

Traditional Medicine and Ayurveda



The Intuitive Sciences

Presented by Elham Ansari

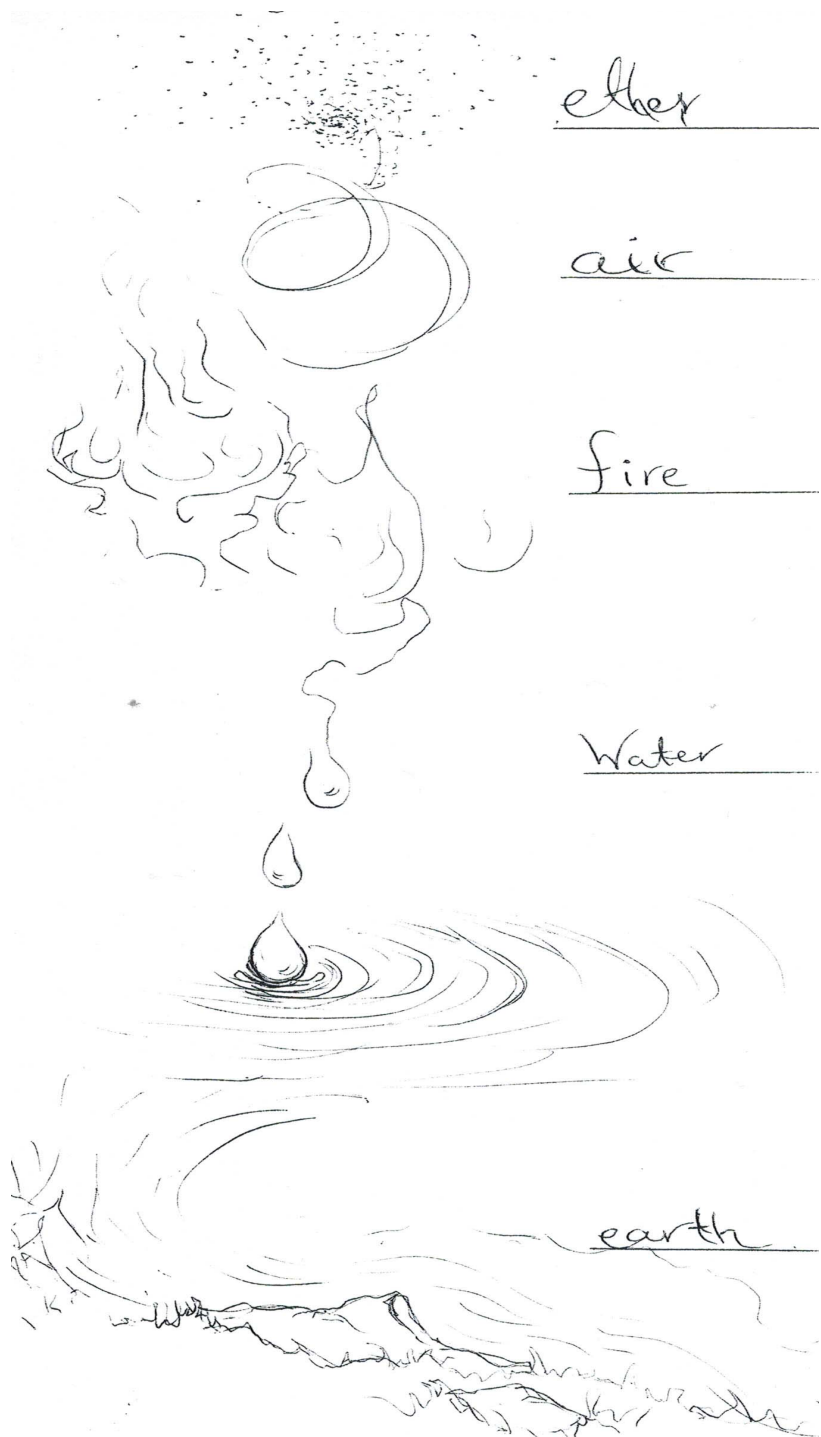
Ayurveda

The Science / Knowing of Life

The observation of life

Not a man made science,
but a revelation from within

What was (is) observed
by the observer when the
observer observed?



Through intense contemplation and meditation upon the outer and inner world the Reshis (seers) perceived that all living things were comprised of the 5 elements, and their attributes...

This is the root of Ayurvedic philosophy,
The knowing of the elements and their attributes....

In the beginning...

The Rishis perceived that in the beginning the world existed in an unmanifested state, of consciousness, avyakta, meaning “not manifest.” - **Ether or Space** element.

When this ethereal element began to move, through its subtle movements, was created the **Air** element.

The movement of air produced friction, and through friction, heat was generated. Particles of the heat combined to form intense light and from this light the **Fire** element emerged.

The heat of the fire dissolved and liquefied certain ethereal elements, forming **Water**, which then solidified to form the molecules of **Earth**.

The Five Elements and Their Attributes

Ether - cold, dry, light,
mobile, subtle, quick, clear

Air - cold, dry, light,
rough, mobile, clear

Fire - hot, light, dry,
sharp (penetrating), mobile (spreading)

Water - cold, heavy, moist
liquid, smooth, rough, spreading

Earth - cold, heavy, dry
dense, solid, hard, stable, heavy, slow, dull, cloudy

The Five Elements Express In the Body

Ether - cold, dry, light,
The hollow spaces in the body. Hollow organs, cavities

Air - cold, dry, light,
Respiration. Circulation. All voluntary and involuntary movements

Fire - hot, light, dry,
All chemical processes. Metabolic function of body. Temperature

Water - cold, heavy, moist
All fluids in the body, mucous secretions

Earth - cold, heavy, dry
All solid, dense tissues and products of the body

The Five Elements in living flesh = The Three Doshas

Ether / Air

Fire / Water

Water / Earth

Vata

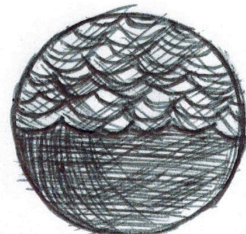
Pitta

Kapha

Movement

Transformation

Formation



Every substance in our universe including you and I are made up of a ratio of the attributes/elements.

The elements/attributes in living flesh are organized as the Doshas

**Each person is comprised of a slightly different ratio of the Elements/
Doshas**

VATA

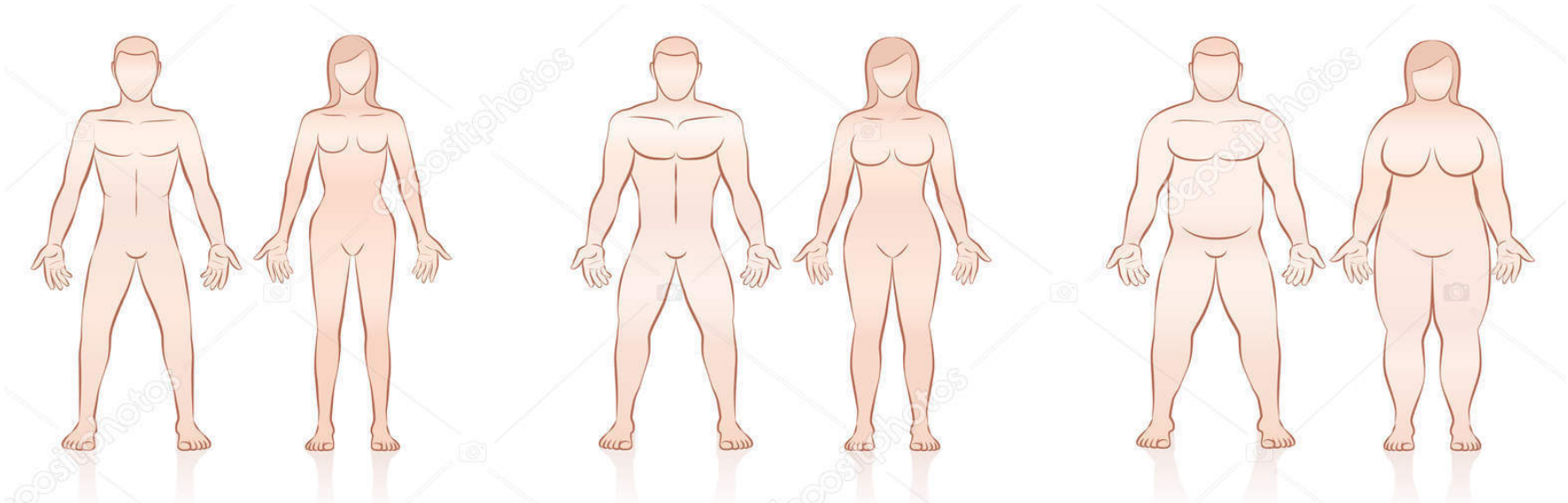
PITTA

KAPHA

Catabolic

Metabolic

Anabolic



**Deficiency
Degeneration**

Inflammation, Acidity

**Excess,
Mucoud Conditions**

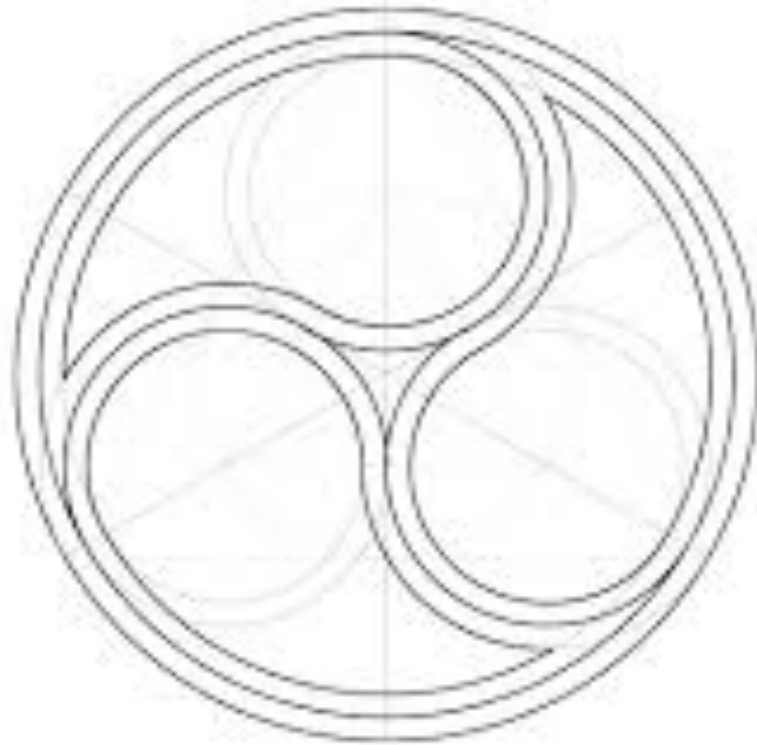
The Three Doshas work together to create harmony, in every cell, tissue, organ and organism – micro to macro.

In disharmony, they create disease.

	Vata	Pitta	Kapha
General Functions	Movement Circulation Oxygenation	Metabolism Digestion Transformation	Formation Protection/ Lubrication Nutrition / Anabolic activity
Bodily Functions	-Voluntary and involuntary movements -Circulation -Respiration -Nervous System -Flow and movement of bodily and energetic channels -Qi , Prana	-Digestive system -Metabolic function -Chemical processes -Chemical transformation -Tissue metabolism -Temperature -Blood (red blood)	-Lymphatic System -Immune system -Protective and bulk forming tissues -Tissue nourishment and growth -Essence/Rasa (white blood)

The Three Doshas in all Things

Pitta:
Transformation



Vata:
Movement

Kapha:
Formation

Each dosha has many sites and functions in the body.

Each dosha resides in every molecule, cell, organ, system and organism.

The functional integrity of the system relies on the working of these parts.

**The Correct Amount of the
Attribute/Dosha**

Insures Right Function of the System

Each Dosha, has a **Condition Type**, when
in excess

And therefore genetic predispositions

Like Attributes increase like Attributes,
and **the excess** of any Attribute/Dosha will
display pathology (imbalance or disease)

Vata



Pitta

Kapha



Too Much of a Good Thing : (

Excess Pitta creates acidity, ulcers, inflammation (any-“itis”), heat, aggravation, irritation, flare-ups, throbbing, bleeding etc.

Excess Kapha creates excess tissue and growths, low metabolism, obesity, dampness/phlegm, mucoid conditions, diabetes, obstructions blockages, congestive disorders...

Excess Vata creates deficiency and depletion and deterioration of tissues, cold, degeneration of the tissues, dryness, cracking, ticks, tremors, spasms.

	Vata	Pitta	Kapha
Foods and eating habits that aggravate/ Increase Dosha	<p>Cold, Light, Dry foods</p> <p>Excess bitter, raw and astringent Dry fibrous (insoluble) foods</p> <p>- Under eating, irregular eating</p>	<p>Hot, Acidic, Light, Oily foods</p> <p>Excess pungent, sour and acidic, fermented foods</p> <p>- Fast eating, under eating</p>	<p>Cold, Heavy and Damp/mucous forming Foods</p> <p>Excess Carbohydrates, sweet and salty foods</p> <p>- Overeating, late night eating, over snaking</p>
Foods and eating habits that Decrease/ Balance Dosha	<p>Warming, Nourishing, Moist and lubricating Foods</p> <p>- Regular nourishing meals</p>	<p>Cool, Alkaline, Nourishing food</p> <p>- Regular nourishing meals</p>	<p>Warming and Light food</p> <p>- Waiting for hunger, fasting</p>

Like Attribute increases like Attribute

&

Balance with the opposite Attribute

Therefore...

10 Opposite Pairs of Attributes

The 5 Elements and their attributes also organize into **10 opposite pairs of Attributes**, opposing forces that function together to create unity in the universe.

Yin and **Yang**, opposing male and female energies; work together to create harmony, and in disharmony they create disease.

The Five Elements and Their Attributes

Ether - cold, dry, light,
mobile, subtle, quick, clear

Air - cold, dry, light,
rough, mobile, clear

Fire - hot, light, dry,
sharp (penetrating), mobile (spreading)

Water - cold, heavy, moist
liquid, smooth, rough, spreading

Earth - cold, heavy, dry
dense, solid, hard, stable, heavy, slow, dull, cloudy

Yin and Yang

Yang

Solar
(Sun)
Male
Lightening/
Reducing
Energizing
Ether, Air, Fire
Vata, Pitta



Yin

Lunar
(Moon)
Female
Building/
Nourishing
Mobilizing
Earth/Water
Kapha

The 20 Attributes (10 opposite pairs) and their Associations

Brhana

Promoting or nourishing attributes
To Stabilize

Heavy - Guru
Slow/Dull – Manda
Cold - Hima or Shita
Oily - Snigdha
Smooth - Slakshna
Dense or solid - Sandra
Soft - Mrdu
Static or Stable
Gross or big - Sthula
Sticky/Cloudy - Picchila

Kapha

Lunar/ **Yin** / Nourishing
Cold (Kapha)
Building / Anabolic (K)
Para-sympathetic N.S (rest and digest)
Sex Hormones
(e.g. Estrogens, Progesterone,
Testosterone)
Oxytosin
Prolactin

Langhana

Reducing or lightening Attributes
To Energize

Light - laghu
Sharp - Tikshna
Hot - Ushna
Dry - Ruksha
Rough - khara
Liquid - Drava (not lightening)
Hard - Kathina
Mobile - Chala =
Subtle - Sukshma
Clear - Vishada

Pitta & Vata

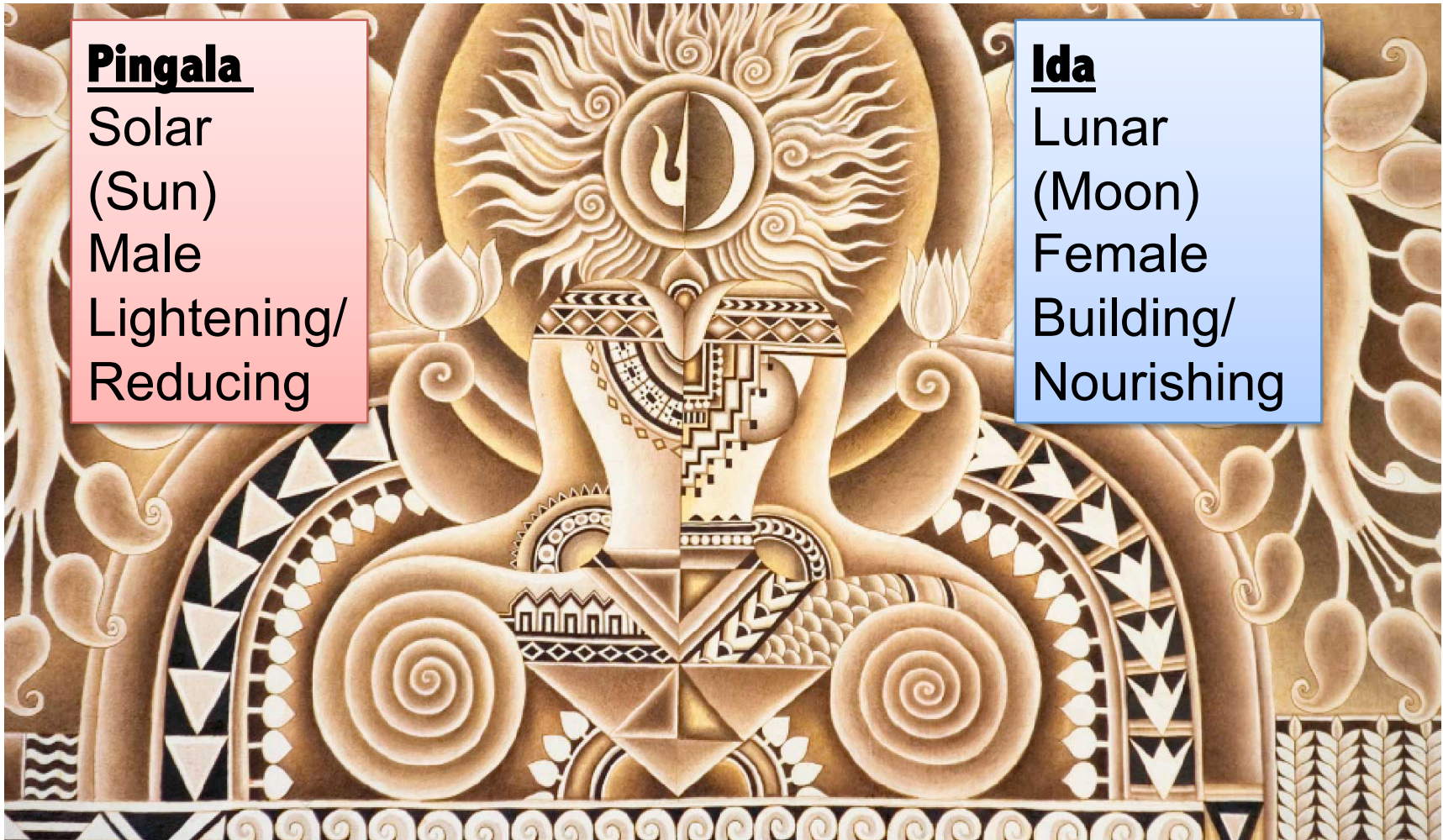
Solar / **Yang** / Reducing
Hot (Pitta) *Vata is cold
Lightning: Metabolic (P) Catabolic (V)
Sympathetic N.S (fight or flight)
Stress Hormones
(e.g. Cortisol, Adrenalin)
Male Hormones
(the Yang part of Testosterones)

Pingala

Solar
(Sun)
Male
Lightening/
Reducing

Ida

Lunar
(Moon)
Female
Building/
Nourishing



Each Attribute (Guna)

Has Actions (Karma)

Definite **physiological** (physical)

psychological (mental/spiritual)

and **patho-physiological** (disease)
manifestations

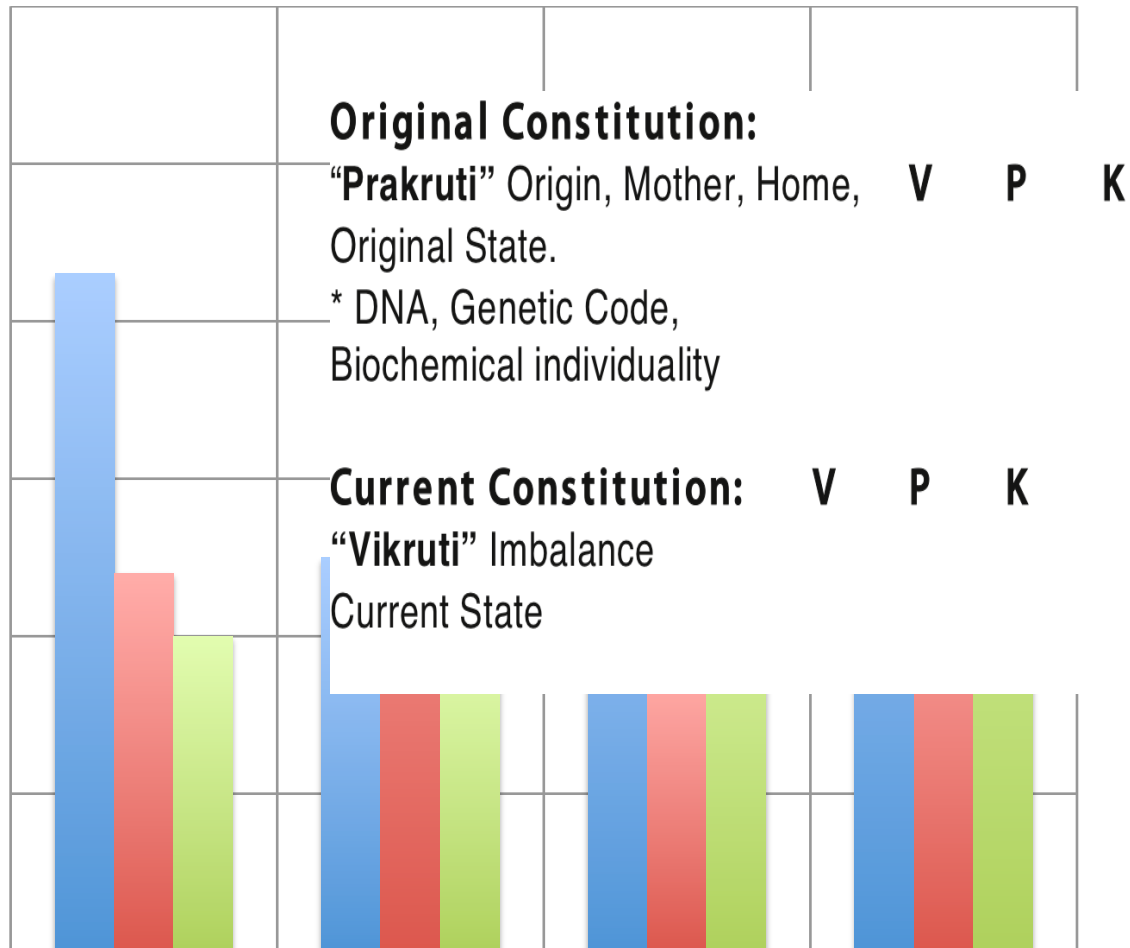
Attribute (Guna)	Action (Karma)	Food Examples
Heavy	Nourishing, increases bulk, nutrition and heaviness, creates dullness and lethargy, groundedness, stability, faith, strength	Cheese, meat, wheat, dairy, eggs, carbohydrate rich snack foods
Light	Lightening, reduces bulk, helps digestion, cleanses, creates freshness and alertness, spacyness, forgetfulness	Popcorn, rice-cakes, crackers, salads, sprouts
Slow/Dull	Slowing, soothing, cooling, creates sluggishness, slow action, slows digestion, relaxation and dullness	Cheese, dairy, oats, floured grains, nut butters
Sharp	Penetrating, aggravating, immediate effect, creates ulcers, promotes sharpness, wit, quick understanding, may seem offensive, 'sharp tongued'	Cayenne, chilli, peppers, refined salt/sugar
Cold	Cooling, creates cold, numbness, contraction, unconsciousness, fear and insensitivity, 'cool bloodedness'	Ice, Cold food or drink, hard to digest raw food
Hot	Heating, aggravating, promotes heat, digestion, cleansing, expansion, passion, inflammation, intensity, anger, hate	Pungent foods; All peppers, Fermented food
Oily	Moistening/softening, creates smoothness, moisture, lubrication, vigor, compassion and love	Oil, nuts, meat, avocado

Dry	Drying/dehydrating, increases dryness, absorption, constipation and nervousness, insensitivity, lack of juice and flavour in personality	Dehydrated foods, fibre, roughage, beans
Smooth/ Slimy	Oleating/hydrating, decreases roughness, increases smoothness, love and care, greed, attachment, 'slimy' personality	Okra, oats, ripe fruit, seaweeds, minerals
Rough	Roughening, causes cracking of the skin and bones, creates carelessness, rigidity, insensitivity, lack of receptivity	Dry food, cereals, hard raw vegetables,
Dense	Promotes bulk, solidity, density and strength or lacking sensitivity/receptivity or subtleness in personality, solid personality, stable	Floured grains, meats, cream, nuts
Liquid	Liquefying, dissolves and liquefies, promotes salivation, compassion and cohesiveness	Liquids, Plums, watermelon,
Soft	Creates softness, delicacy, relaxation, tenderness, love and care	Well cooked grains, Dairy
Hard	Increases hardness, strength, rigidity, selfishness, callousness and insensitivity, strength, lack of receptivity	Dehydrated food, hard raw vegetables,
Static	Promotes stability, obstruction, support, constipation and faith	Dense food, heavy food, root vegetables, grains
Mobile	Promotes motion, shakiness, restlessness, and lack of faith	Sprouts, Light food, excess raw food
Subtle	Pierces, quickly penetrates subtle capillaries, increases emotion and feelings, hypersensitivity, clairvoyance	light eating, excess cleansing, stimulants, intoxicants
Gross	Stabilizing, causes obstruction and obesity, stable, solid, not subtle or refined	Meat, wheat, root vegetables
Cloudy/ Sticky	Heals fractures, causes lack of clarity and perception, calm mind and nervous system	Meat, nuts, dairy, Oats
Clear	Cleansing, clarifying, pacifies, creates isolation and division, creativity, receptivity, sensitivity, anxiety	Water, juices, clean eating

Element	Ether \ Air	Fire / Water	Earth \ Water
Dosha	Vata	Pitta	Kapha
Attribute	(7 total) <u>cold</u> <u>Light</u> <u>Dry</u> Rough Subtle Mobile Clear	(6 total) <u>Hot</u> <u>Light</u> <u>Oily/Moist</u> Liquid Mobile (spreading) Sharp/penetrating	(12 total) <u>Cold</u> <u>Heavy</u> <u>Moist/Oily</u> Slow/Dull Liquid Dense Soft Static Sticky/cloudy Hard Gross

Your Constitution:

Original (Innate), and Current



Tastes and the Doshas

We can determine which elements and qualities we are bringing in by the taste of food.

Kapha is increased by sweet and salty.

Pitta is increased by sour and pungent.

Vata is increased by bitter and astringent.

Sweet = Earth + Water, cold, heavy, moist

Sour = Earth + Fire, hot, light, moist

Salty = Fire + Water, hot, heavy, moist

Pungent = Fire + Air, hot, light, dry

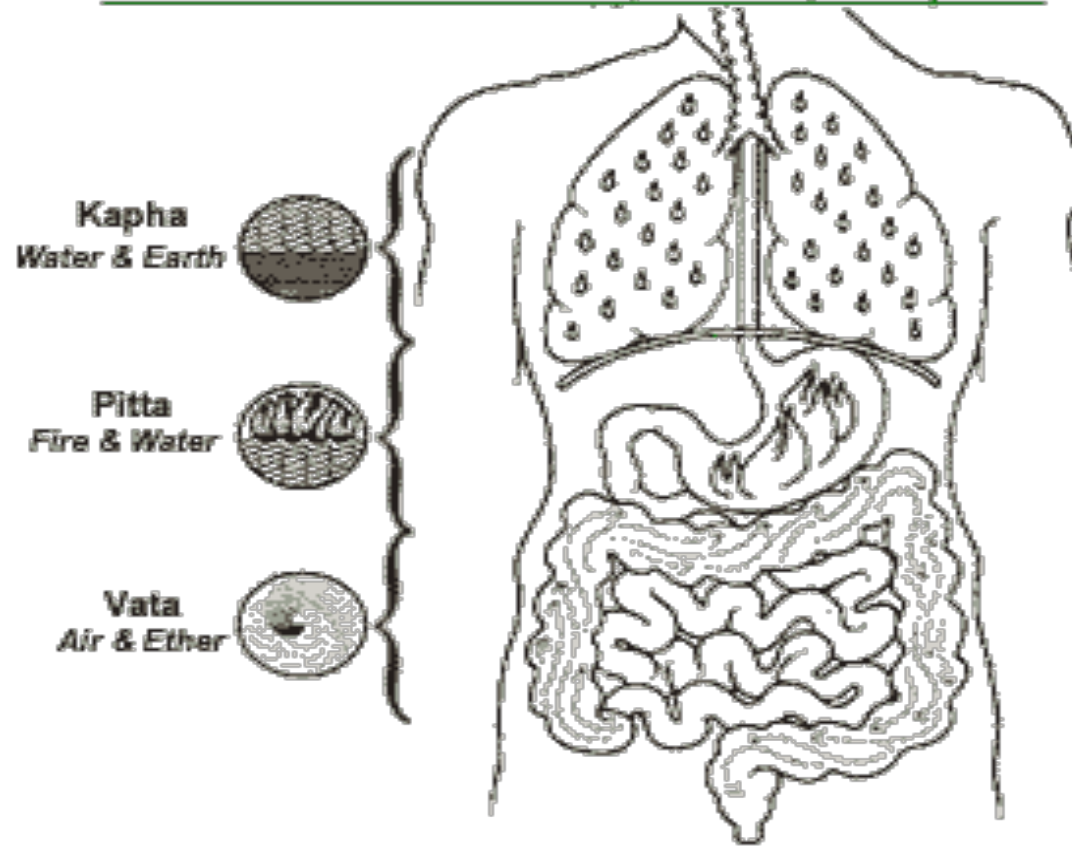
Bitter = Ether + Air, cold, light, dry

Astringent = Earth + Air, cold, heavy, dry

How can we influence the doshas?

**The main site of each Dosha
is within the digestive tract!**

The Seats of Vata, Pitta, Kapha



The Doshas are housed in the digestive track serving their function in the bodies largest channel!

Vata → Movement, peristalsis, absorption

Pitta → Chemical digestion/breakdown, acid and enzyme production

Kapha → Liquid and Mucous digestive secretions, protective mucosal membranes

The Doshas reside in the Digestive tract,
From there they maintain health and perform their
bodily functions.

V - Irregular metabolism → Irregular tissue
formation, deficient tissues

P - Hyper Metabolism → tissue inflammation,
deteriation, aggravation, acidity

K - Slow/Dull metabolism → excess tissue
formation, conditions

The digestive tract is also where imbalance begins.

Good Nutrition (and good spirit)

+

Good Metabolic Function

=

Good tissues and tissue byproducts!

Balancing Doshas / Metabolism / Digestion

= Balancing Conditions!

Doshas and Hormones:

Excess Kapha (Hypo-Metabolism) =

- Excess sex hormones, estrogens, progesterone
- Low androgens and excess estrogen in men
- Hypo-thyroid

Excess Pitta (Hyper-Metabolism) =

- Excess androgens, excess and depleted stress hormones
- Hyper-thyroid

Excess Vata (Irregular Metabolism) =

- Low hormones, estrogens, progesterone, androgens
Depleted stress hormones
- Irregular thyroid

10 Opposite Pairs of Attributes and the 10 Main Pairs of Amino Acids

The Ayurvedic concept of **Prakruti** (Original Constitution) is **Genetic Code**.

Guna | Sanskrit | Amino Acid

Heavy - Guru - Alanine

Slow/Dull - Manda - Asparagine

Cold - Shita - Cysteine

Oily - Snigdha - Glutamine

Smooth/Slimy - Slakshna - Proline

Dense - Sandra - Tyrosine

Soft - Mrudu - Isoleucine

Static/Stable - Sthira - lysine

Gross - Sthula - Threonine

Sticky/Cloudy - Picchila - Tryptophan

Guna | Sanskrit | Amino Acid

Light - laghu - Arginine

Sharp - Tikshna - Asparate

Hot - Ushna - Glutamate

Dry - Ruksha - Glycine

Rough - khara - Sarine

Liquid - Drava - Histidine

Hard - Kathina - Leucine

Mobile - Chala - Methionine

Subtle - Sukshma - Phenylalanine

Clear - Vishada - Valine