AYURVEDA THE SCIENCE OF LIFE

Ayurveda (**ayur**-life **veda**-knowledge) originated in India more than 5,000 years ago and is the oldest continuously practiced healthcare system in the world. This practice comes from the understanding of nature's rhythms and laws. Ayurveda is built around the five elements of **ether (space), air, water and earth**. The practice teaches us how to live in harmony with these rhythms through diet and lifestyle routines.

Ayurveda is rooted in the knowledge that humans follow the same rules and laws as other natural beings. When we ignore natural laws then imbalances begin to occur. These imbalances are what causes disharmony and disease in the mind and body. This system of medicine takes a look at the individual's unique psychological, emotional and physical conditions and imbalances and uses the elemental principles to bring balance back to the body.

Ayurveda recognizes the natural elements of ether, air, fire, water and earth that are within each of us. Each of these elements have a different energy.

VATA- ether and air
PITTA- fire and water
KAPHA- water and earth

These different energies are called doshas. We are all made up of a unique combination of these three forces. Though everyone has some of each, most people tend to have more of one or two of the doshas. This unique combination is determined at the moment of conception, and is your own personal blueprint, or prakriti (nature). As you move through life, the proportion of each of the three doshas constantly changes depending on your environment, your diet, the seasons, the climate, your age, and many other factors. As they move into and out of balance, the doshas can affect your health, energy level, and general mood.

The goal of Ayurveda is to help teach you how to identify and understand your unique makeup and individual nature in relationship to the world around you. It is a system based on natural healing through strengthening the body, mind and spirit and allowing the body's own natural healing mechanisms to work.

Cleveland Ayurveda