

## **Aligning with nature**

The first step to align our body with nature is realizing that we are nature – not separate from – but an integral part of it all. Our body is made up of all the same elements, minerals and energy that makes up the planet. Many quantum physicists and scholars believe that everything in the outer universe is a reflection of our consciousness and our body. The percentage of water on the planet, for example reflects the same percentage of water in our bodies, etc.

And though it's true that we are nature-beings, we can still fall out of alignment with our natural selves. Wellness is essentially being in tune with nature and aligning ourselves with nature. And not listening to our body's cues could be the difference between health and sickness.

Connecting with ourselves (a part of nature), our body's signals and the great outdoors are key in optimal wellbeing.

Prakruti means 'nature' - the basic nature of intelligence by which the Universe exists and functions.

Prakruti represents our basic constitution, the one that we were born with and that we keep for the rest of our lives.

Prakruti is composed of the five basic elements or Pancha Mahabhoothas, namely - Aakasa(ether), Vaayu(air). Agni(fire), Jala(water) and Prithvi(earth)

An interaction of these five elements brings out doshas. Each individual is a unique combination of these three doshas.

1. Vata ( interaction of Aakasa & Vaayu)
2. Pitta (interaction of Agni &Aakasaa)
3. Kapha (interaction of Jala & Prithvi)

Since individuals are constantly influenced by external factors such as climate, food, lifestyle, habits, environment etc., particular doshas can be unbalanced and consequently unbalance the whole system and start creating preconditions for an illness to develop. Such changed state of doshas is called 'vikruti'. When doshas within one's body are unbalanced it does not necessarily result in illness. However, if the balance of vikruti is not restored, it provides fertile ground for illness and different kinds of imbalance.

To sum up, prakruti and vikruti are the key to understand and maintain health and strike imbalance at its root. By knowing one's constitution it is possible to prevent illness or minimize the chances of its appearance. Ayurvedic diagnostics has

developed tools for recognizing even minimal deviations from proper functioning of doshas and therefore it can easily help us prevent the development of illness.

Thus, an understanding of Prakruti and Vikruti & maintaining the balance helps us to align with nature.