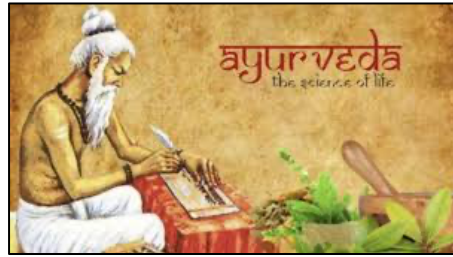


# THREE SEASONS AYURVEDA



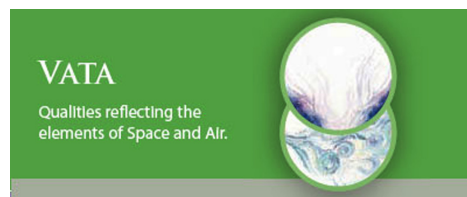
## What is Ayurveda

Ayurveda means the science of life and is the traditional healing system of India. It is considered the mother of all medicines, including allopathic, holistic, and surgery. It is the healing side of Yoga, and likewise, Yoga is the spiritual side of Ayurveda. Both Ayurveda and Yoga help people connect to their true nature as spirit and encompass a complete approach to the body, mind, and spirit connection.

Ayurveda views health and disease as the result of how we interact with our environment. Harmonious interactions lead to health, while disharmonious interactions lead to disharmony and disease. Ayurveda is the science of developing greater harmony with our environment through all of our senses and practices.

According to Ayurveda, we create and recreate our state of health each day based on how we interact with the world. Our beliefs, perceptions, thoughts, and feelings are ultimately determining our actions. Actions in harmony with our true nature create health, while disharmonious actions create disease.

Your constitution is a unique balance of three elemental energies called Doshas; Vata, Pitta & Kapha. These Doshas are a combination of the five elements found in the universe (Ether, Air, Fire, Water & Earth). Each person's balance is different, making each individual have their own unique set of challenges and gifts. For this reason, no two programs are alike, and each person's path towards health is unique.



The Vata dosha is a combination of the Air and Ether elements. Vata is very much like the wind; it is light, cool, dry, and mobile. People with a Vata nature tend to be light, their bones are thin, and their skin and hair are dry. They often move and speak quickly. When out of balance, they may lose weight, become

constipated, and have weakness in their immune and nervous systems. Their personality tends to be talkative, enthusiastic, creative, flexible, and energetic. When out of balance, they may become easily overwhelmed, have difficulty focusing or making decisions, and have trouble sleeping. They are characterized by cool emotions like worry, fear, anxiety, and overwhelm.



The Pitta dosha is made up of fire and water elements. Fire is predominant, and those with this nature have many fire qualities within them. Pitta tends to be hot, sharp, and penetration and is sometimes volatile and oily. They tend to feel warm, have oily skin, have penetrating eyes, and sharp features,

with moderate weight and good musculature. When out of balance, they can have diarrhea, infections, skin rashes, and liver and blood weakness. Their personalities tend to be highly focused, competitive, courageous, energetic, and are good communicators. They are problem solvers, and when under stress, they can dig in their heels and become intense with a sharp tongue. Emotionally they have heated emotions of anger, resentment, and jealousy.



The Kapha dosha is a combination of the water and earth elements. Like these elements, they tend to be cool, moist stable, and heavy. Their physical bodies are dense, with heavy bones, lustrous hair, supple skin, low metabolism, and large, stocky frames. When out of balance, they are prone to weight

gain and have weaknesses in their lungs and sinuses because of mucous accumulation. Because of their natures, their personalities are stable and grounded and not prone to quick decisions. They handle stress well and are generally conservative, preferring to keep things just the way they are. They are comfort seekers, leading to a lack of motivation and a feeling of becoming stuck. When out of balance, they have heavy emotions of depression and lethargy.

The first step in restoring balance is understanding one's constitution (Prakriti) and determining the current state of health (Vikruti). Ayurveda brings balance by employing opposites, using different therapies associated with the five senses (sight, hearing, smell, taste, and touch). They can include food and diet, spices, herbal medicines, exercise, yoga and meditation practices, body, aroma, and color therapies. For instance, if you are a Vata predominate person or experiencing Vata imbalances (cold, dry, light, and mobility), your program would be designed to incorporate warm, wet, heavy, and stable foods, lifestyle practices, herbals, and programs.



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