

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 Tri-Doshic

Elements	good all round balance of fire, air and earth
When balanced	powerful, sociable, energetic
When out of balance	loss of senses; can suffer from anxiety, worry, dryness, constipation, menstrual problems

Your ayurvedic lifestyle

Keep fit: fortunately, your body type is generally considered strong and in good health with no lasting pains or problems. It's the most rare of the seven types. Moderate exercise in something you enjoy is the best way to stay in shape.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for tri-doshic people is the sounding breath, also known as ujjay. You'll need to be in corpse pose! It will help slow down your vata energy, and purify the respiratory system by expelling stale air.

Mind power: help to eliminate areas of imbalance in your life, which could be out of sync: health, lifestyle, emotional problems, work, try mindfulness meditation for body awareness and feelings. A great technique for you balanced types to develop your intuitive wisdom further.

Nutrition: well-balanced already (lucky you!), keep an eye on stocking nutritionally balanced foods, and stick to regular meal times.

Hands-on: the best way to maintain your natural-given balance is daily self-massage with an ayurvedic oil blend such as Tri-Dosha danwantari. Fused with a bountiful selection of medicinal herbs, your body will feel nourished and nurtured.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Tri-Dosha types can choose from a gamut of selection, but before you wear your stone, you should purify it so you do not carry the vibrations of anyone who has worn it before you.

Scent

maintain your tri-dosha balance with emerald for soothing vata, jade to strengthen your pitta and ruby to warm the kapha heart!



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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