The background of the slide features several lit diya lamps (oil lamps) scattered across the dark blue background. The lamps are decorated with intricate patterns and colors, and their flames are bright yellow and orange, creating a warm and traditional atmosphere.

AYURVEDA

‘The Science/Knowledge of Life’
How a 5000+ year old Ancient Medicine
System is still entirely applicable to today’s
Modern World

Dr Sneha Jetty

MBBS, iBSc, MRCGP, DRCOG, PG DipNT, AFMCP

GP, Nutritionist, Functional Medicine, and Ayurvedic Practitioner

AYUR – Life VEDA – Science, Knowledge

- Ancient Indian Holistic system of life and wellbeing
- Origin is thought to be from ‘the higher realms; **Shruthi**’ – originally verbally taught from memory by *Gurus* to students.
- Written texts are ~5000+ years old, but the knowledge is much, much older
- Said to have been present from the beginning of time; developed when the elements developed
- **PANCHA MAHA BHUTAS** : basis of Ayurveda and *Doshas*
- **Five Great Elements**: Ether, Air, Fire, Water, Earth (Always in this order)
- Everything is connected – internal and external
- Ayurveda is a way to live in balance and harmony – within our own body, mind and spirit. And also our environments; **Desha**

- One of 4 main sciences of the greater scriptures/teachings of life:
- Ayurveda, *Yoga*, *Vaastu*, *Jyotish* – separate sciences, but same foundations

How can an Ancient Medicine be applicable today?

- Look at the world today - Lost our way
- Chronic disease epidemic, mental health, social/societal breakdown
- Living out of tune with nature, our planet and ourselves
- Defying our natural way of being
- (Not us in here, obviously!)

- Many ancient Civilisations understood the holistic way of life – in tune with ourselves and the planet
- Look to the past: See how things have been done before
- Our concept of time is miniscule compared to how long life has been present
- Accept that despite all our advancements and knowledge today – there may have been more intelligent, knowledgeable beings in the past
- Only now becoming aware and able to comprehend some of their intelligence and ways of life
- Incorporating ways of life from the past, can only be of benefit to us
- Don't have to change our whole lives – small changes

AYURVEDA

‘Elevator Pitch’

- Ancient Indian holistic Science of life
- **‘The OG’** Lifestyle/Preventative Medicine
- Way of being, to **support every stage of life, and prepare for the next** (pre-conception to death)
- Encourages a life of **harmony**; internal and with the external environment (**DESHA**)
- Main aim is to optimise **AGNI** – Digestive fire (i.e. Metabolism) to reduce the risk of disease states, OR, if already present, start to encourage a healing environment in the body, and reduce risk of progression
- Healthy AGNI → **OJAS**; ‘Nectar of life’ – vital essence of life found in all bodily tissues. (Immune quality; resilience – state of health)
- Poor/ineffective AGNI → **AMA**; Toxins → Disease states
- Uses various examination and assessment tools to identify faults/imbbalances in the body (DOSHAS)
- Incorporates various modalities to balance the DOSHAS
FOOD, HERBS, YOGA, THERAPEUTIC MASSAGE, DAILY ROUTINE
- Balanced Doshas = Optimised Agni → Health and Vitality

ASHTANGA AYURVEDA

Eight Limbed

Mind, Body, Spirit

Vast Science - Holistic. Covers Medicine, Surgery and other Specialities
Far more than herbal supplements, fancy hair oils, and beauty products...!

1. **KAYA CHIKITSA** – Body, To diagnose/treat

Clinical medicine, Internal medicine – ‘Med school’. History taking, examination, diagnosis, treatment

2. **SHALYA TANTRA** – Instrument, Science. Surgery, including anaesthetics, and using *Marma* points.

3. **SHALAKYA TANTRA** – Minor instrument science

ENT, Head + Neck, MaxilloFacial. Given a lot of importance – all 5 senses. 37 Marma points in this area too.

4. **KAUMARA BHRITYA** – Women and Children; O+G, Foetal Medicine, Paeds.

5. **AGADA-TANTRA** – Toxins and environmental exposures that could lead to disease

Toxicology, Immunology

6. **RASAYANA** – Anti ageing; Longevity

7. **VAJEEKARNA** – Sexual health, GUM, Fertility Medicine, Karma Sutra (very theoretical, and promotes cellular health) --- Lost in modern day translation

8. **BHUTA VIDYA** – Natural elements; Psychiatry, Psychology

Tending to mental/emotional imbalances. YOGA – physical activity, but main purpose is to calm the mind; **SATTVA**

AYURVEDA

Whistle-stop tour of the concepts

- AIM: **Prevention** of dis-ease to the individual, and society. Next step – **Cure**
Ripple effect of health (lack of) in one individual can have to others

- Encourage **ownership of own health**; physical, mental

Determine individuals' attitude towards their own health; indicates motivation (compliance) with following suggested management plan

Traditional consultation: Presentation, history taking, overall assessment

Examination: PULSE DIAGNOSIS, TONGUE DIAGNOSIS; to assess:

- PRAKRITHI – Innate constitution
- VIKRITHI – Current status; altered and impacted by environment and lifestyle

Determine **DOSHA** - helps to determine AGNI type, and the driver and character of any disease states

- 5 Components of Ayurvedic Anatomy:

DHATUS – SROTAS – MALA – AGNI – AMA

7 Primary Tissues – 13 Channels – 3 Waste Products – 40 Agnis – Toxins

DHATUS 'to hold' – a container for various energies → → → Impurities in any of these will ultimately lead to AMA

Route of external intake, being incorporated within our body

'Do not put on your skin, what you would not put on your tongue'

Each of these components have their own Agni, science, characteristics, structure and function

AGNI Digestive Fire

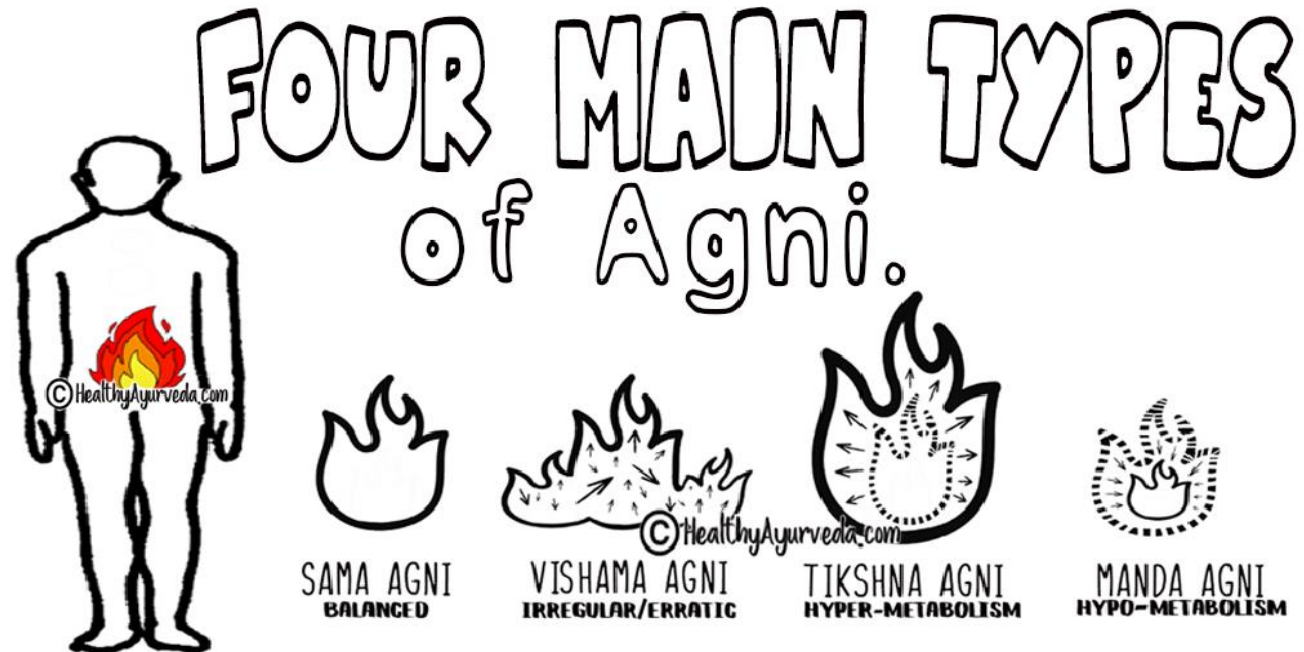
‘You are as
healthy as the
state of your
AGNI’

Main one – Stomach/Gut – DIGESTIVE FIRE; **JATHARA AGNI**

40 AGNIs in the body – Stomach, Liver (5), Pancreas, Thyroid, Thymus, *Dhatus* (7),
3 *Malas*, 3 x 5 Sub-*Doshas*, 5 senses

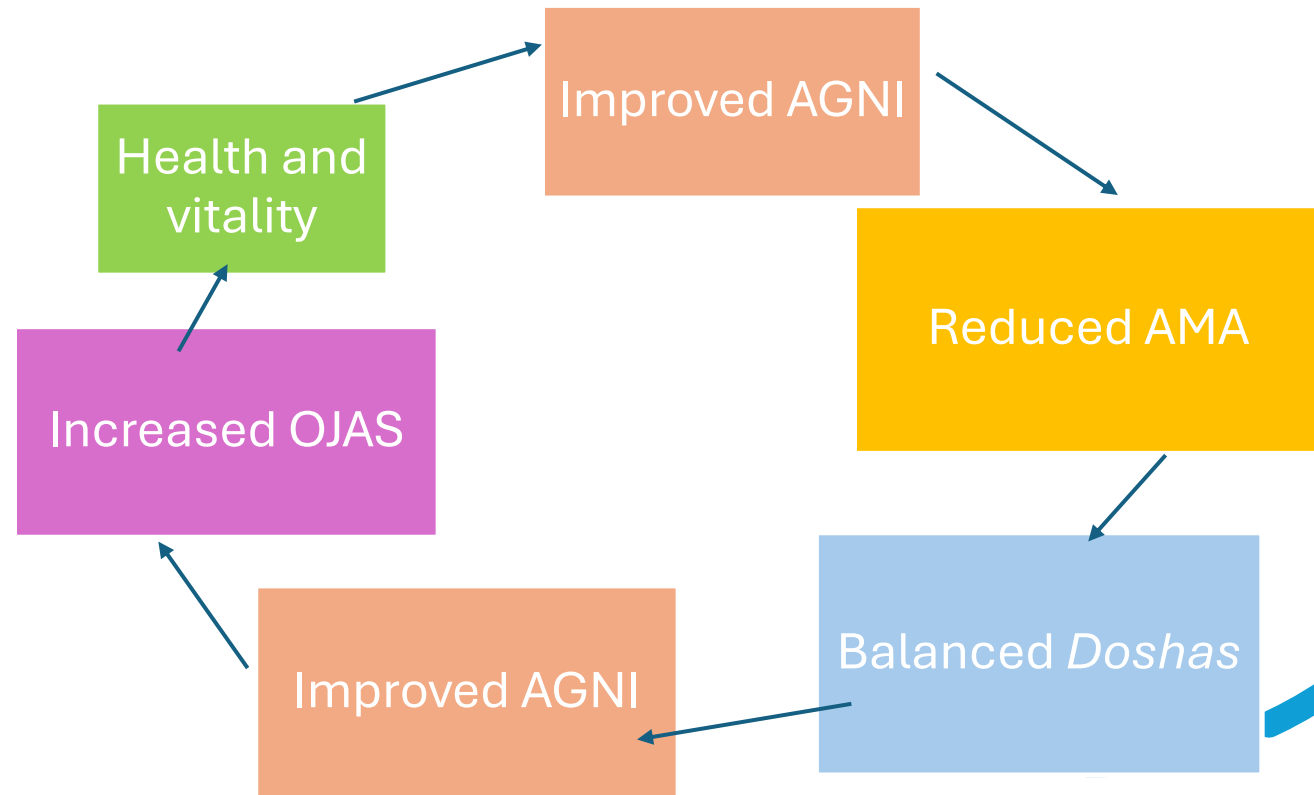
Digestion – not just relating to food; emotions, information, 5 senses

- AGNI must be ‘just right’ (SAMA AGNI)
- If not → build up of *AMA* (toxins) → *Disease states*
- **Erratic fire** - improper, partial digestion; thoughts, ‘not fully present’
- **Too strong** - heartburn, ulcers - ‘charring’ the foods/tissues
- **Weak** – food is ‘raw’ for utilisation; improper digestion; poor absorption of nutrients. Sluggish.



‘All disease begins in the Gut’ – *In a poorly functioning one...* 😞

- We can control this ‘fire’ – FUEL for fire: what we eat, drink, think and do.
- Foundation – this is GUT HEALTH! Supporting **JATHARA AGNI**
- Main digestive fire – optimal metabolism; fuels all other fires throughout the body (metabolism processes of all cells/systems.)
- This in turn affects the overall health and optimum functioning of all the organs and processes of the GIT
- Diet, lifestyle, minimise toxins; of all forms!
- Support Parasympathetic NS ‘Rest and Digest’; Balanced mind, healthy body. Feed the soul as well!

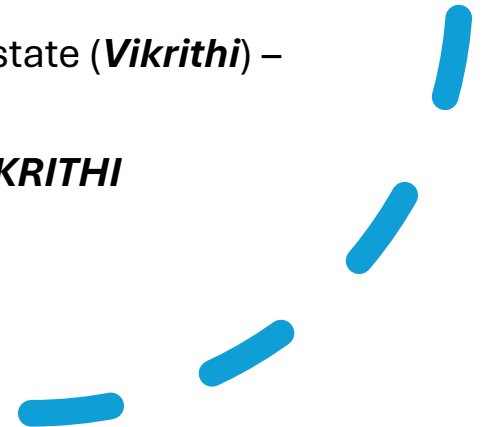


DOSHAs – ‘Fault’ or IMBALANCE (Impurity)

Not ‘body type’



- **DOSHAs:** Energy patterns - combination of the 5 Great Elements (Pancha Maha Bhutas) – ‘Cosmic dance’, constantly in flux
- Dominant states – people may have a characteristic appearance and personality traits
- The imbalance can perpetuate behaviours/tendencies that can lead to diseases and conditions associated with Doshas
- Used to determine overall body states, and disease character → Different manifestations of the same disease e.g IBS; IBS-d, UGI symptoms, IBS-c
- **VATA** **PITTA** **KAPHA**
- Not definitive – can be Tridoshic, or variations of these
- Each of these have their version of disease manifestation and impact to digestion/Agni and Gut Health
- May be resonate with one more than the other; or all at different times
- Dosha for the time of day, stage of life, menstrual cycle...
- Useful to know which Dosha is impacting your current state (**Vikrithi**) – helps to tailor diet, and lifestyle and exercise practices
- Aim to return to your original constitutional state - **PRAKRITHI**



DOSHAs – Combination of the 5 Great Elements (Pancha Maha Bhutas)

VATA – ‘Airy fairy’; flitting about, distracted. ‘Not hungry’. Starts eating, does something else. Gets a tea – goes cold.

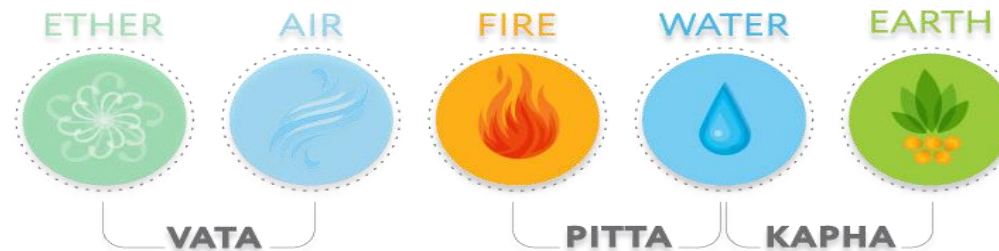
Air – gassy, bloating

PITTA – Fiery; perfectionist. High pressure; self and others. A lot of internal heat (Volcano). Set eating patterns, little variation.

Fire – Heartburn, ulcers

KAPHA – Grounded, heavy; earthed. Sluggish, slow to action. Needs stimulation!

Earth – constipation, gallstones, weight gain.



Using DOSHA's to tailor your management plans, and own lives



	VATA (Ether and Air)	PITTA (Fire and Water)	KAPHA (Fire and Earth)
Characteristics	Dryness to skin, hair, nails; brittle, can be restless, lots of things on the go... Poor sleep, disrupted	Smooth, oily skin. Warm, rosy/redness. Quick, determined. Deep sleep, maybe prolonged	Cool, soft, oily skin. Plodding along...
Disease/ Symptoms – e.g. GI system	Irregular appetite, gassy, erratic bowel movements, varied thirst	Strong appetite, quick digestion (rapid), heartburn, excess thirst (Eat enough)	Steady appetite, slow digestion, mucous formation, constipation, oily stool Minimal thirst
Dietary Suggestions	Fixed meal times – planned meals Grounding – earthy foods (root veg.) Ideally warm foods, warming spices	Cooling foods; coconut water, mint Avoid hot, heavy foods; chilli, pepper,	Can have cooler foods – stimulating herbs, heating spices Limit dense, heavy foods
Exercise	Slower paced, focused, mindful practices *Caution with Meditation – may not be able to manage this'	Water based (cooling) – aim is to remove heat and tension Caution with inversion – heat to the head, sun salutations!	Quicker paced – needs stimulation, needs movement
Breathing and Yoga	Grounding, slow breathing, alternate nostril breathing (focus, Parasympathetic NS)	Cooling breath (rolled tongue)	'Fire breath' – belly breathing - stimulating

Identifying Doshas – can further personalise treatment plans

- A lot of Naturopathic/Holistic therapies treatment plans mirror elements of the ancient teachings (e.g. Tongue examination; TCM)
- Focus: The Gut, removing toxins, optimising diet, detoxification, elimination → reduce disease states and restore vitality
- Key concepts: **Agni, Ama, Ojas**
- Being aware of Doshas when seeing clients – another feather to your hat
- Can be intuitive – Simple and quick questionnaires to add in to practice
- May already be starting to think of yourselves, others and relating to a particular Dasha
- Pulse and tongue diagnosis can aid this
- May already be starting to think of yourselves, others and relating to a particular Dasha
- Don't forget – Doshas are not just relating to the person - also condition; disease/ailment, environment
- Use this to tailor holistic management plan
- Incorporate **FOOD, HERBS, YOGA, MASSAGE, DAILY ROUTINE**
- AIM – for BALANCE and Harmony; internal and external environment
- Avoid 'feeding' the imbalances
- There is SO MUCH MORE TOO!



Thank you!

Questions and discussion.

Socials/Contact:

www.mellowendonutrition.com

@mellowendonutrition ✉ drsneha@mellowendonutrition.com

Podcast: @themellowendo.show

✉ drsneha.podcast@mellowendonutrition.com

