Ayurveda Fundamentals

Essential Guide to Understanding Ayurvedic Principles

What is Ayurveda?

Ayurveda, meaning "science of life," is a 5,000-year-old system of natural healing that originated in India. It emphasizes prevention and promotes wellness through balance in body, mind, and consciousness.

The Three Doshas

Ayurveda recognizes three fundamental energies or doshas:

VATA (Air + Space)
- Governs movement, breathing, and circulation
- Qualities: Dry, light, cold, rough, mobile
- Imbalance causes: Anxiety, dry skin, constipation

PITTA (Fire + Water)
- Governs digestion, metabolism, and transformation
- Qualities: Hot, sharp, light, oily, liquid
- Imbalance causes: Inflammation, acidity, anger

KAPHA (Earth + Water)
- Governs structure, stability, and lubrication
- Qualities: Heavy, slow, cool, oily, smooth
- Imbalance causes: Weight gain, congestion, lethargy

The Five Elements

All matter is composed of five elements:
Space (Akasha), Air (Vayu), Fire (Agni), Water (Jala), Earth (Prithvi)

Agni - The Digestive Fire

Agni is the metabolic fire that transforms food into energy and consciousness. Strong agni is essential for health, immunity, and vitality.

Ama - Toxins

Ama is undigested material that accumulates when agni is weak, leading to disease. Panchakarma and proper diet help eliminate ama.