

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/kapha

Pitta meaning 'what cooks' in Sanskrit

Kapha meaning 'to embrace' in Sanskrit

When balanced powerful intellect, calm, steady disposition, bucket loads of stamina and endurance, resourceful in a crisis, mentally well-balanced, robust, a healthy appetite for food, exercise and sex!

When out of balance over confident, angry when stressed out

Your ayurvedic lifestyle

Keep fit: kapha types are traditionally blessed with a powerful physique to promote good health, while the pitta in you ensures an active metabolism. Stay at the pinnacle of health with regular high impact exercise.

Breathe easy: achieve a better state of mind through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for pitta/kapha people is 'detox breath,' a superb breathing exercise that improves elimination of toxins from the body. It also strengthens the lungs; massages and tones the abdominal muscles, and refreshes the nervous system.

Mind power: encourage a good mental disposition through candid self-reflection. This will temper pitta's anger and moderate kapha's cautiousness. It's crucial to build a sense of intuition and consideration for others, and a moment of tranquillity will do the trick.

Nutrition: leave bitter and astringent tasting foods well alone! They are known to 'dry' out the overly oily qualities inherent in both kapha and pitta dosha, which are required to balance these types both mentally and physically.

Hands-on: Kick start bad circulation with an energising Tri-Dosha Pinda Sweda, whereby therapeutic herbal powders are tied into the muslin cloth and firm techniques are used to push the herbs and oils into the body. It will leave you nourished and rejuvenated while lessening fatigue and cleansing the digestive tract.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. For soothing kapha while stimulating pitta, try a blue sapphire. It can help boost the skeletal system in general and is strengthening for muscles.

Scent

jasmine, juniper and frankincense are said to cool but also purify duo body type pitta/kapha



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