



Ayurvedic Health Success

8 Defining Factors of Health Success

1) DIGESTION:

2) ELIMINATION:

3) SLEEP:

4) ENERGY & IMMUNITY:



5) PHYSICAL ACTIVITY:

6) SEXUAL/ CREATIVE ENERGY:

7) MENTAL ENERGY:

8) EMOTIONAL ENERGY:

We must address all of these defining health factors if we want true, sustainable transformation.



Food, Nutrition & Digestion from the Ayurvedic Perspective

Ayurveda is the science of understanding what is right for the individual. The view of nutrition is the same, “nothing is right for everyone and everything is right for someone.” If we understand our own unique qualities (prakruti and vikruti) and the qualities of a food source, we can then predict what effect will occur when they are mixed together.

Food is a very important medicine, without proper food no other healing modality can be completely effective. In ayurveda we look at nutrition from the concept of the 6 tastes: sweet, sour, salty, astringent, bitter and pungent.

Depending on our vikruti and prakruti we need a certain amount of all of these tastes in order to be healthy. Food can act as either medicine or poison, depending on what is eaten, when and how much is consumed.

Agni- Digestive Fire

In order to have a healthy body and mind, digestion must be balanced. There are 4 states of agni. Which one best describes your digestion?

1. High (tikshna)-the digestive fire is too high and therefore the body's tissues begin to get consumed
2. Low (manda)-poor digestion of food therefore the production of toxic residue (ama)
3. Variable (vishma)-sometimes high, sometimes low. Extremes of hunger and loss of appetite
4. Normal/ balanced (sama)-stable. The agni completely digests the food and leaves behind no toxic residue



Ama: What Is It & How to Reduce It

Ama is toxicity that builds up in the body and produces symptoms. You can also have mental and emotional build up of ama, hence meditation/ awareness being so key in Ayurveda.

Some signs of ama: fatigue, sluggishness, achy joints, stagnation in the channels (srotas) that presents as sinus congestion, lymphatic congestion, constipation), troubles with digestion, a coated tongue, halitosis, mental confusion or anxiety or depression.

Some causes of ama: eating before bedtime, overeating at any time of day, poor food combinations (mixing fruit with other things, cheese and beans etc), processed or high sugar foods, stress, not having a routine for eating and sleeping, too much or too little exercise for your dosha, too much or too little sleep for your dosha, excessive raw or cold foods, unresolved emotions or experiences.

Eat foods that are in season.

Eat whole foods.

Eat in a relaxed manner with gratitude and appreciation for your food and for your body.

Eat your largest meal mid-day.

Don't snack after dinner.

Eat according to YOUR digestion.