

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 Pitta

Pitta	meaning 'what cooks' in Sanskrit
Elements	fire and water
When balanced	articulate, courageous; have a sharp intellect and content
When out of balance	irritable, demanding, and suffer from skin problems

Your ayurvedic lifestyle

Keep fit: you'll benefit from swimming lengths and to stay in shape go for yoga asanas (postures) that stretch the back muscles and improve digestion such as boat, half locust and bow, and fish for physical wellbeing and emotional balance.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for pitta is 'breath of fresh air' which purifies and recharges the body. Meditation will also help a pitta active dosha feel deeply nurtured and improves cleansing of organs.

Mind power: as pittas can be known for being intolerant to heat, hypercritical and judgmental it's important to focus on generating healing. Do this by using symbols and images to visualise how your immune system fights and defeats physical and mental disease.

Nutrition: avoid hot and spicy food and limit your intake of alcohol, black tea, meat, eggs and salt. Instead, favour sweet, bitter and astringent tastes which are cooling and refreshing. Eat regular meals and take regular breaks from work.

Helping hand: use a coconut oil to massage to the scalp and feet daily - the classical way to cool the pitta fire. Then book professional abhyanga (full body oil massage) once a month, delivered with a rajasic (medium) touch.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. For protection from pitta fevers, inflammation and ulcers, choose red coral. Or try green gems which contain brain stimulants and helps with concentration.

Scent

fiery pitta can be balanced with lavender, jasmine and ylang ylang.



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