

Principles of Ayurveda

Now that we have a better understanding of what comprises life, let's look at some of the principles of Ayurveda and how they might affect us. In Ayurveda we view a person as a unique individual made up of five primary elements. The elements are ether (space), air, fire, water, and earth. Just as in nature, we too have these five elements in us. When any of these elements are present in the environment, they will in turn have an influence on us. The foods we eat and the weather are just two examples of the presence of these elements.

While we are a composite of these five primary elements, certain elements are seen to have an ability to combine to create various physiological functions.

Ether and air combine to form what is known in Ayurveda as the 'Vata dosha'. 'Vata' governs the principle of movement and therefore can be seen as the force which directs nerve impulses, circulation, respiration, and elimination.

Fire and water are the elements that combine to form the 'Pitta dosha'. The 'Pitta dosha' is the process of transformation or metabolism. The transformation of foods into nutrients that our bodies can assimilate is an example of a pitta function. Pitta is also responsible for metabolism in the organ and tissue systems as well as cellular metabolism.

Finally, it is predominantly the water and earth elements which combine to form the Kapha dosha. Kapha is what is responsible for growth, adding structure unit by unit. Another function of the Kapha dosha is to offer protection. Cerebrospinal fluid protects the brain and spinal column and is a type of Kapha found in the body. Also, the mucousal lining of the stomach is another example of the Kapha dosha protecting the tissues.

We are all made up of unique proportions of Vata, Pitta and Kapha. As the ratios of the doshas vary in each individual, Ayurveda sees each person as a special mixture that accounts for our diversity.

Ayurveda gives us a model to perceive each individual as a unique make up of the three doshas and to thereby design treatment protocols that specifically address a person's health challenges. When any of the doshas (Vata, Pitta or Kapha) become accumulated, Ayurveda will suggest specific lifestyle and nutritional guidelines to assist the individual in reducing the dosha that has become excessive. Certain herbal supplements are also suggested to hasten the healing process. If toxins in the body are abundant, then a cleansing process known as Pancha Karma is recommended to eliminate these unwanted toxins.

The understanding that each individual is unique enables Ayurveda to address specific health concerns and offer explanation as to why one person responds differently than another. We hope that you will continue to explore Ayurveda to enhance your health and to gain further insights into this miracle we call life.

What we at RevAyur have done is to take the basic principles of Ayurveda and systemise them to produce non-toxic, no-metal base formulations that carry no side effects. These herbal supplements help you rejuvenate you and improve your quality of life.