight
☐ Skin	Dry, Rough, Cool, Brown, Black	Soft, Oily, Warm, Fair, Red, Yellowish	Thick, Oily, Cool, Pale, White
☐ Hair	Black, Dry, Kinky	Soft, Oily, Yellow, Early Gray, Red	Thick, Oily, Wavy, Dark or Light
☐ Teeth	Protruded, Big and Crooked, Gums Emaciated	Moderate in Size, Soft Gums, Yellowish	Strong, White
☐ Eyes	Small, Dull, Dry, Brown, Black	Sharp, Penetrating, Green, Gray, Yellow	Big, Attractive, Blue, Thick Eyelashes
☐ Appetite	Variable, Scanty	Good, Excessive, Unbearable	Slow but Steady
☐ Taste	Sweet, Sour, Saline	Sweet, Bitter, Astringent	Pungent, Bitter, Astringent
☐ Thirst	Variable	Excessive	Scanty
☐ Elimination	Dry, Hard, Constipated	Soft, Oily, Loose	Thick, Oily, Heavy, Slow
☐ Physical Activity	Very Active	Moderate	Lethargic
☐ Mind	Restless, Active	Aggressive, Intelligent	Calm, Slow
☐ Emotional Temperament	Fearful, Insecure, Unpredictable	Aggressive, Irritable, Jealous	Calm, Greedy, Attached
☐ Faith	Changeable	Fanatic	Steady
☐ Memory	Recent Memory Good, Remote Memory Poor	Sharp	Slow but Prolonged
☐ Dreams	Fearful, Flying, Jumping, Running	Fiery, Anger, Violence, War	Watery, River, Ocean, Lake, Swimming, Romantic
☐ Sleep	Scanty, Interrupted	Little but Sound	Heavy, Prolonged
☐ Speech	Fast	Sharp and Cutting	Slow, Monotonous
☐ Financial Status	Poor, Spends Money Quickly on Trifles	Moderate, Spends on Luxuries	Rich, Moneysaver, Quickly on Food
☐ Pulse	Thready, Feeble, Moves Like a Snake	Moderate, Jumping Like a Frog	Broad, Slow, Moves Like a Swan

Note: Circles have been provided next to the aspects for those who wish to determine a general idea of individual constitutional make-up. Mark V for Vata, P for Pitta, or K for Kapha in each circle according to the description best fitting each aspect.

To experience characteristics different from one's respective dosha might indicate a derangement of that dosha.

Why 5 elements? For Ayurvedic Doctors

Air VATA

headaches

dry skin

constipation

nervous
anxiety

hyper
sensitivity

insomnia

premature
aging

Fire PITTA

ulcers

fevers

acne

acidity

agitation

anger

burns easily

Water KAPHA

respiratory
ailments

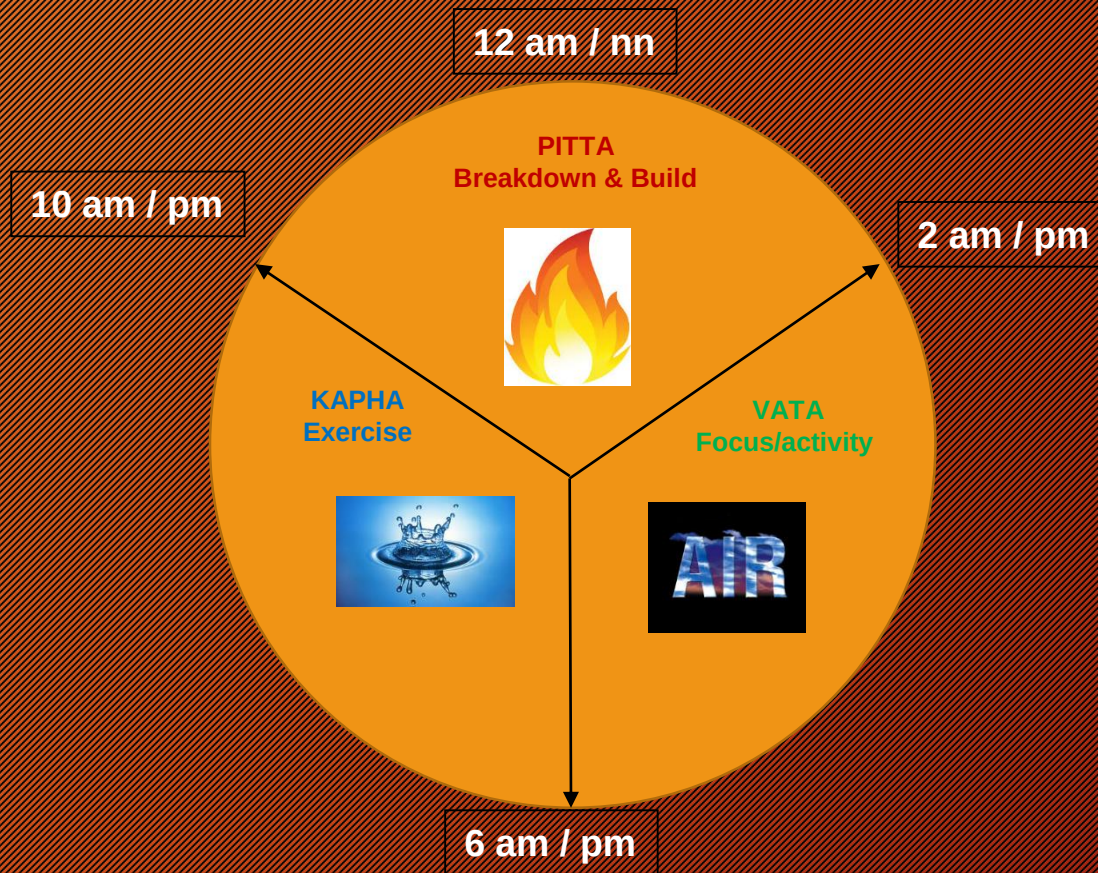
weight gain

fluid
retention

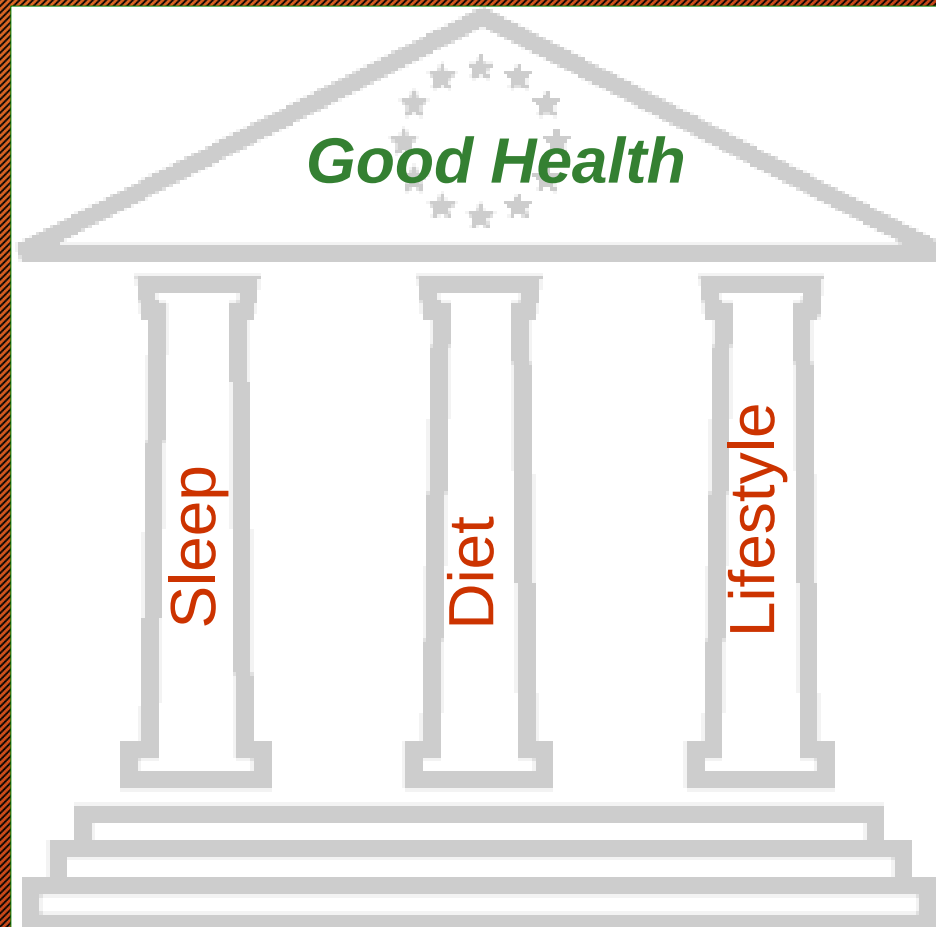
allergies

mucous &
congestion

Balancing with Nature: Sleep & Lifestyle



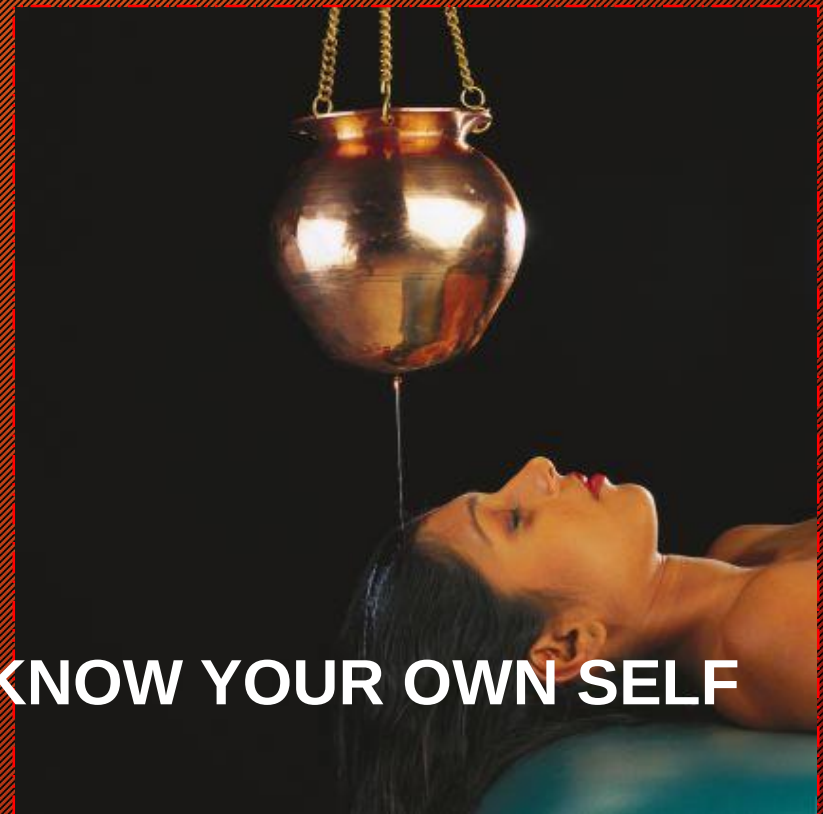
How to balance with Nature?



Ayurveda *in* your daily L I F E

√

X



You are the best person to KNOW YOUR OWN SELF

THANK YOU

