

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/Vata

Kapha Kapha meaning 'to embrace' in Sanskrit

Vata meaning 'what moves' in Sanskrit

When balanced open, friendly, compassionate

When out of balance easily hurt, a tendency to lash out at others, multiple personalities, highly sensitive, mood swings

Your ayurvedic lifestyle

Keep fit: you'll benefit from sports which keep your motivation high, such as running or even ballet dancing. Work to your personal rhythm, and try and get a friend involved too. Exercising with someone else is the supreme motivator for kapha/vata.

Breathe easy: achieve a better state of mind and body through controlled breathing or pranayama as they say in ayurveda. Pranayama practice for kapha/vata types is the 'complete breath' which is the basic breathing technique of ayurveda. It encourages you to breathe fully, bringing oxygen deep into the cells and pulling out toxins. It is also incredibly calming.

Mind power: nothing is quite like harmonising the kapha/vata mind. Find time to focus and re-align your thoughts, which will foster a sense of calm and letting go! Do this with Tri-Dosha Shirobhyanga, a fantastic way to restore equilibrium by specifically working on vital points on the head.

Nutrition: think warm, comfort foods, full of sour, salty and pungent tastes. Kapha/vata types are particularly susceptible to the cold, which also means the lack of heat usually manifests physically as digestive disturbances, especially constipation, and respiratory disease. Heavy mucus production is also common.

Hands-on: stay on an even keel by taking regular Tri-Dosha Marma Abhyanga treatments. This works on igniting the body's energy and life force. Or try the Tri-Dosha Mukhabhyanga: a remedial therapy for the face, which increases physical and mental wellness.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Lapis Lazuli is a beautiful stone which soothes vata, and can help heal feelings of fear, anxiety, and depression sometimes found in kapha types.

Scent

kapha/vata should try warming peaceful scents such as rosemary, camphor and basil



Tri-Dosha was formed to provide people with innovative ayurvedic components, treatments and expert education to live long, healthier and more inspiring lives. If we can produce products that are ethically sourced, responsibly made and life enhancing in all aspects, we believe the world will become a much better place.

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