Ayurveda is the Science of Life
Ayur = Life Veda = Science

According to Ayurveda, at the material level, all of Life is the play of 5 elements.

3 energies make all life function. They are made of the five elements. They are called “doshas,” which means “that which is easily thrown off balance.”

**DOSHAS FUNCTIONING ENERGIES**

**Vata**
- air + space
- the energy of transportation

**Pitta**
- fire + water
- the energy of transformation

**Kapha**
- earth + water
- the energy of building

**20 QUALITIES**
- heavy/light, cold/hot, oily/dry, dull/sharp
- smooth/rough, dense/liquid, soft/hard
- static/mobile, gross/subtle, cloudy/clear

**QUALITIES OF THE DOSHAS**

**Vata**
- body: dry, rough, light, cold, subtle, mobile
- mind in balance: expressive, talkative, intuitive, imaginative, artistic, active //
- mind out of balance: anxious, restless, ungrounded, obsessive, frail, agitated

**Pitta**
- body: oily, sharp, hot, light, moving, liquid, acidic
- mind in balance: strong, sharp, well-spoken, direct, driven, goal seeking, punctual, tidy, resilient //
- mind out of balance: impatient, judgmental, manipulative, sharp, angry, selfish

**Kapha**
- body: moist, heavy, cold, dull, soft, sticky, static
- mind balanced: loving, compassionate, nurturing, enduring //
- mind out of balance: heavy, congested, lethargic, attached
BODY and MIND are two sides of the same coin!
If you balance your body, your mind will come into balance.
If you balance your mind, your body will come into balance.

Foods & Tastes to Balance Each Energy

**Vata - Balancing**

To balance vata energy, bring in the qualities of **warm, moist, heavy, and slow**
- ✓ eat tastes that are sweet, sour, and salty
- ✗ avoid tastes that are astringent and pungent
- 🍃 add warm, cooked foods and fruits; soups; milk; soaked nuts; root vegetables; and eggs; limit the amount of raw foods, nuts, and iced beverages you eat

**Pitta - Balancing**

To balance pitta energy, bring in the qualities of **cool, dense, dry, and dull**
- ✓ eat tastes that are sweet and astringent
- ✗ avoid pungent, sour, and salty tastes
- 🍃 add sweet fruits, coconut, legumes, milk, cheese, raw veggies, rice, quinoa

**Kapha - Balancing**

To balance kapha energy, bring in the qualities of **warm, dry, light, and sharp**
- ✓ eat astringent, sour, & pungent tastes
- ✗ avoid sweet and salty tastes
- 🍃 add leafy and cruciferous veggies, light veggie broths, garlic, ginger

YOU ARE WHAT YOU DIGEST

tips for proper digestion, the key to health:
- finish breakfast by 8am; finish lunch by 1pm; finish dinner by 6-7pm
- eat a medium-sized breakfast, large lunch, small dinner
- try not to drink for at least 30 minutes after each meal

**Daily Routine for a Healthy Body and Mind**

**Morning**
- wake up (out of bed) by 6am
- scrape tongue with a copper tongue scraper first thing in the morning, & clean teeth
- drink 1-2 warm glasses of water to hydrate and encourage a healthy poop
- breathe in fresh air outdoors & do gentle stretches to wake up the body and mind before breakfast
- head massage: wake up your brain and get your blood flowing by giving yourself a head massage

**Evening**
- clean your body before putting on pajamas, and clean your teeth after your last meal
- technology off by 5pm to encourage wind-down
- find 3 things you’re grateful for that day
- in bed by 8pm and asleep by 9pm