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## **Introduction to Ayurveda** **Ayurveda's ultimate goal is Enlightenment!**

### **The Five Elements - The building blocks of nature**

<b>Space:</b>	Akasha – The expanse of the universe.
<b>Air:</b>	Vayu – Force of life.
<b>Fire:</b>	Tejas – Digestion and cognitive forces of transformation.
<b>Water:</b>	Jala – Connects and nourishes.
<b>Earth:</b>	Prithivi – Solidity, mass and form. Stability.

### **The Three Doshas are derived from the Five Elements**

The five elements organize themselves into the three essential principles of life: Movement, Metabolism, and Protection. These govern every natural function, and regulate every process within our mind and body. Each one of us, being a unique expression of nature, has an inherent tendency towards one or more of these principles. This explains why we can each respond very differently to the same stimulus. Some of us are more “earthy”, while others are more “fiery” or “airy”.

#### **Vata (wind) Constitution ~ space and air**

- Light, thin frame
- Active, restless, creative mind
- Variable diet and sleep patterns
- Prominent veins and tendons
- Dry skin and hair
- Anxiety and insomnia under stress

*Balancing is achieved through routine. Relax!*

#### **Pitta (fire) Constitution ~ fire and water**

- Medium Frame
- Keen intellect
- Strong appetite and digestion
- Warm extremities
- Perspires easily
- Irritability and anger under stress

*Balance is achieved by cooling. Soothe and cool!*

### Kapha (earth) Constitution ~ earth and water

- Heavy set build
- Methodical, thoughtful nature
- Slow, steady appetite and digestion
- Smooth, soft, lustrous complexion & thick hair
- Deep, prolonged sleep
- Withdraws under stress

*Balance is achieved through invigoration. Awaken!*

### Mind Body Constitutions

- Determined at conception
- One or two Doshas predominate in most people
- Experiences and choices influence the current state

Combinations:

- Vata
- Pitta
- Kapha
- Vata-Pitta (Pitta-Vata)
- Vata-Kapha (Kapha-Vata)
- Pitta-Kapha (Kapha-Pitta)
- Vata-Pitta-Kapha. (Rare)

Activity	Vata	Pitta	Kapha
Daily routine	(quick) Variable	(sharp) Precise	(slow) Methodical
Under Stress	Anxious	Irritable	Withdraws
Memory	Quick to learn/ forget	Medium	Slow to learn/ forget

### Vata Psychology

#### Balanced

- energetic
- adaptable
- strong initiator
- good communicator

#### Imbalanced

- restless
- inconsistent
- unreliable
- talkative

### Pitta Psychology

#### Balanced

- intelligent
- warm, friendly
- courageous
- good leader

#### Imbalanced

- critical
- angry
- headstrong
- controlling

## Kapha Psychology

### Balanced

- calm
- steady
- devoted
- tolerant

### Imbalanced

- boring
- inert
- needy
- complacent

### Book a call!

There's still some room in my calendar if you would like to book a free call with me!

This can help you get the most out of the Challenge and/or to strategize a plan as to the best way for you to move forward with your health/life goals where you will be able to obtain the results you desire quickly and easily.

It would be my honor to work with you!

Here's the link to my calendar:

[Click Here To Book A Call!](#)

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