

Ayurveda

- A philosophy
- A healing science

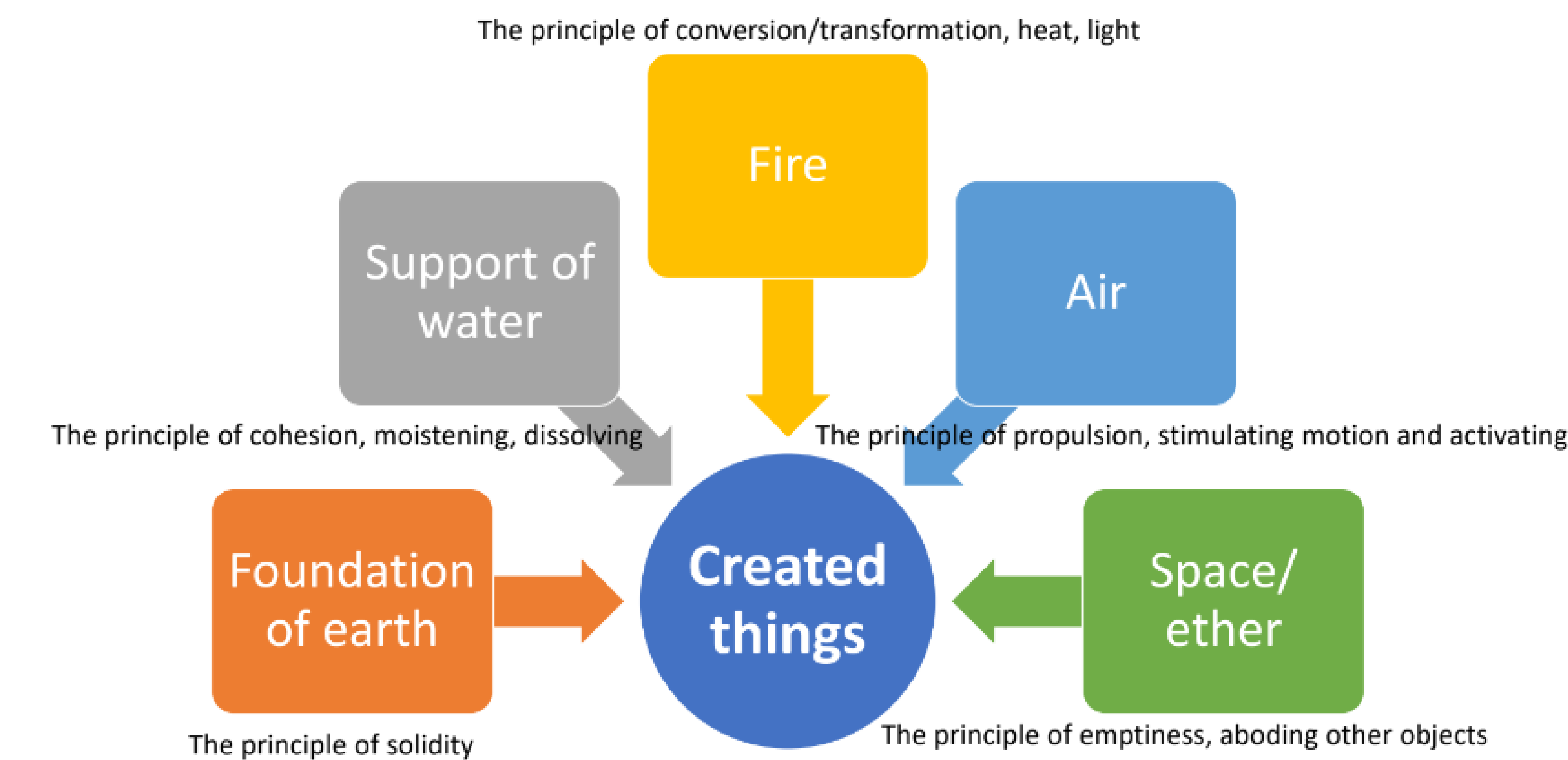
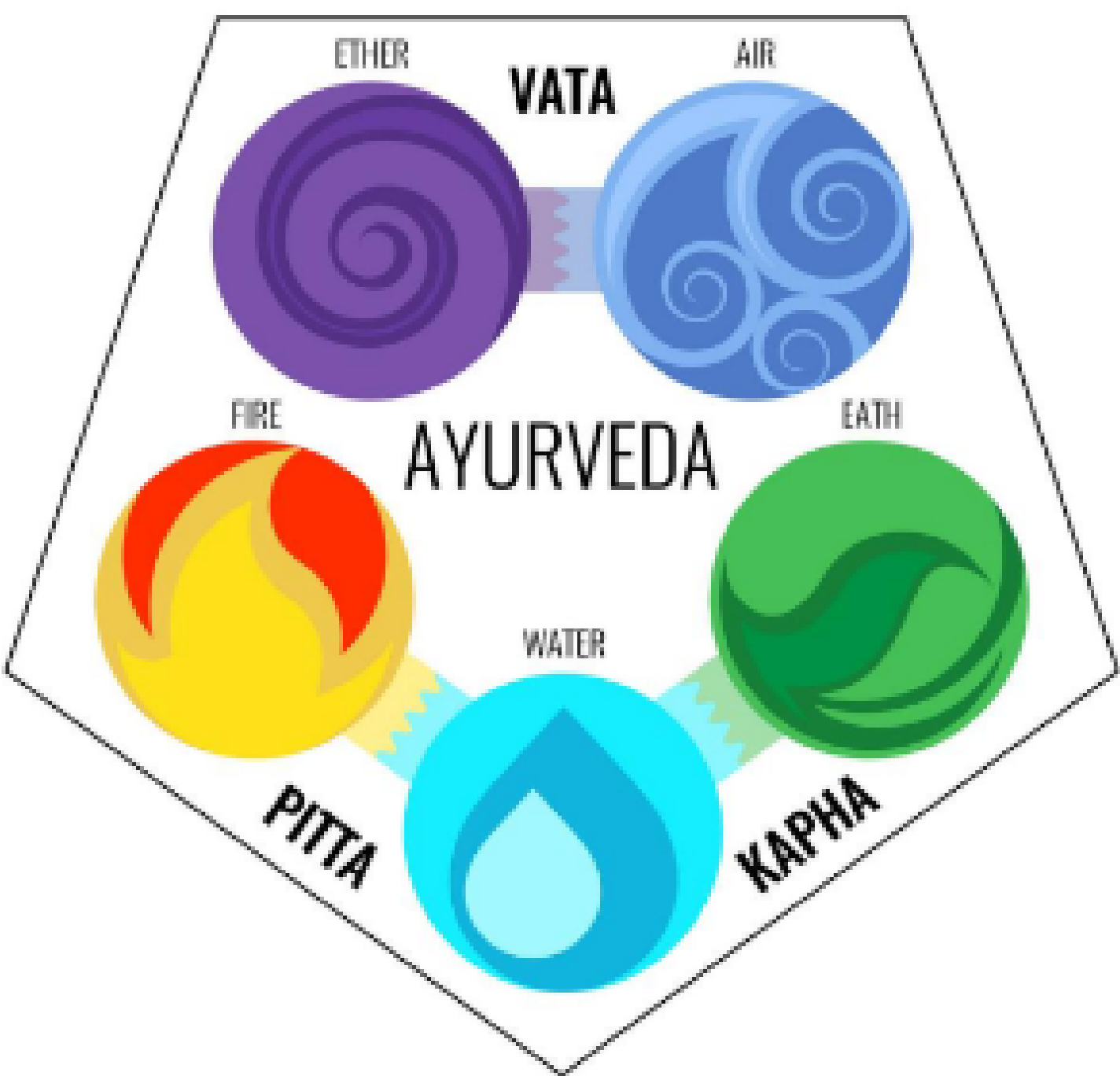
Ayur + Veda = Ayurveda

Life Knowledge

- The knowledge and understanding of life

Basic concepts in Ayurveda

- Five elements help to form
- Three fundamental energies/ bio energie: (Tridosha)
- Vata dosha - movements
 - Pitta dosha - transformation
 - Kapha dosha - protection
- Basic responsibilities



Tridosha

Vata

Pitta

Kapha

Constitute the structural and functional units of all the living cells, tissues, organs and the body as a whole

Control the basic physiological functions of the body along with five sub-dosha for each of the principal doshas

SCIENCE OF AYURVEDA

prevention is better than cure

Dott/Dr. J.M.Neel Jayakody
Ayurveda shasthri (D.A) (Sri Lanka) S.L.A.M.C.rEG nO; 11584
Panchakarma Special (Kerala- India)
Beauty Culture Special (Kerala-India)
REIKI Degree i, ii (Jin Kei Do)
Diploma in Positive thinking (InDepth)
PgD.BAC (University of Kelaniya, Sri Lanaka (2018)
MA.BAC(University of Kelaniya, Sri Lanaka (2022)

STUDIO PRIVATO
tecniche manuali ayurvediche
Suwasahana Ayurveda Medical Center
VIA GIANNI RODARI, NO: 9/11,
CORMANO,MILANO, CAP 20032(MI)ITALY
+393299162490



Catabolism of the body

Anabolism of the body

Vata

- maintains the cellular transport
- electrolyte balance
- elimination of waste products

Pitta

- regulates the body temperature
- optic nerve coordination
- hunger
- thirst management

Kapha

- provides lubrication to the joints for proper functioning

Metabolism of the body

Basic concepts in Ayurveda

- Five elements (Pancamahabhuta)



TASTE	Elements	Source examples	VĀTA	PITTA	KAPHA
SWEET (madhura)	Earth Water	Honey, rice, sugar, nuts, fruit, carbohydrates, grains, natural sugars, milk	↓	↓	↑
SOUR (amla)	Earth Fire	Yogurt, citrus fruits, ascorbic acid, vitamin C, vinegar, cheese, fermented foods	↓	↑	↑
SALTY (lavana)	Fire Water	Seaweed, tamari, table salt, sea salt, sea vegetables	↓	↑	↑
PUNGENT (katu)	Air Fire	Cayenne, chile pepper, black pepper, ginger, garlic, herbs and spices	↑	↑	↓
BITTER (tikta)	Air Ether	Turmeric, dark leafy greens, herbs and spices	↑	↓	↓
ASTRINGENT (kashāya)	Air Water	Alum, green banana, legumes, raw fruits and vegetables, herbs	↑	↓	↓

