The origins of ancient medicines

Generations of research, trial and error, figuring out what works and doesn’t and plain old common sense.

Animals in nature eat grass.

5 elements in the universe. From these are formed the Doshas.

Seeks balance in the physical, spiritual, emotional and mental health

Provides a framework through which to approach health and healing

As a medical system practiced in India for thousands of years, Ayurveda is a highly effective and respected form of diagnosing and treating illnesses. But this is just the tip of the iceberg.

The Sanskrit term Ayurveda translates to “the knowledge of life”. Embedded into the words and even the rhythms of poetic verses, this knowledge has been passed down for generations. To this day, the prime requirement to be a practicing Ayurvedic doctor is to have memorized all the verses.

Ayurveda has a very close association with ancient Chinese medicine. While Ayurveda focuses on balancing the three *Doshas*, Chinese medicine advises balancing *Yin* and *Yang*. Ayurveda talks about the *Prana*, the life force, the Chinese speak about *Qi*. Ayurveda lists a vast compendium of herbs and their properties with categorizations and descriptions very similar to Chinese medicine.

The universe is composed of 5 elements. Fire, Air, Water, Space and Earth. Each of these elements have special properties. For example, Air is light and Earth is heavy. By combining one or more of these elements, Ayurveda has laid out a language by which human health can be understood. The three *Doshas* are those of Vata (Air and Space), Pitta (Fire and Water) and Kapha (Earth and Water). Vata then governs respiration and movement. Pitta, like fire, governs transformation processes like digesting or converting food to energy, vision or converting sight into seeing among other things. Kapha, being grounded on earth and in water governs physical growth as well as fluids in the body. While these are the physically visible properties of these Doshas, they also play out in the personality of a person. Take for instance a person who has a lot of Pitta. He or she would have a large appetite, would be smart and fearless, active and fiery. Signs of a warrior chief. Someone with a lot of Vata would tend to be lanky, lightweight, quick and with a jittery demeanor. The opposite of someone who’s Kapha dominant. This person would be heavy, loving, compassionate, patient, sometimes even lazy.

Ayurveda can be looked upon as a medical system or even as a guide to healthy life.

What is Yogic Beauty?

Ancient Ayurvedic herbal remedies that are completely free of synthetic products for healthy glowing skin.

All-natural herb-infused oils, cleansers and scrubs for healthy glowing skin with natural essential oils!

Keep your face glowing and radiant with these herbal remedies!

Life throws a lot at us. We are the combined outcome of our genetics and our environment. Our health and well-being is in a fluid state, ever manipulated by our choices and ideas. Our lifestyle choices whether a result of conscious decisions or arbitrary events has a profound effect on your life force. Stress, diet, sleep and exercise shape our quality of life.

We live in a culture that incentivizes success. Whether it be winning . It is by no accident then,

Objective-

Buy our products.

Why?

Regular use will help make your skin beautiful.

Why?  
The herbs contained within the oil will help to detoxify, cleanse, exfoliate, purify, and bring balance back to the skin.

Why?

A lot, if not all, of the skin disorders are an accumulated effect of diet and lifestyle. Every person is of a unique constitution, however it is possible to categorize people. These categorizations are based on an ancient knowledge of life. This knowledge is termed in Sanskrit as Ayurveda which literally translates to science or knowledge of life.

Why?

Ayurveda believes that to be able to live in optimal health it is vital for the energies within oneself to be in balance. The skin, being an organ that separates you from the outside world, is a visible representation of the health of your internal world. And at the same time is receptive to the energies that vibrate around you. Due to diet and lifestyle that is not suitable for your *Dosha*, you tend to get thrown off balance. This imbalance leads to dysfunction in the physiological and psychological processes that govern good health. For example, someone whose primary *Dosha* is *Pitta*, is prone to having increased heat within the body. This results in emotional outbursts of anger, hate and sometimes violence as well as physical reactions such as skin inflammation, acne, rashes among other things. In order to balance the *Pitta* it is important to balance the fire with coldness. It is important for this person to maintain a calm temperament and eat foods that are more cooling. While diet and lifestyle changes help, to maintain this balance and to heal the body and mind further, Ayurveda gives a detailed account of herbal remedies that can also be used.

Why?

**A unique perspective**

The success of western medicine is strongly rooted in its very evident victory against the forces that seek to destroy. A fractured bone or an infection can be easily treated thanks to the great advances in antibiotics and first aid. While the accomplishments are many, in certain cases, the modality of diagnosis of this same system seeks to subdue the symptoms rather than treat the cause. Ayurveda provides a lens with which to view disease and ailments that is different from the western school of thought.

**Everyone is different**All of us have a unique quality which is the effect of genetics and environment. No two people are the same, according to Ayurveda, all of us adhere to a certain set of physical properties that are common among groups. Operational energies or *Doshas* are of three main types, Vata, Pitta and Kapha. Each of them embody a combination of the basic elements that make up this universe. *Doshas* in turn lend qualities to much of this universe including plants, animals, seasons and even what we do. In the case of you and me, the Doshas govern our personality, our bodily processes, our thoughts and emotions and through these, even our fate. Everyone is born with a certain constitution that is governed by one or more of these *Doshas*. This constitution follows you throughout your life. It is important to maintain balance between the three Doshas. Disease, then, is a function of the level of imbalance that occurs in the body. To correct this, Ayurveda prescribes, along with diet and lifestyle, a certain set of dietary and topical supplements that can be used to balance the Doshas.

**Everything this is medicine and everything is poison**

Plants, being of this universe, are made up of the same forces and energies that govern the universe. Every herb, fruit, root, nut and seed have qualities that when used in the appropriate dosage and with the balancing effect of other suitable ingredients, has the power to heal the body and mind. This healing can take the form of cooling the blood to boosting digestion to calming the mind.