

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/pitta

Vata meaning 'what moves' in Sanskrit

Pitta meaning 'what cooks' in Sanskrit

When balanced creative, highly focused

When out of balance poor circulation, crave heat, tend to lack self esteem, dominating, commanding

Your ayurvedic lifestyle

Keep fit: it's essential to pursue kapha-building exercises, which are gentle forms of movement to stabilise and ground you.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for vata is alternate nostril breathing which will balance erratic energy. Meditation will also help calm an active mind. The pitta side of you also benefits from this cleansing.

Mind power: add a dose of wholesome mental exercises to your daily regime. This will help to balance your quick-witted but fiery nature! By keeping an active mind you'll be less tempted by unhealthy addictions – a common feature in both vata and pitta doshas in isolation.

Nutrition: favour sweet-tasting foods (lucky you!). But a word of warning, vata/pittas traditionally love to eat but have trouble digesting large meals. So avoid overeating.

Hands-on: Strike a balance by plumping for Marma Abhyanga, which works on all the vital body points. Then go for a shirodhara treatment to calm the mind and release stress from the nervous system.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Amethyst is good for vata/pitta types as it said to control your emotions and boost clarity of thought. Or try emerald to help soothe nervousness and is very calming for both vata and pitta.

Scent

duo body type vata/
pitta takes comfort in
rejuvenative scents
like cedarwood,
vettivert and lavender



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