



# Ayurveda Wisdom for Modern Life

(Because Your Doshas Aren't Going to Balance Themselves)

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# Welcome to Ayurveda 101

- Ayurveda is the sister science to Yoga
- At over 5,000 years old, Ayurveda is the oldest intact Medical System
- Ayurveda translates into the "Science" or "Knowledge of Life"





# Causes of Disease

- Misuse of the Senses
- Crimes Against Wisdom
- Time and Motion

\*\*And these show up initially as imbalances in the Digestive System- the starting point for all disease





# The 20 Gunas: Opposites That Keep Life Balanced



Hot	Cold
Heavy	Light
Moist	Dry
Static	Mobile
Gross	Subtle
Dense	Flowing
Dull	Sharp
Soft	Hard
Smooth	Rough
Cloudy	Clear



# The 20 Gunas: Opposites That Keep Life Balanced

- Subtle vs. Gross
  - Subtle: The faint smell of lavender in the air
  - Gross: A loudspeaker blaring music next door
- Soft vs. Hard
  - Soft: That fluffy pillow you sink into
  - Hard: Ceramic floor that can be unforgiving to constantly be walking on
- Cold vs. Hot
  - Cold: A big bowl of ice cream
  - Hot: A steamy cup of chai
- Heavy vs. Light
  - Heavy: Think of the way you feel after a Thanksgiving feast
  - Light: Think of a fresh, airy salad



# The 5 Elements: The Building Blocks of Ayurveda

☆☆☆ Ether- connectivity

❖ Earth-dense

💧 Water-moist



🔥 Fire-heat

🌀 Air-movement



# The 5 Elements: The Building Blocks of Ayurveda



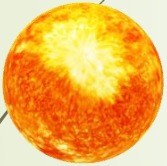
## ➤ Earth

- Stability and grounding



## ➤ Water

- The fluidity-hydrating life, emotions and your skincare routine



## ➤ Fire

- The spark of transformation- fueling digestion, ambition, and your fiery comebacks



## ➤ Air

- Movement and creativity- whether it's your breath or your ideas, air keeps things flowing



## ➤ Ether

- The element of possibility and potential-because every idea starts in the void!
- That which connects

# The 5 Elements: The Building Blocks of Ayurveda

	<b>Ether</b>	<b>Air</b>	<b>Fire</b>	<b>Water</b>	<b>Earth</b>
Hot/Cold	Cold	Cold	Hot	Cold	Cold
Heavy/Light	Light	Light	Light	Heavy	Heavy
Moist/Dry	Dry	Dry	Oily	Moist	Dry
Static/Mobile	Static	Mobile	Static	Static	Static
Gross/Subtle	Subtle	Subtle	Subtle	Gross	Gross



# The 5 Elements: The Building Blocks of Ayurveda

	<b>Ether</b>	<b>Air</b>	<b>Fire</b>	<b>Water</b>	<b>Earth</b>
Dull/Sharp	Sharp	Sharp	Sharp	Dull	Dull
Soft/Hard	Soft/Hard	Hard	Hard	Soft	Hard
Smooth/Rough	Smooth/ Rough	Rough	Rough	Smooth	Rough
Clear/Cloudy	Clear	Clear	Clear	Cloudy	Cloudy
Flowing/Dense	Flowing	Flowing	Flowing	Dense/ Flowing	Dense

# What are the Doshas?

- The three main dynamic forces or energies of the body
- Literally means faulty or to cause harm, but they only do so when functioning improperly
- When functioning normally, they maintain the good health of the body and are responsible for the normal body processes



Vata= Air and Ether



Pitta= Fire and a little water



Kapha= Water and Earth



# What are the Doshas?

	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
Hot/Cold	Cold	Hot	Cold
Dry/Moist	Dry	A little moist/Oily	Moist
Heavy/Light	Light	Light	Heavy
Cloudy/Clear	Clear	Clear	Cloudy
Dull/Sharp	Sharp	Sharp	Dull



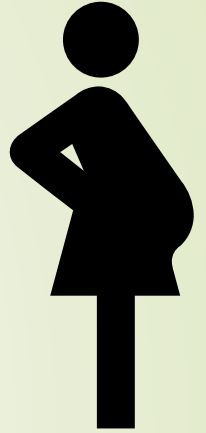
# What are their Roles in the Body??



- Vata =  
Movement
- Pitta =  
Metabolism/Digestion
- Kapha =  
Structure/Tissues/  
Lubrication

# Prakruti: The Constitution

- The inherent ideal balance of the three doshas within an individual
- Determined at conception and does not change throughout a person's life
- This ideal percentage of doshas within each person is completely unique with an infinite number of combinations and manifestations, with no two people being exactly alike
- A person goes out of this ideal balance due to the causes of disease previously mentioned, which in a nutshell, is not living in harmony with one's environment. Ayurveda is seeking to bring one back to this original balance.



# Vata Dosha: The Lean and Lively One

- Vata bodies are light and mobile, like a feather in the wind-or a person who can never sit still
- Physical Traits:
  - Thin or Lanky build
  - Dry Skin and Rough hair
  - Cold hands and feet (they are always layering up)





# Vata: The Whirlwind Wonder



## ■ Challenges:

- Easily distracted and prone to forgetfulness
- Gets cold and fatigued easily
- Digestive issues- think bloating and irregularity

## ■ Strengths:

- Highly creative and imaginative
- Quick thinkers with tons of energy (when balanced)
- Flexible and adaptable-goes with the flow like a breeze

# Pitta Dosha: The Hot-Blooded Powerhouse

- Pitta bodies are fiery and intense, like the sun on a summer afternoon- radiating heat and energy
- Physical traits:
  - Medium build with a strong frame
  - Warm body temperature (no sweaters needed)
  - Sharp features and often reddish or flushed skin



# Pitta: The Fiery Achiever

## ➤ Challenges:

- Prone to over-heating- literally and emotionally (hello, temper)
- Can be overly critical, judgmental, and competitive
- Sensitive skin and inflammatory issues

## ➤ Strengths:

- Laser-focused, driven, and organized-great at getting things done
- Strong digestion and quick metabolism
- Natural leaders with a sharp intellect and passion for life





# Kapha Dosha: The Loyal Chill Pill



- Kapha bodies are soft and stable, like a fluffy marshmallow or your go-to nap buddy
- Physical Traits:
  - Sturdy, heavier build with a calm presence
  - Smooth, glowing skin (the envy of every skincare routine)
  - Cool body temperature and slower metabolism

# Kapha: The Steady Supporter

## ■ Challenges:

- Slow metabolism can lead to weight gain
- Struggles with lethargy and motivation- loves naps a little too much
- Can be overly attached or resistant to change

## ■ Strengths:

- Calm, compassionate, and loyal- your go-to person for emotional support
- Great endurance and physical strength
- Radiate nurturing and stability





# Balance Your Doshas: Five Sense Therapies- Vata

- Sound (Ether): Cue the chill beats: lo-fi playlists or ocean waves.
- Touch (Air): Oil up like a spa day- sesame oil is best.
- Sight (Fire): Warm, cozy lighting.
- Taste (Water): Soup season, all year round.
- Smell (Earth): Lavender: because your inner storm needs calm.





# Balance Your Doshas: Five Sense Therapies- Pitta

- Sound (Ether): Play soothing and cooling tunes (instrumental or water sounds).
- Touch (Air): Cool massages with coconut oil or aloe vera gel.
- Sight (Fire): Cooling blues and greens, with soft, natural light.
- Taste (Water): Sweet cooling foods like cucumbers, melons, or mint tea.
- Smell (Earth): Cooling aromas like rose, jasmine or mint.



# Balance Your Doshas: Five Sense Therapies- Kapha



- Sound (Ether): Upbeat, energizing music (try a dance playlist).
- Touch (Air): Invigorating massage with warming oils like mustard or eucalyptus
- Sight (Fire): Bright energizing colors like reds and oranges.
- Taste (Water): Light, spicy foods like ginger tea or steamed veggies.
- Smell (Earth): Stimulating scents like eucalyptus or clove.



# Now for the Fun Part.....


- ➡ Welcome to the Dosha Quiz!!
- ➡ Are you mainly Vata, Pitta, or Kapha?? Let's find out!

\*\*Remember, you may have 2 that are dominant






# Discover Your Inner Dosha

- What is your go-to comfort food?
    - A. Spicy or tangy foods. (Pitta)
    - B. Sweet, creamy or hearty dishes. (Kapha)
    - C. Light, crunchy snacks or something airy. (Vata)
  
  - How do you usually feel in the morning?
    - A. Energetic and ready to go. (Pitta)
    - B. Slow and steady, but I'll get there. (Kapha)
    - C. A bit scattered. I need time to focus. (Vata)
- 





# Discover Your Inner Dosha

- What is your reaction to stress?
    - A. I get fiery and irritable. (Pitta)
    - B. I shut down or get stuck. (Kapha)
    - C. I feel anxious or get overwhelmed. (Vata)
  - Describe your natural body type:
    - A. Medium build, muscular or athletic. (Pitta)
    - B. Solid, larger frame with smooth skin. (Kapha)
    - C. Slim, light, frame with dry or rough skin. (Vata)
- 



# Discover Your Inner Dosha

- What is your energy like throughout the day?
  - A. High energy bursts, but I can burn out. (Pitta)
  - B. Steady and slow, sometimes sluggish. (Kapha)
  - C. Variable-some days I'm unstoppable, others I am drained. (Vata)
  
- What is your sleep pattern?
  - A. I fall asleep fast but wake up if it's too hot. (Pitta)
  - B. I love long, uninterrupted sleep. (Kapha)
  - C. I struggle to fall asleep and wake up often. (Vata)



# Discover Your Inner Dosha

- How would friends describe your personality?
  - A. Passionate, driven, and sharp-minded. (Pitta)
  - B. Calm, dependable, and nurturing. (Kapha)
  - C. Creative, energetic, and talkative. (Vata)
- How do you handle changes in routine?
  - A. I adapt but prefer to stay on track. (Pitta)
  - B. I resist change and prefer familiarity. (Kapha)
  - C. I thrive on change and get bored with routine. (Vata)





# Discover Your Inner Dosha

- How do you prefer to exercise?
  - A. Intense workouts like running or interval training. (Pitta)
  - B. Gentle and steady workouts like walking. (Kapha)
  - C. Dynamic workouts like dance. (Vata)
- What is your natural temperature preference?
  - A. I prefer cooler weather- I overheat easily. (Pitta)
  - B. I love to be cozy but can adapt well to temperature changes. (Kapha)
  - C. I prefer to be warm- I get cold very easily. (Vata)




# Your Dosha Personality Revealed!

- Mostly A's: You're a fiery **Pitta**! You thrive on intensity and leadership. Balance it with cooling activities.
- Mostly B's: You're a grounded **Kapha**! Your strength is in stability and nurturing. Balance it with energizing activities.
- Mostly C's: You're a breezy **Vata**! You're creative and spontaneous. Balance it with grounding and soothing practices.

**\*\*Embrace your Dosha! Balance is key- your dosha is your strength. Take care of it!**



# Why You Should See an Ayurveda Practitioner

- ▶ Expert Guidance
    - ▶ Learn how to manage stress, improve digestion and metabolism, and boost immunity
    - ▶ Gain tools to maintain lifelong balance
  - ▶ Natural and sustainable
    - ▶ Treatments include diet, lifestyle, herbs, and mind/body awareness techniques
  - ▶ Holistic Health
    - ▶ Addresses root causes, not just symptoms
    - ▶ Mind/body/spirit harmony for complete healing
  - ▶ Personalized Health Solutions
    - ▶ Your unique body type and imbalances will be meticulously discovered through an in-depth evaluation
    - ▶ No one-size-fits-all approach- get a plan tailored just for you
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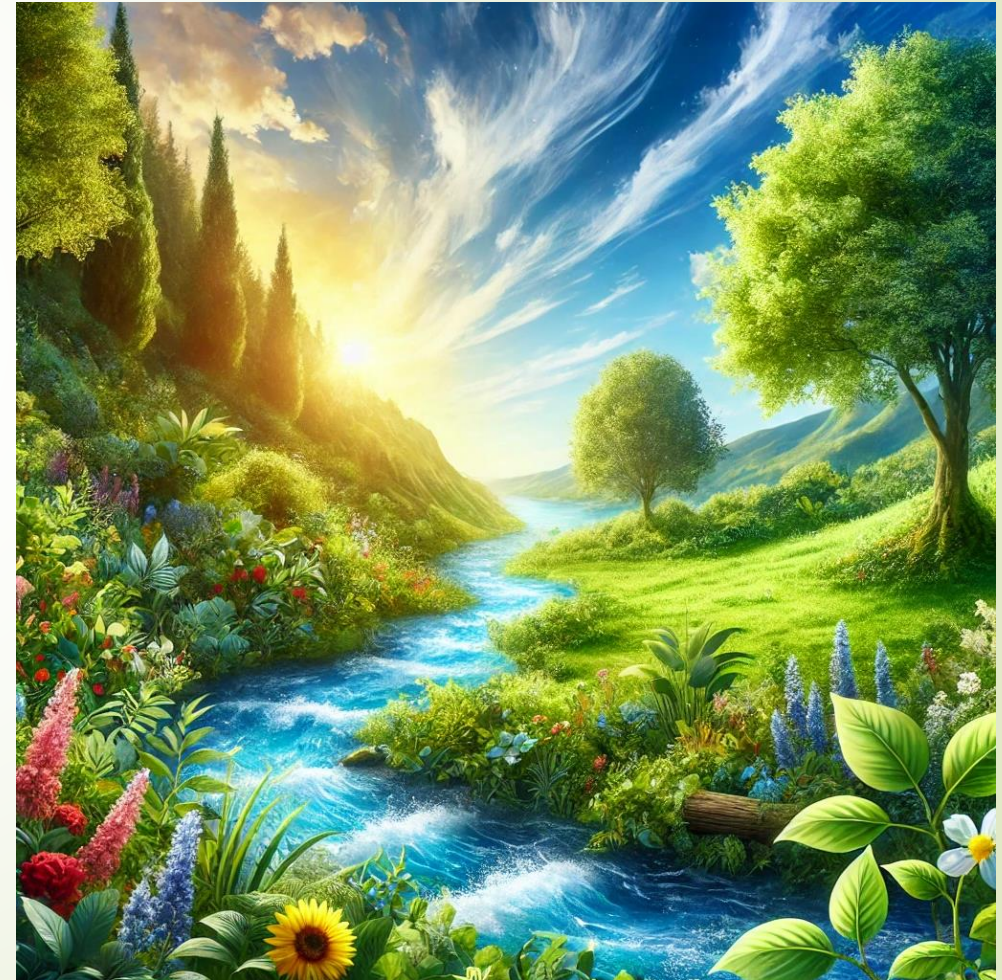


# Why Wait? Consult an Ayurveda Practitioner Today and take the 1<sup>st</sup> Steps Toward Balance and Vitality!!!

Book a free consult with me by email or  
visiting my website:

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[www.primordial-pulse.com](http://www.primordial-pulse.com)





Thank you and Namaste.....

