



# Sharpen Our Skills

Title

August 8, 2023

Presented By Lynne Benaglio



The Red Poppy

## AYURVEDA

Ayurveda is a 5000-year-old Hindu Indian medical system. It is a holistic, natural approach to physical and mental health. It is a complete medical system. It encompasses general health, women's health, pediatric, mental health, and surgery. In the Ayurvedic approach to life, it is believed that all things (rocks, clouds, fish, people) are comprised of the 5 great elements (The Pancha Mahabhootas) or energy forms. These 5 elements Air, Water, Space, Earth and Fire make up what is called the 3 basic humors of the human body. These humors are Vata dosha, Pitta dosha and Kapha dosha. All our bodies have all three humors/doshas in varying combinations. These doshas control the physiological functions of our bodies.

Vata dosha (Air and Space). Vata is the King of the doshas. Our sense of wellbeing is formed by a healthy Vata balance. Vata predominant people are very creative, bubbling with ideas, very communicative. They have a delicate bone structure and are often thin or of slight build. They are very active and usually have cold hands and feet. Vata governs all cellular transport, movement (i.e. blinking, muscle flexion, heart beat), the elimination of water, respiration, circulation, and nervous system. It is housed in various places in our body-the large intestine, pelvis, hips, knees, ears, and skin. When Vata is in excess it collects in these places causing popping in the joints, bloating, flatulence, dry skin, over talking, anxiety, insomnia and weight loss.

Pitta dosha (Fire and Water). Pitta is mostly the fire element with a little water mixed in. It is responsible for all metabolic process in the body. It is the heat energy in the body. It breaks down our food in the stomach and intestine. It oversees the formation of enzymes and release of hormones from the endocrine



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glands into the bloodstream, the transformation of items into images in our eyes and the searing of memories into our brain. Pitta characteristics are ambitious and competitive. They have a powerful intellect and are born leaders (many are CEOs). They are often perfectionists. Their goal is to win, at everything. Their build is medium height, athletic build or curvy, blond to light brown hair, tendency to have freckles or blemishes. When Pitta is excess there is a tendency for emotional strain or anger, heartburn, upset stomach or diarrhea. Their system becomes hyperacidic, causing burping, sweating and emotional sensitivity. They often suffer from headaches and inflammation.

Kapha dosha (Water and Earth). Characteristics of Kapha predominant people are dark thick hair, thick build, slow and ponderous, thorough, patient, great love for family, find joy in little things, have great endurance and strength. Eating and cooking is their passion. Kapha's responsibility in the body is cohesion, structure, lubrication, and energy storage. It forms our muscles, ligaments, bones, and lubrications in our joints and between tissue layers, as well as our lymph system and adipose tissue. When in excess causes inflexibility, stubbornness, and withdrawal, overeating, laziness, depression and jealousy and weight gain.

We all have all 3 of these doshas in varying combinations. When we are at our healthiest, mentally and physically, we are in balance. Our goal is to live in balance and avoid disease. When we constantly create imbalance we cause dysfunctions or accumulations of these doshas within our bodies. In Ayurveda the premise is like makes like. Often we over indulge in food, drink, work, sitting, watching TV/internet, sports, etc. which leads to imbalances in the doshas. Too much of anything can cause harm.

Dosha questionnaire.