

# Principles of Ayurveda



- Each of us carry our own unique dosha that is established at time of birth. This is known as our prakriti. Our current constitution, known as our vikriti, has the ability to change while prakriti does not. Life influences (such as diet, environmental factors, lifestyle, etc.) cause vikriti to move out of balance from our prakriti, shifting us out of harmony. In excess this can lead to disease. Ayurveda strives to keep us in a state of balance and out of a state of stress.

# Prakriti vs. Vikriti

## Prakriti

- Determined at time of birth.
- Influenced by the mothers and fathers prakriti & vikriti, as well as current doshic influences.
- Our prakriti is our original and true nature, which, if maintained, puts us in balance and helps us achieve ultimate happiness and wellness.

## Vikriti

- Determined by current doshic circumstances and lifestyle.
- Can be in line with our prakriti, or can be in an altered state, causing us to be out of balance from our true nature.
- Ayurveda assists in bringing vikriti back into harmony with our prakriti (original nature).