

Principles of Ayurveda



- Ayurveda states that each of us is made up of a combination of the five elements: ether (space), air, fire, water and earth. Our individual bodily make-up, or constitution, when honored allows us to live in harmony and serenity. The five elements then pair-up into three combinations (known as doshas – Vata, Pitta & Kapha) to form the primary forces of nature.

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- 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.