

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 Vata

Vata	meaning 'what moves' in Sanskrit
Elements	ether (space) and air
When balanced	vibrant, enthusiastic, imaginative
When out of balance	restless, anxious, underweight

Your ayurvedic lifestyle

Keep fit: swimming is the perfect exercise to ground vata types. Yoga asanas (postures) are ideal for vata shapes, as they stretch the pelvic muscles with forward bending, back bending and spinal twists.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. For vata, the best exercise is an alternate nostril breathing method which will balance erratic energy. Meditation will also help calm your active mind.

Mind power: vatas are known for being creative and spontaneous - yet you can also be forgetful! To help, a visualisation exercise is an effective remedy. It's easy. Just relax, creating peaceful and positive images of inner peace, which release tension and dissolve anxiety.

Nutrition: it's important to establish a regular routine for mealtimes. Go for sweet, sour, salty, warm, heavy and strengthening food to nourish the vata dosha. When it comes to teas, think warming ginger or nutmeg. And don't forget, eat in a calm environment.

Hands-on: give yourself an energising oily massage early every morning and go for a professional treatment once a month. Use a sattvic oil together with a light and harmonising touch to calm your vata dosha.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. For protection from the cold, vata can choose carbon steel. Or try topaz, which contains ether, air and fire, and promotes passion, relieving fear.

Scent

soothe airy vata
with rose, orange,
geranium and basil



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