*‘Ayur’ translates as the dynamic expression of consciousness ~ i.e. Life*

## ‘Veda’ translates as knowledge integrated into your being or experiential knowledge

## Ayurveda is the Knowledge or Science of Life

 **It is of great significance to note that Kriya Kala ~ the disease process has 6 stages:**

|  |  |
| --- | --- |
| **Stage of Disease** | **Symptoms** |
| 1. Accumulation
 | Dosha increases in primary site –we experience mild effects of increased dosha – symptoms come and go – there is the desire for opposite qualities so the body remains intelligent |
| 1. Aggravation
 | Symptoms now occur at secondary doshic sites - symptoms are now moderate and we feel unwell but can still function in everyday life – they still come and go |
| 1. Overflow
 | Dosha invading other doshic sites, moving out of G I Tract – symptoms still come and go but are stronger and may prevent usual daily activities |
| Up to this stage we can successfully treat ourselves with diet, lifestyle and simple herbal preparations. |
| 1. Relocation
 | Dosha moves to vulnerable site – moderate to severe symptoms which are generalized, i.e. not disease specific – can see problems in functioning of systems of body – immunity weakens |
| 1. Manifestation
 | Recognizable disease with fixed symptoms |
| 1. Diversification
 | Secondary complications to disease state, irreversible structural changes. |
| The good news is Ayurveda recognizes the disease process has begun well before Allopathic medicine can do the same meaning we can interrupt the cycle! We can stop the cycle by observing our body and mind and ensure that when a dosha is accumulating we take steps to reduce the dosha. We can also look for the cause, is it mental, environmental, our lifestyle, our diet etc.? |

|  |
| --- |
| So what are the Doshas?Doshas are intelligent forces responsible for the metabolic functioning of our physiology and psychology. |
|  | **Vata** | **Pitta** | Kapha |
| Elements | Air & SpaceGoverns mix of air in space | Fire & WaterGoverns mix of fire in medium of water | Earth & WaterGoverns mix of earth in medium of water |
| Functions | *“Principle of Movement”*Responsible for all cycles and communication. It co-ordinates the activities of the body and mind. It is the energy of propulsion moving substances around the body, including thoughts or movements of the mind giving the energy for mental perception. It regulates respiration, cardiac & digestive functions. Rules the nervous system and is in charge of the expulsion of wastes.Centered in colon | *“Principle of Transformation”*Controls all metabolic activities where substances are transformed from one thing into another. Governs all secretions in GI tract, enzymes & hormones. Regulates digestion and the assimilation of nutrients. Also body temperature, hunger and thirst. Your complexion. Rules fear, anger, sexual desire giving courage and intelligence allowing for mental digestion.**Centered in small intestines** | *“Principle of Cohesion & Lubrication”*Responsible for the growth and sustenance of the body. Controls the integrity and interlinking of different cells. Protects the body from wear and tear. Maintains flexibility, strength and immunity.Gives the capacity for reproduction. Creates feelings of contentment, calmness and provides a good memory.Centered in stomach |
| Physiological substance | **Wind**:the energy produced from digestion and breathing including waste gases | **Bile:** the product of the breakdown of the haemaglobin portion of blood | **Mucous:** the ejectable portion of plasma, the nutrient portion of blood |
| Increased doshic effect upon agni (our digestive capacity) | **Vata** tends to accumulate creating wind within the stomach causing the flame to blow off and on giving a variable capacity to digest. | **Pitta** tends to accumulate in the stomach and small intestines as **acids** or excess bile where it creates too much heat and our food is literally burnt up so we cannot receive nutrition. The fire is hungry wants more fuel. | **Kapha** secretes liquids in the stomach to aid digestion which when produced in excessive quantities is just like placing an asbestos blanket over the digestive fire. |
| Immediate effects of accumulation | We will feel cold and generally dry on tongue, skin etc. Likely to experience bloating, wind, constipation etc. Our stools become like rabbit droppings or they change often, soft to hard etc. Our appetite will be variable. We may feel ungrounded, anxious.The face is dull, dark brown and grey colours may be present – especially in the coating on the tongue  | We will feel hot. There may be burning sensations, rashes, infections and inflammations. The stools are likely to be soft and we may experience diahorrea.Our appetite will be fierce and we maybe thirsty. We may feel irritable and angry.The face is glossy and may be oily, colours such as yellow, red and green may be present - especially in the coating on the tongue | We will feel cold and may feel heavy and nauseous, congested and lethargic. There will be excessive secretions and mucous. There may be oedema or swollen joints and glands. The stool will be soft and may be a little frothy, i.e. mucous is present.At first our appetite will be low then it may increase.We may feel tired and emotional, overly sentimental. The face is pale and oily, colours will be pale such as white or clear - especially in the coating on the tongue. |
| Other signs of doshic excess | EmaciationDrynessFeeling coldDesire for hot thingsTremoursRinging in earsPainLoss of strengthLoss of sleep (busy mind)Loss of sensory functionIrrelevant speechGiddiness, Anxiety, Fear | Yellow discolouration in stool, skin, eyes, urine, tongueExcessive hunger or thirstFeeling of burning, fever, inflammation, infectionRestless sleep as body feels uncomfortable Feeling irritable or angry | Suppressed appetiteIncreased fluids like salivaLassitudeFeeling of heavinessWhite colouration on tongue, stool, urineExcessive eating leading to being overweightLoosening jointsCongested breathingExpectorating type coughExcessive sleep |
| Ama created by digestive dysfunction | This is undigested material, which is not assimilated by the body nor evacuated. It is sticky, white fermented type material that clogs up the lining of the GI Tract. As it accumulates it prevents the proper assimilation of nutrients across the membranes of the GI Tract and eventually may begin to enter the deeper tissues of the body. |
| Signs of ama accumulation | * The tongue is coated
* Stools are foul smelling and sink
* Feeling of being weary & unenthusiastic
* Feeling of heaviness
* Difficult to wake in the morning, still feeling tired
* Lacking in mental clarity and energy
* There are general aches and pains
* There is congestion such as sinusitis, constipation
* Suffering from frequent indigestion such as heart burn, gas or bloating
 |
| Treatment of doshic excess is based on the gunas (qualities) where‘Opposites Decrease’ | Vata is cold, dry, light, subtle, mobile, hard, rough, clearThe keys to reducing vata are regularity, hot, oily and gross. | Pitta is hot, light, subtle, spreading, sharp, soft, smooth, clear, slightly oilyThe keys to reducing pitta are cool, clarifying, consolidating & surrendering | Kapha is cool, heavy, gross, dense, static, dull, soft, smooth, cloudyThe keys to reducing kapha are hot, light and mobile. |

 **The Formation of the Dhatus ~** the tissues of the body

|  |  |  |  |
| --- | --- | --- | --- |
| **Tissue** | **Secondary tissue** | **Waste** | Nutrients drip through the layers of tissue 1/10th forms next tissue the remainder becomes the secondary tissue or waste material. The cycle takes 35 days on average. |
| Rasa/ plasma | Menstrual tissue | Phelgm |
| Rakta/Red Blood Cell | Tendon/Blood vessels | Bile |
| Mamsa/Muscle | Ligament/Skin | Ear Wax/Navel lint |
| Meda/Fat | Omentum | Sweat |
| Asthi/Bone | Teeth | Nails/Hair |
| Majji/Marrow NS | Sclerotic Eye fluid | Tears/Eye mucous |
| Sukhra/Reproductive fluid | Ojas | Smegma |
| Potential disease conditions as dosha enters the deeper tissues (note: many disease conditions involve more than one dosha) | Vata:Colic, Arthritis, Bone Disease, Ear Problems, Parkinson Disease…… | Pitta:Hypertension, Ulcers, Liver disease, Anemia, Gout, Migraines…… | Kapha:Obesity, Edema, Heart Disease, Diabetes, Asthma, Candida, Tumors…… |

**DOSHA AGNI & PRANA**

**ARE THE THREE PILLARS OF AYURVEDA**

© Sarah Beck