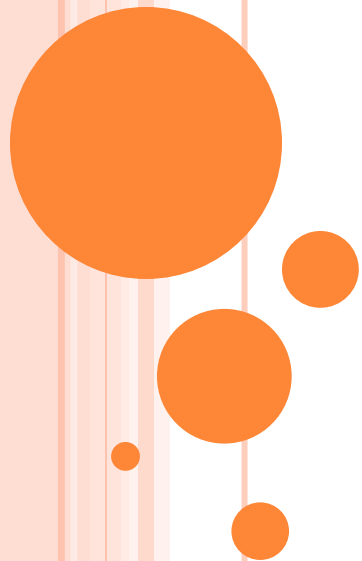


WORKSHOP ON HEALTH AND FOOD

{BASED ON AYURVEDIC PRINCIPLE}

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AYURVEDA – ANCIENT ART OF HEALING

Meaning :

Ayus – Life

Veda – Knowledge

It is a way of Life and life means a
rhythmic and balance flow of Prana .

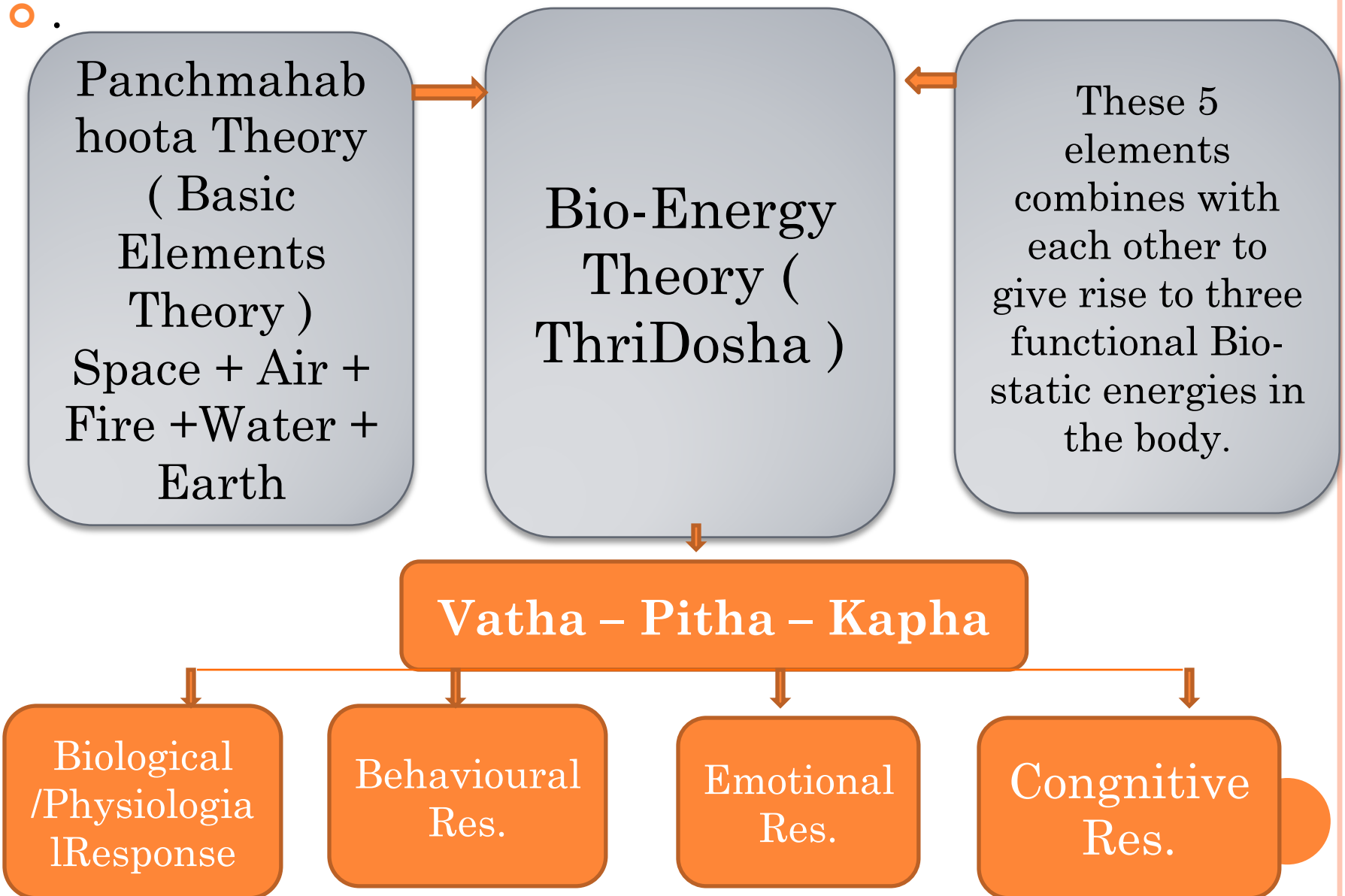


AYURVEDA :

- It believes in a close relationship between man and Universe and the flow of cosmic energy in different forms between all living and non living things.



FUNDAMENTAL PRINCIPLES



TRIDOSHA THEORY

- Vatha – (Space) + (Air)
- Pitha – (Fire) + (Water)
- Kapha – (Water) + (Earth)



ELEMENTS OF THE THREE DOSHAS:

Vata (Air + Space) Pitta (fire+ water) Kapha (earth + water)

Dry	Oily	Oily
Light	Penetrating (Sharp)	Heavy
Cold	Hot	cold
Rough	Light	Dense
Subtle	Liquid	Soft (kids 14 year)
Mobile	Mobile	Cloudy (sticky)
Clear		

Bitter Astrigent	/	Sour , pungent
(Taste)		(Taste)



MOVEMENT

- Vata Dosha – Bodily wind Principle (or movement)
- Governs – Sensory and mental Balance
- Controls – The movement of blood in the circulatory system , air in the respiratory system and excretions out of our body.
- The thoughts and the activities of the mind.
- Quality – Fast (people will more talkative)
- Mobile – walk fast or physical movement



PITTA DOSHA

- It is Body Fire & it Digests things .
- Responsible – all chemical and metabolic transformations in the body.
- It governs our mental digestion and our capacity to perceive reality and understand things.
- Seats of Pitta – Small intestine , stomach , blood , Fat , eyes and skin .
- Qualities – Hot , Salty, Intense , light.



KAPHA DOSHA

- Biological water and it holds things together .
- Provides – body and substance and gives support
- Emotional support in life .
- Governs – Positive emotional traits as love , compassion , patience and forgiveness.
- Case (10 year child killed a person – with knife or gun)
- Giving biological strength to the body.
- Chest is the seat of Kapha .
- Qualities – Dense ,Heavy , oily (muscular strength).



VATA - BALANCE VS IMBALANCE

- Balance – Mental Alertness
- Strong immunity
- Sound Sleep
- Proper formation of Body tissues

VS

- Imbalance – Dry skin
- Constipation
- Common fatigue
- Tension Headaches
- Underweight
- Insomnia – Anxiety worry



PTTA – BALANCE VS IMBALANCE

Balance – Normal Heat and thirst mechanism

Strong Digestion

Sharp intellect

VS

Imbalance- Rashes

Baldness

Irritability

Visual problems

Excessive body heat



KAPHA – BALANCE VS IMBALANCE

- Balance – Muscular Strength

Strong Immunity

Generosity , courage ,dignity

Normal joints

Stability of Mind

Vs

Imbalance

Oily skin

Sinus congestion

Obesity

Nasal allergies

Dullness



AYURVEDIC COOKING

- Din charya (24 hours – To Do and not to do)
- Connection – Biological clock and the nature
- Ritu charya – Food based on the Seasons
- (what you have to eat and what you have to avoid)
- Types of Food : (based on the working style of people and nature)
- Satvic (fresh and consist natural things as it is) Rich Pranic food
- Rajasic –
- Tamsic – Not fresh , Non veg (not fresh)



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Thank you

