



Know Yourself

for a Healthy Life

by Shailu, Ayurvedic Lifestyle Practitioner

Om Vedic Heritage Centre Pte.Ltd

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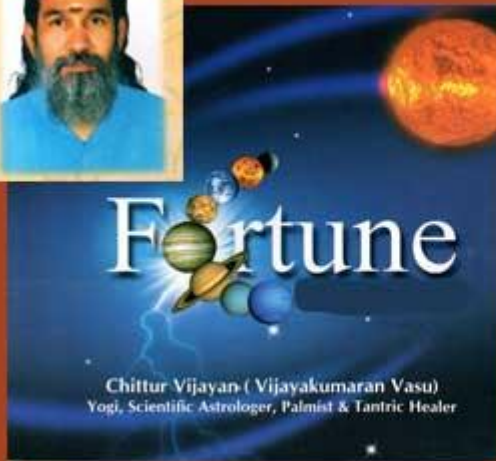


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YOGA



Fri: 7.30pm

Sat: 10.30am

@\$50/month*

or \$15/session

** terms & conditions apply*

What is Ayurveda?

Ayu = Life

Veda = Science/Knowledge

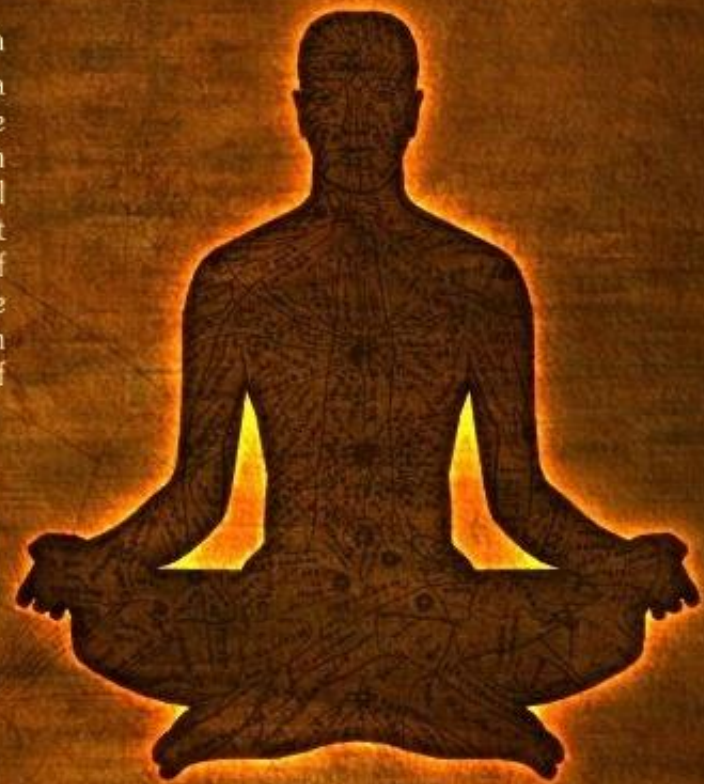
Hence, ayurveda means the

SCIENCE OF LIFE.

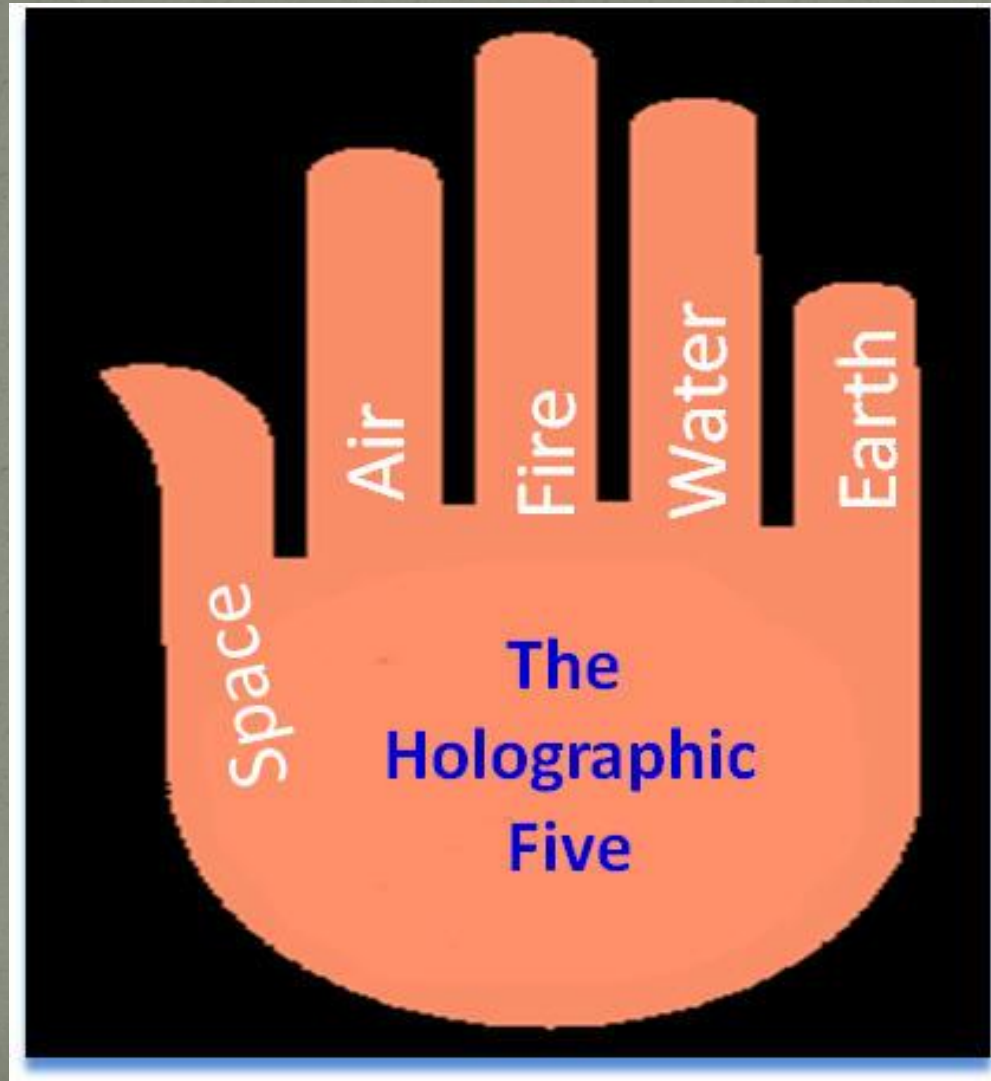


The Body Mystique

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.



The entire Universe = Pancha mahabhutas
5 elements



The entire Universe = Pancha mahabhutas

5 elements

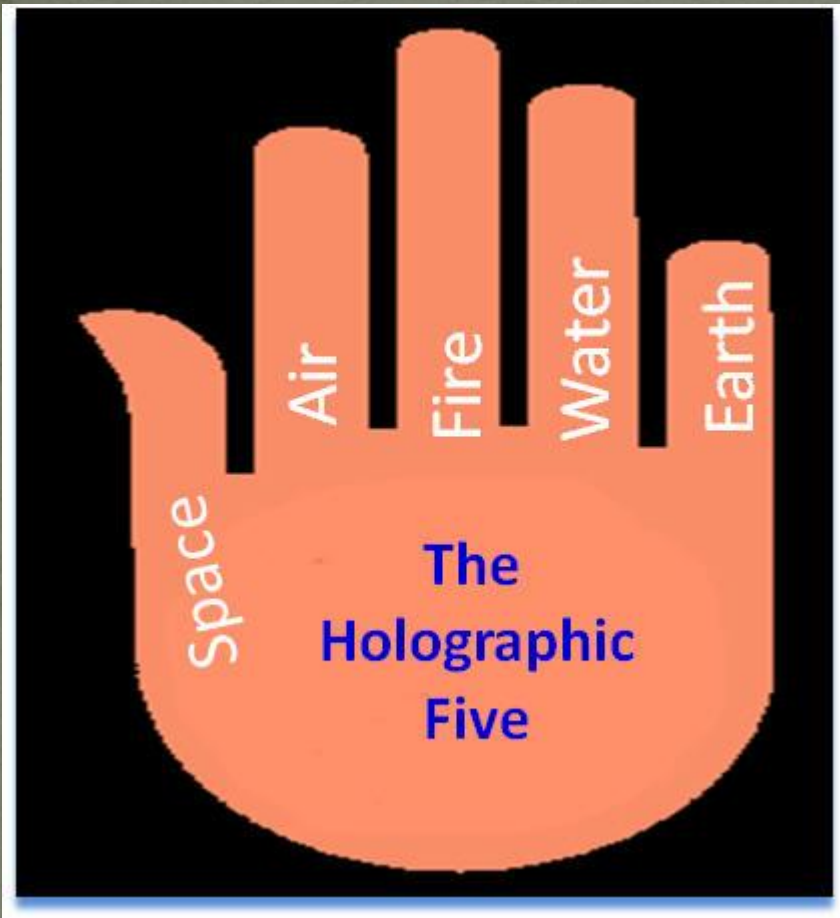
Space: Brain & all hollow Space in the body

Air: Lungs -breath / Prana, Nerve impulses

Fire: Intestine - Acids/Enzymes, digestion

Water: Kidney – Body fluids

Earth: Physical body- Bone, teeth, muscle, fat



DOSHAS

VATA

Qualities reflecting the elements of Space and Air.



PITTA

Qualities reflecting the elements of Fire and Water.



KAPHA

Qualities reflecting the elements of Water and Earth.



Know Yourself Better !

DOSHA

VATA

Cold, Dry, Light

PITTA

Hot, Wet, Light

KAPHA

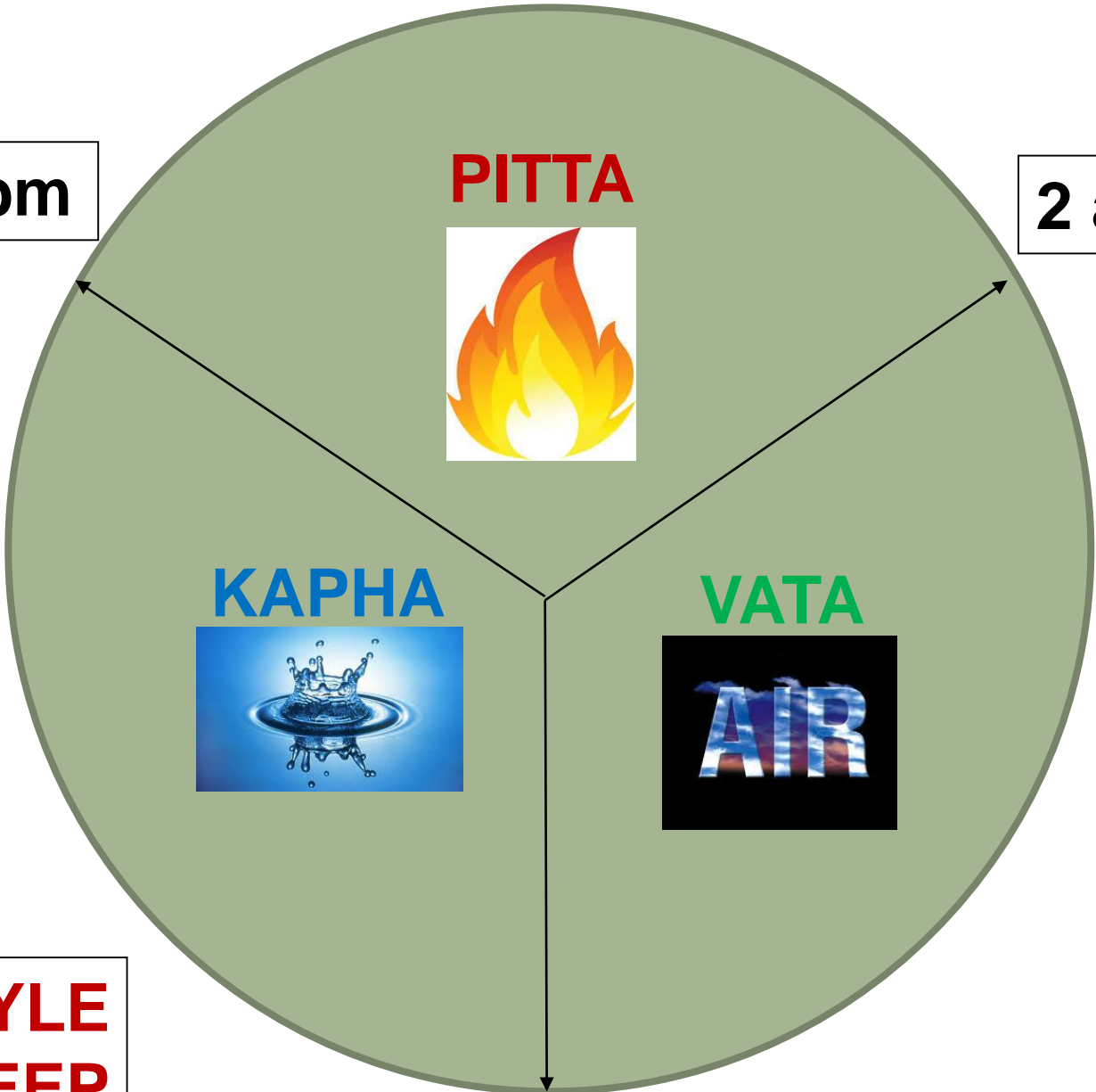
Cold, Wet, Heavy

THE V P K MANTRA

12 am / nn

10 am / pm

2 am / pm



PITTA



KAPHA



VATA



**LIFESTYLE
SLEEP**

6 am / pm

DIET

AYURVEDIC NUTRITION

AHARA VIGYAN



CONCEPT OF AGNI

(digests food & Maintains life force)



VS

CONCEPT OF AHARA

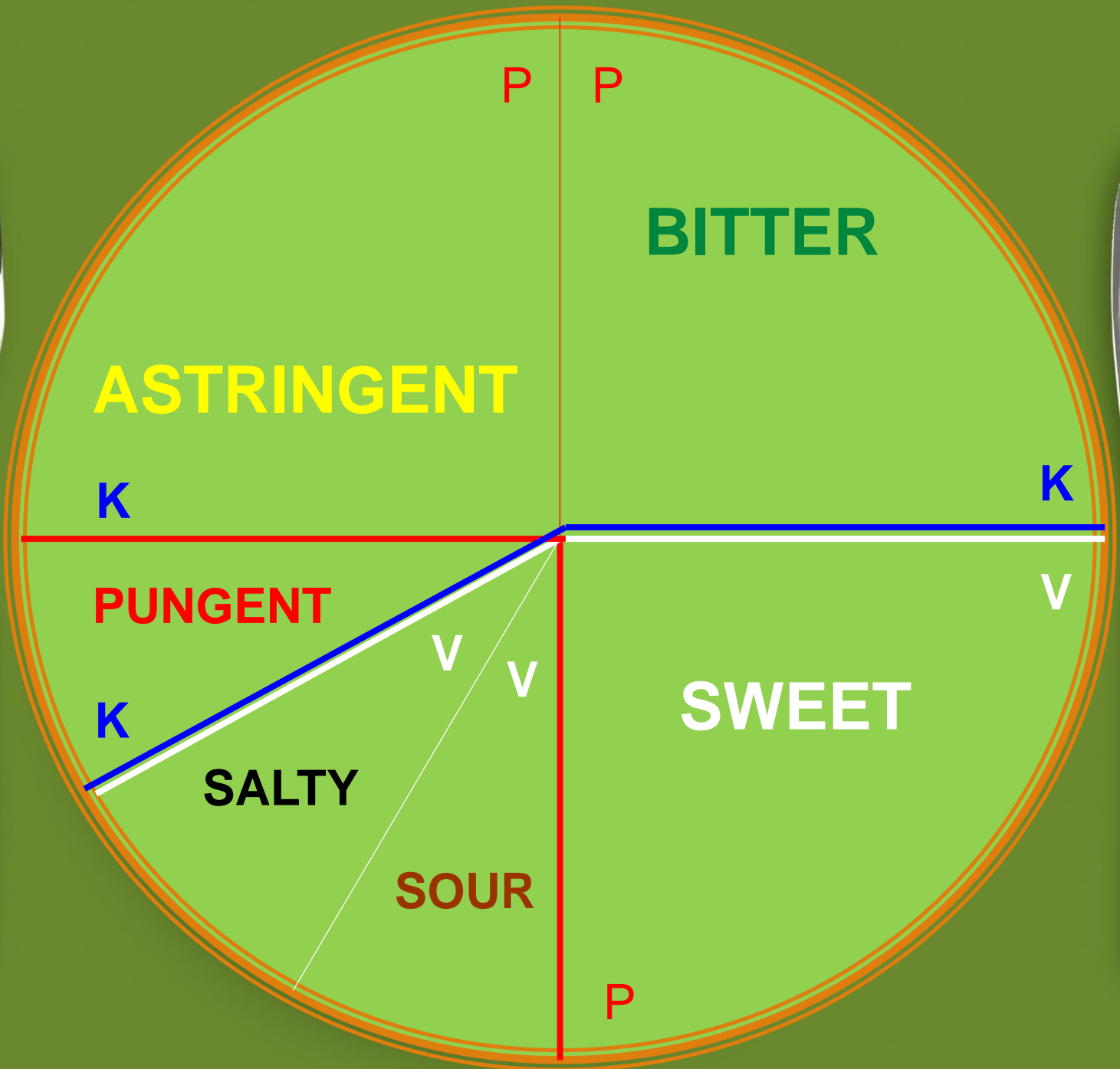
(Food: TASTES)



| | CONVENTIONAL NUTRITION | AYURVEDIC NUTRITION |
|---------------------------|-------------------------------------|--|
| WHY DO WE EAT? | Image, Looks, Emotions, To Live | For PRANA |
| NUTRITIONAL ASPECT | Calories | Panchamahabhoota (5 elements) |
| IMPORTANCE | Calory based diet | Individual Constitution |
| BALANCE | Balancing diet based on ingredients | Balanced diet based on constitution |
| DIET | Based on food groups | Based on the 6 tastes |
| RESULT | You are what you eat ! | You are what you digest ! |
| | | |

Diet Modification is based on TASTE!

| TASTE | 5 ELEMENTS |
|-------------------------|---------------|
| Sweet (Madhura) | Water + Earth |
| Sour (Amla) | Fire + Earth |
| Salty (Lavana) | Fire + Water |
| Pungent (Katu) | Fire + Air |
| Bitter (Tikta) | Ether + Air |
| Astringent (Kashaya) | Earth + Air |



Personalising diet with Ayurveda

| DOSHA | WHAT SHOULD YOU EAT ? |
|---------------------------|---|
| VATA Cold, Dry, Light | 1. Sweet, Sour, Salty 2. Warm, Wet, Heavy |
| PITTA Hot, Wet, Light | 1. Sweet, Bitter, Astringent 2. Cold, Dry, Heavy |
| KAPHA Cold, Wet, Heavy | 1. Pungent, Bitter, Astringent 2. Warm, Dry, Light |

Personalising diet with Ayurveda

| | | | | | |
|-----------------|-------|------------|------------|-----------------|---------|
| Hottest | | To | | Coldest | |
| Pungent | Sour | Salty | Sweet | Astringent | Bitter |
| Heaviest | | To | | Lightest | |
| Sweet | Salty | Astringent | Sour | Pungent | Bitter |
| Wettest | | To | | Driest | |
| Sweet | Salty | Sour | Astringent | Bitter | Pungent |

Personalising diet with Ayurveda

SIX TASTES:

- **Sweet: (water+earth)**
- Building, calming, ojas
- Grains, milk, fat (ghee)

Personalising diet with Ayurveda

SIX TASTES:

- **Salty: (fire+water)**
- Softening-Laxative, removes blocks, nourishes nerves
- Mineral salts, Licorice

Personalising diet with Ayurveda

SIX TASTES:

- **Sour: (earth+fire)**
- Stimulates digestion (not liver), Thirst relieving
- Citrus fruits (subacidic- peaches, apricots, cherries), pomogranates, cranberries. **NOT FERMENTS (yoghurt, wine, beer, pickles)**

Personalising diet with Ayurveda

SIX TASTES:

- **Pungent: (fire+air)**
- Stimulant, Dilates blood vessels-blood sugar, increases heat & metabolism
- Ginger, pepper (black/long) garlic

Personalising diet with Ayurveda

SIX TASTES:

- **Bitter: (air+space)**
- stimulates breath and metabolism (prana).
- Cleanses blood of sweet too
- Leafy greens, neem, coffee

Personalising diet with Ayurveda

SIX TASTES:

- **Astringent: (air+earth)**
- Absorbs mucous, eliminates toxins, tightening of tissues
- Triphala (gooseberry), pomogranate, cranberry, betel leaf, banana, tea

Personalising diet with Ayurveda

- **Vata(cold, dry, light):**
 - **Have:** Sweet fruits, Cooked vegetables, Mild spices (basil) Milk in moderation (warm), Nuts
 - **Avoid:** Dry fruits & grains, Raw vegetables, cabbage & beans (gas producing)
- **Pitta (hot, wet, light):**
 - **Have:** Sweet & cooling fruits & juices, Beans, Sweet & bitter vegetables, Mild cheeses(cottage cheese)
 - **Avoid:** Sour fruits, Pungent veg(3R),Nuts, Hot spices, Fermented milk products (yoghurt), Oils
- **Kapha (cold, wet, heavy):**
 - **Have:** Dry fruits & grains, Raw veg, Hot spices, Spicy herbal teas (ginger)
 - **Avoid:** Sweet fruits, Nuts, Milk products, Oil

Personalising diet with Ayurveda

Valuable digestive tonics (pomegranate or cranberry juice) because the

- 1) sourness aids digestion,
- 2) sweetness-the cool quality soothes inflammation, and
- 3) astringency restores tone to distended tissues.

DIGESTION

- Good food = good health
 - Good digestion = good health
 - Each mind/body type digests differently.
-
- **Agni** : Digestive Power
 - **Malas** : Waste Products
 - **Ama** : Toxic by-products
 - **Ojas** : Energy/Vitality/Vigor

Causes of AMA

- Having
 - large evening meals
 - Leftover food from the fridge
 - Processed and refrigerated food
 - Processed and refined food
 - Canned food/high heated/microwaved food
 - Poor food combinations

Problems caused by AMA

- Blocks physical channels
intestines, lymphatic system, arteries and veins
- Blocks non-physical channels
Nadis through which energy flows

Symptoms of AMA

- Coating of the TONGUE
- Feeling tired
- Bad breath
- Foul body odour
- Poor digestion
- Feeling of heaviness & dullness
- **EVALUATE YOUR AMA LEVEL !**

VATA

headaches

dry skin

constipation

nervous
anxiety

hyper
sensitivity

insomnia

premature
aging

PITTA

ulcers

fevers

acne

acidity

agitation

anger

burns easily

KAPHA

respiratory
ailments

weight gain

fluid
retention

allergies

mucous &
congestion

Detoxification Therapies

- **Palliation: SHAMANA**
 - Gradual reduction of aggravated doshas
- **Purification: SHODHANA**
 - Preliminary detox
 - Panchakarma
 - Vamana
 - Virechana
 - Nasyam
 - Vasti
 - Rakthamokshana

Foods that assist detoxification

- 3R: Onion, garlic, ginger: enhances circulation
- Turmeric: anti-oxidant
- Buttermilk: good bacteria
- Papaya: break down of excess protein/by-pdts
- Citrus fruits: anti-oxidants, vitamins, minerals
- **GHEE**: remedy for pitta problems, anupana
 - Improves digestion, memory, intelligence, reproductive tissues, treats mental diseases
 - AGED GHEE: reduces all 3 doshas, removes blocks
 - **Ghee (warm & light) vs Butter (cold & heavy)**

1. Trikatu



- ❖ **Dry ginger:-** Ginger stimulates salivation. Saliva, produced by the salivary glands, blends with the carbohydrates in the food in the mouth and initiates **carbohydrate metabolism**, which consequently eases digestion
- ❖ **Black pepper :-** Black pepper also stimulates **bile secretion** without increasing the volume of cholesterol and bile acid
- ❖ **Long Pepper:-** Long pepper prevents erosion of the gastric membrane by **stimulating mucin secretion** and reducing shedding of the cells present on the stomach lining.

2. Triphala

LIVER &
DIGESTIVE AID



haritaki

SUPER
ANTIOXIDANT



amla

COLON CLEANSE
& DETOX



vibhitaki



Amla (means:sour) Amalaki – meaning “sustainers” or the fruit where the “goddess of prosperity presides”.

Triphala is the combination of three herbs :-

- **Amlaki** (*Emblica officinalis*) :- It is one of the richest source of **Vit.C**, it is found to reduce **the toxic effects** of known **carcinogens**, mutagens and clastogens.
- **Haritaki** (*Terminalia chebula*) :- Its widely used as a laxative and astringent, **skin and liver diseases**. Possesses anti microbial, anti HIV, anti malarial, anti fungal, anti diuretic and anti mutegenic effects.
- **Vibhitaki** (*Terminalia bellerica*) :- It is reported to exhibit a variety of biological activities including **anti mutagenic**, anti microbial, **anti viral**, anti anaphylaxis, anti cancer, **anti oxidant** and free radical scavenging activities, protective effect against oxidative stress induced **hepatotoxicity** ..

TRIPHALA (Three Fruits)

- Nutritional value
- Cleansing action
- Mild laxative
- Stimulates digestive health
- Improves liver and gallbladder function
- Boosts immunity
- etc

HOW MUCH TO EAT?

| | |
|-------------|--------------|
| AIR | WATER |
| FOOD | FOOD |

Tridoshic Diet

- Ayurveda recommends a **Sattvic Diet** (for all 3 doshas) to keep your brain in balance.
 - Sattvic: Balanced
 - Rajasic: Hyperactivity
 - Tamasic: Sluggishness
- Eating too much of **rajasic or tamasic** food is said to create a chemical imbalance in the brain.

VEGETARIAN ??

