

What is ayurveda?

It is often suggested that Ayurveda originated more than 4000 years ago, making it one of the oldest systems of wellbeing known to man. It comes from India and is based on a philosophy of health and lifestyle that treats the whole person – not just the symptoms, which is why it makes sense today. It might be old but in fact it's got real modern values. Ayurveda includes combining nutrition, herbal remedies, yoga and massage to heal and nourish your body and spirit.

What does ayurveda mean?

Taken from the Sanskrit (the ancient language of India), ayurveda translates as 'knowledge of life' and can be interpreted as a priceless wisdom.

Being Kapha

Kapha	meaning 'to embrace' in Sanskrit
Elements	water and earth
When balanced	affectionate, compassionate, forgiving, steady
When out of balance	lethargic, overweight, possessive

Your ayurvedic lifestyle

Keep fit: increase your get-up-and-go and take more high-impact exercise to raise your metabolism, boost natural release of endorphins and prime your body for action. Avoid slipping into a sluggish routine, don't oversleep and fight the temptation to sleep during the day.

Mind power: set daily goals for visualisation to combat bouts of laziness, depression and to shield you from your more envious side. This will help you create images of achievement and trigger an attraction towards these sought-after desires.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for kapha is 'bellows breath' which deepens the quality of your breathing. Meditation will also help a kapha active dosha by purifying the respiratory system by expelling stale air.

Nutrition: follow a light diet of fresh, cooked, easily digestible foods and avoid eating too much mucous-producing food. Favour spicy hot food instead; light soups, apples, pears, grains and foods that are easy to digest. Keep away from sweets, dairy products and fatty foods. For beverages stick to ginger tea, and avoid over eating and sleeping in the daytime.

Massage: add a dose of vitality-boosting movements to your daily regime. Kapha constitutions thrive on energising treatments so get into the habit of scrubbing your body daily with a body brush, and book a deep (tomatic) massage once a month delivered with a stimulating natural ayurvedic body oil.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Ruby and red garnet are good for kapha's imbalance of low energy or poor circulation. Or try yellow gems for a weak immune system or weight problems.

Scent

earthy kaphas will warm to lavender, sandalwood, fennel and frankincense



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t/f +44 (0)208 566 1498