



What is Ayurveda?

- Ayurveda is not just a healthcare system, but a wholistic approach to living.
- According to Ayurveda, health is defined not only be the absence of disease, but as an overall integration between our environment and our bodies, minds and spirits.

Origins of Ayurveda:

- Ayurveda is a science that is widely acknowledged to be the world's oldest existing health care system.
- Also known as "the science of life", it is over six thousand years old.
- According to the writings of India's great sages, seers and yogis, Ayurveda has its roots in the very beginning of cosmic creation.
- It is an oral tradition that has been passed down from generation to generation. Only in the past 5000 years has it been written down.

Basic Principles:

- Ayurveda recognizes a common origin between humanity and the rest of the universe.
- Ayurveda teaches us that all of creation including humans, are made up of five essential elements; ether, air, fire, water and earth. These elements congregate in our bodies in different patterns called Doshas, a Sanskrit word that literally means "that which is quick to go out of balance".
- Doshas imply that the human body maintains a delicate balance or homeostasis- its dynamic elemental composition always on the verge of disorder.
- While the body is in a state of equilibrium or balance, doshas are considered an energy force that cannot be visibly detected. If the body were to fall into a state of imbalance, the doshas become quite apparent, and easy to see.
- There are three doshic states, Vata, Pitta, and Kapha. Every living thing is a balance of the three doshas in different and unique proportions and manifestations.
- Vata Dosha is responsible for movement and communication, and it represents all neurological activities in the body.
- Pitta Dosha is responsible for the transformation, digestion, and enzymatic actions of the body.
- Kapha Dosha is responsible for structure, cohesion, binding and lubrication. It governs all immunological activities and structural functions.



Treatments:

•The purpose of Ayurveda is to bring the three doshas, or forces, (Vata, Pitta and Kapha), into harmony so that they promote physical, emotional and spiritual growth.

*Ayurveda has three facets: Dietary recommendations, herbal remedies and Ayurvedic physical therapies all according to your presenting concerns or Vikruthi. These all work together in a path to balancing the doshas for a better health.

•Ayurveda emphasizes the importance of diet and routine in our lifestyle for optimum health.

•All Ayurvedic treatments, (such as Shirodhara, Marma Therapy, etc.) are designed to return these forces back into a harmonious balance.

•As each individual has their own particular blend of these forces, all Ayurvedic dietary regimen and treatments are personal, or customized rather than disorder specific.

After an initial consultation, which will determine your doshic balance, there are a number of treatments available that will help you to re-establish and maintain your doshic balance. A few of these treatments are: Marma Therapy, Abyanga, Shirodhara, Nasya, Kati Basti, Netra Basti, Chakra alignment, and Ayurvedic Reflexology.

*Please visit our web site to learn more about the treatments or to arrange an in-person or remote consultation online. UtrechtAyurveda.nl

Ayurveda and Yoga:

•Ayurveda and Yoga are considered to be “sister sciences” that were developed together and have influenced each other throughout history.

•Diet, lifestyle and medicine are the three pillars upon which Ayurveda rests.

•Unlike aerobic exercise, Yoga’s methods of stretching and disciplined breathing when done very slowly and gently actually lowers cardiac activity, instead of speeding it up.

•Four important yogaasanas are performed to receive the full cleansing and rejuvenating benefit. These practices help to release toxins from the abdomen, and increase your ability to control digestion and metabolism. I recommend that these are to be used daily. (See attached sheet.)

- 1) Suryanamaskara (Sun Salutation) Note the “in” and “out” breathing guides.
- 2) Locust Pose (Shalabhasana)
- 3) Cobra Pose (Bhujangasana)



4) Knee-to-Chest (Apanasana)

I would also recommend Praanaayama – a breathing exercise to increase lung capacity. Visit the videos page on my website UtrechtAyurveda.nl to see some Pranayama videos.

To gain maximum benefit from these exercises, practice them just before meditation in the following sequence, 1.Suryanamaskaras, 2.Asana poses, (Locust, Cobra and Knee-to-Chest) 3.Praanaayamas 4.Meditation.

Expression of Emotion

Dosha	Imbalanced	Balanced
Vata	Fear, Anxiety, Nervousness, Insecurity, Loneliness, Ungroundedness, Emptiness, Emotional Instability, Mood Swings, Restlessness, Hysteria, Confusion, Daydreaming	Clarity, Creativity, Alertness, Perceptiveness, Joyousness, Excitement, Flexibility, Readiness to change
Pitta	Anger, rage, Irritability, Impatience, Agitation, Frustration, Hatred, Jealousy, Envy, Judgement, Criticism, Aggression, Competitiveness, Violence, Rejection, Perfectionism, Success oriented to the point of addiction to success, Manipulation	Understanding, Comprehension, Appreciation, Good Memory, Right Recognition (seeing things clearly- as they are, attention, Concentration
Kapha	Attachment, Greed, Possessiveness, Longing, Craving-for or hungering-after, sense of worthlessness, Grief, Sadness, Depression, Gloominess, Heaviness, Dullness	Love, Compassion, Care, Gentleness, Contentment, Satisfaction, Fulfillment, Forgiveness, Stability, Groundedness

To learn more about Ayurveda,
visit the Utrecht Ayurveda [YouTube page](#)
or the videos page of my website.

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Name _____
Date _____

Doshic Balance Worksheet

Answering this questionnaire will help to identify your basic doshic constitution, (Prakruthi). Use this as a rough guide, a more precise Ayurvedic Consultation is necessary to fully understand your doshic constitution and imbalances, and how to re-establish balance. For each item below, choose the options which is most applicable to you. It is better to take the test without and prejudice as to what your balance may be. Answer honestly. It often helps to take the test with a person who knows you well. Please print out this worksheet and once completed, bring it with you to your initial consultation. To schedule your consultation call Utrecht Ayurveda at (0)6 15 23 06 16.

Describe Yourself	Option 1	Option 2	Option 3
Body Type	Thin, tall or short	Medium height and build	Heavy, broad, fleshy or plump
Body Frame	Fine with small bone structure, athletic	Medium bone structure, athletic	Large bone structure, but not with prominent bones
Childhood	Were thin as a child	Had a medium build as a child	Plump or chubby as a child
Body Temperature	Low, with cold extremities	High, feels warm most of the time	Low, body generally feels cool
Skin	Dark, dry coarse or cracked, suntans easily	Soft, delicate, sensitive, with freckles and moles	Soft, smooth, and oily or glowing
Joints	Thin, small joints, tends to crack or pop, pronounced bony frame	Moderately sized joints, smooth, flexible	Large, well-formed joints
Appetite, Eating Habits	Irregular appetite,(varies between weak and strong), gets weak upon fasting, eats often	Intense appetite, cannot stand fasting	Consistent appetite, can easily skip meals, needs less food and drinks
Thirst	Varies	Frequent	Very rarely thirsty
Food Preference	Warm, moist and oily foods	Sweet, bitter, astringent and cold foods	Warm, pungent and bitter, dry foods
Food Quantity	Varies	Likes large meals	Likes smaller meals
Consumption	Eats quickly	Eats moderately quickly	Eats slowly
Elimination (Urine & Feces)	Tends to be gaseous, constipated with hard, dry stool	Bowel movement two or more times per day with soft stool	Mostly regular, with well-formed stools, can get sluggish
Perspiration	Slight	Profuse with strong odor	Moderate



Describe Yourself	Option 1	Option 2	Option 3
Nails	Rough, thin dry, brittle & blackish	Soft, flexible, pink and lustrous	Thick, smooth, whitish, firm, hard and polished
Physical Activity	Quick, short, light or erratic	Medium paced	Slow and steady, sedentary
Mental Activity (and Emotions)	Gets emotional quickly, enthusiastic, easily anxious or nervous	Gets irritated and angry easily	Stays calm, slow to anger
Routine	Restless, or very active, dislikes routines or patterns	Competitive, likes planning and organization	Calm, likes leisure activity. Works well within a routine
Sleep	Light, easily interrupted sleep, usually only 5-6 hours/night. Takes a long time to get to sleep	Sleeps little but soundly, usually only 6-8 hours. takes a short time to get to sleep	Deep and prolonged, usually 8 hours or more. Gets to sleep quickly
Resistance	Gets sick often	Gets sick on occasion	Rarely gets sick
Speech Patterns	Fast talking and talkative, sometimes omitting words, talks loudly	Moderate speed in speech, precise and clear, convincing with moderate volume	Slow and deliberate speech, polite, with lower volume
Size of Forehead	Small	Medium	Large
Mental Properties	Quick, creative, imaginative. gets excited quickly, easily distracted with mood fluctuations. Learns quickly, forgets easily	Sharp, with a penetrating intellect. Has a good memory. Moods can change quickly and intensely	Stable, slowly motivated, good long-term memory
Stamina	Tires quickly	Moderate stamina, unable to withstand high strain	Strong, can withstand strain easily, usually a hard worker
Finances	Disorganized, spends carelessly	More disciplined with finances	Very organized, doesn't enjoy spending money

Now add the number of responses from each of the columns, (Options 1, 2 or 3). Option 1 is the column for Vata characteristics, option 2 represents the Pitta column, and option 3 is the Kapha characteristic column. Once you have totalled each of the columns you will see which is your dominant dosha, then your secondary and finally your tertiary. Please remember that we are all comprised of a combination of each of the three doshas, in different combinations, so all three of the doshas will be present in each of us.