

YOGA

HFIT 163-007

FALL 2020

AYANNA WELLS MS, CHES, RYT, CPT

11/17/20

Ayurveda History

- oldest healing science
- Sanskrit, Ayurveda means “The Science of Life”
- more than 5,000 years old from the ancient Vedic culture
- prevention through balance
- holistic mind-body-spirit approach to health and well-being
- heals the root cause of disease



Doshas

- 3 basic types of energy
- all people have the qualities of all 3
- disease in Ayurveda is viewed as a lack of proper cellular function due to an excess or deficiency
- imbalance
- interplay of the energies of the five great elements—Space/Ether, Air, Fire, Water and Earth

VATA= movement

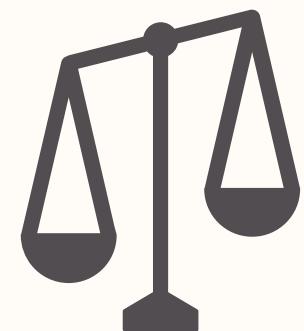
SPACE/ETHER & AIR



Controls breathing, blinking, muscle and tissue movement, pulsation of the heart, and all movements of the cells.

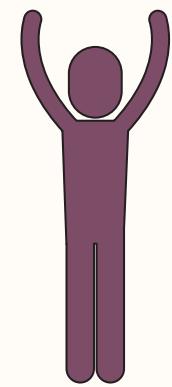


IN BALANCE =
PROMOTES CREATIVITY
AND FLEXIBILITY



OUT OF BALANCE =
PRODUCES FEAR AND
ANXIETY

- Alert, restless and very active
- Walk, talk and think fast, but are easily fatigued
- Less willpower, confidence, boldness and tolerance for fluctuation than other types and often feel unstable and ungrounded.
- More susceptible to diseases involving the air principle, such as emphysema, pneumonia
- Flatulence, tics, twitches, aching joints, dry skin and hair, nerve disorders, constipation, and mental confusion= increase with age

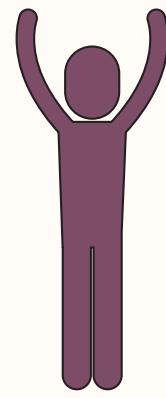


Pitta= metabolic state

FIRE & WATER



Controls digestion, absorption, assimilation, nutrition, metabolism and body temperature.



- Alert and intelligent and have good powers of comprehension
- Short temper and anger easily
- Like to be leaders and planners and seek material prosperity
- Like to exhibit their wealth and possessions
- Tend to have diseases involving the fire principle such as fevers, inflammatory diseases and jaundice

IN BALANCE =
PROMOTES
UNDERSTANDING AND
INTELLIGENCE



OUT OF BALANCE =
PRODUCES ANGER,
HATRED AND
JEALOUSY

KAPHA= lubrication

EARTH & WATER



Controls bones, muscles, tendons and lubricates joints, moisturizes the skin, and maintains immunity.

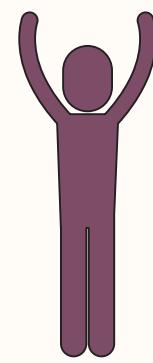


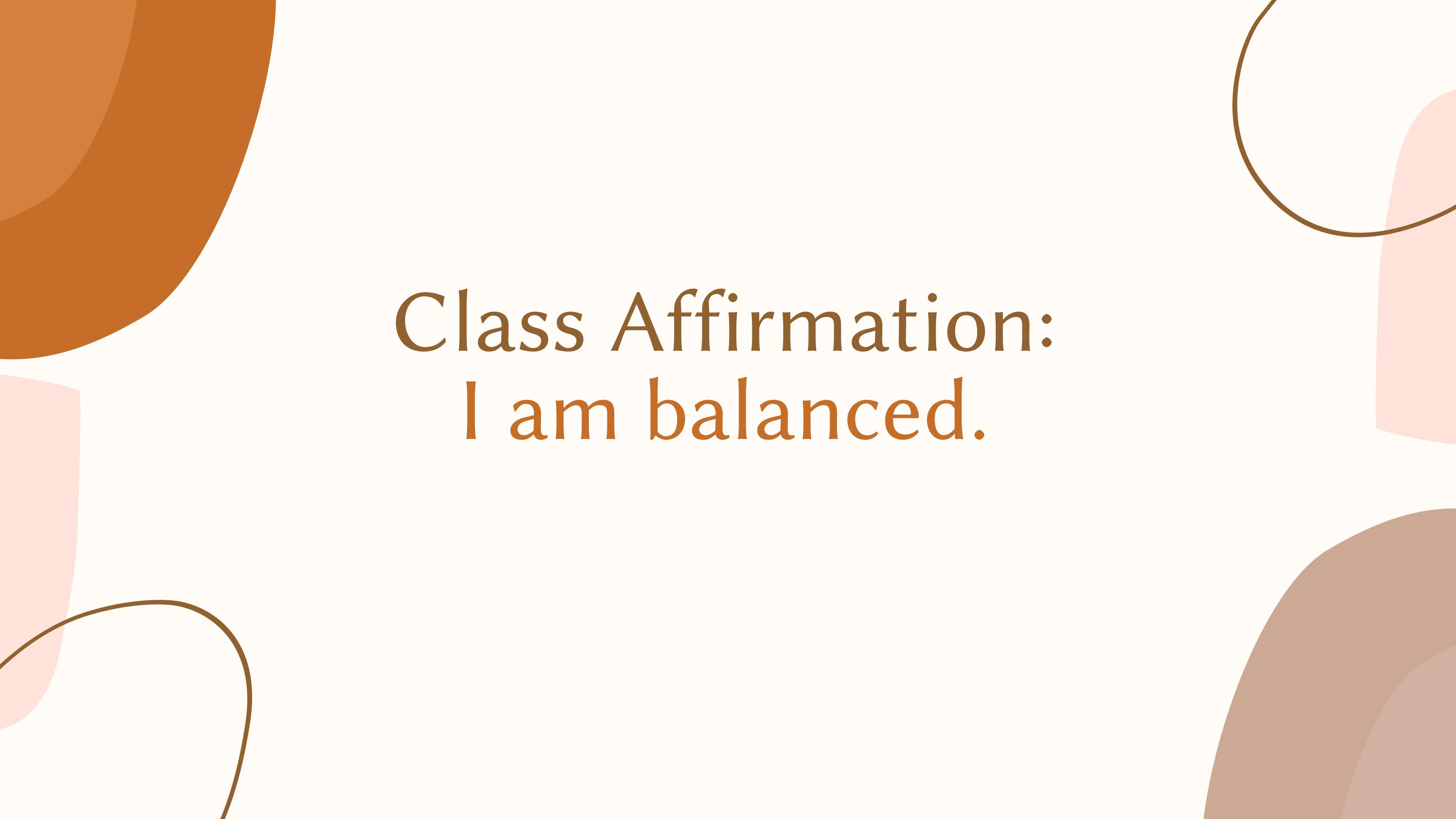
IN BALANCE =
PROMOTES LOVE,
CALMNESS AND
FORGIVENESS



OUT OF BALANCE =
PRODUCES
ATTACHMENT,
GREED AND ENVY

- Calm, tolerant and forgiving
- May become lethargic
- May be slow to comprehend, their long term memory is excellent
- Tendencies toward being grounded and stable
- (water) flu, sinus congestion, and other diseases involving mucous
- Sluggishness, excess weight, diabetes, water retention, and headaches are also common
- As the moon gets full because there is a tendency for water retention





Class Affirmation:
I am balanced.

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DOSHAS



Vata

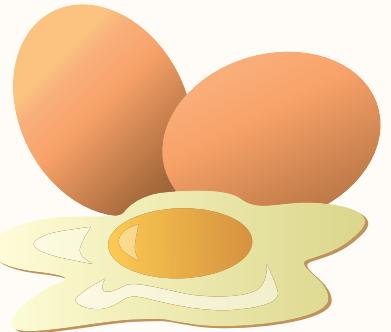


Pitta



Kapha

VATA



- Warming, freshly cooked, nourishing, mushy foods, like soups, stews, and one-pot-meals
- But too much food at a sitting—is too heavy for the lightness of the vata digestive system
- They should avoid sugar, caffeine and tobacco

General guidelines for balancing vata:

- Keep warm
- Keep calm
- Avoid cold, frozen or raw foods
- Avoid extreme cold
- Eat warm foods and spices
- Keep a regular routine
- Get plenty of rest



Intensity is addictive=
more meditation and
calming practices

Pitta

Vegetarianism is best for pitta people and they should refrain from eating meat, eggs, alcohol and salt



- Fresh, cooling, bitter foods to calm
- Tend to have strong appetites because they also have strong digestive systems
- Tend to tolerate raw foods better than the other doshas but they must be careful to avoid hot foods, alcohol, caffeine, irritability, high aggression, and anger because these will create too much pitta and weaken the digestive system.
- Can tolerate sweetness better than others
- Coffee, alcohol and tobacco should be completely avoided



General guidelines for balancing pitta:

- Avoid excessive heat
- Avoid excessive oil
- Avoid excessive steam
- Limit salt intake
- Eat cooling, non-spicy foods
- Exercise during the cooler part of the day

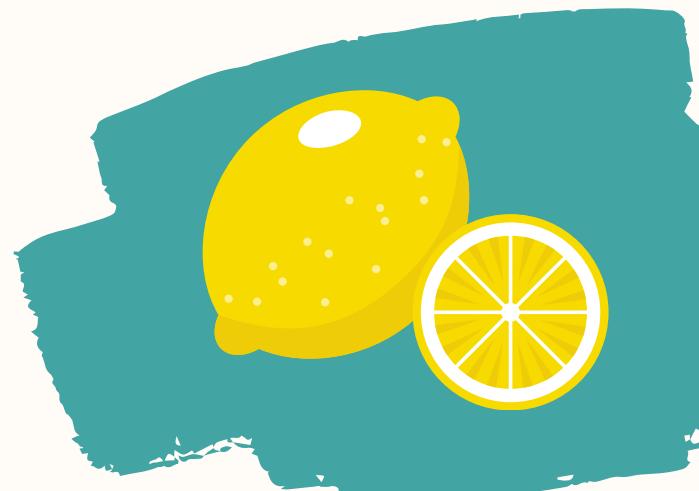


problems with control= practice surrender

Kapha



- The pungent, bitter, and astringent tastes traditionally decrease kapha by drying the body
- Moderate amount of warming, light, freshly cooked
- Foods that will invigorate their minds while limiting their overall consumption of food
- They should avoid sweets, dairy products and fats of any kind, especially fried or greasy foods



General guidelines for balancing pitta:

- Get plenty of exercise
- Avoid heavy foods
- Keep active
- Avoid dairy
- Avoid iced food or drinks
- Vary your routine
- Avoid fatty, oily foods
- Eat light, dry food
- No daytime naps



activity= best medicine (motivating)

Tridoshic



The Tridosha body type is considered to be rare (< 5% of population)

PHYSICAL CHARACTERISTICS:



BALANCED: strongest immunity. Individuals with this body type are rarely sick if they follow a good diet. Warm, well-seasoned food and drinks are the best for the TriDosha person. Due to the balanced digestive strength, this Ayurveda type can also digest cabbage and legumes with ease.

UNBALANCED:

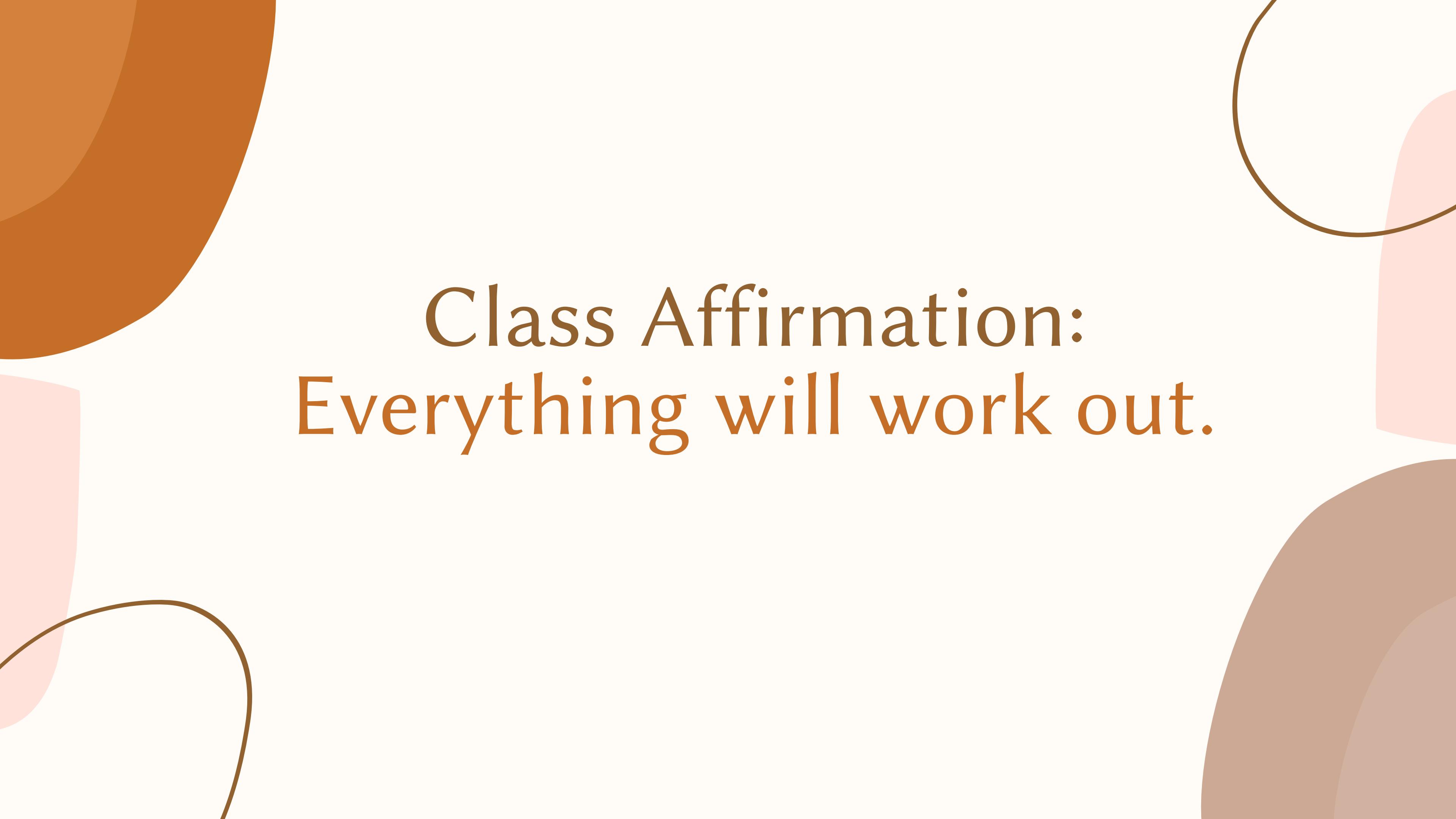
- If Kapha is too high they tend to gain weight.
- If Pitta is too high they suffer from inflammatory conditions
- Vata is too high they can develop issues with joints and muscle

EMOTIONAL CHARACTERISTICS:

BALANCED: have well developed emotional coping strategies. They feel content and satisfied with their lives.

UNBALANCED:

- Kapha out of balance – they can be lethargic and apathetic,
- Pitta out of balance they can feel angry and become aggressive and with
- Vata out of balance they can be prone to anxiety.



Class Affirmation:
Everything will work out.