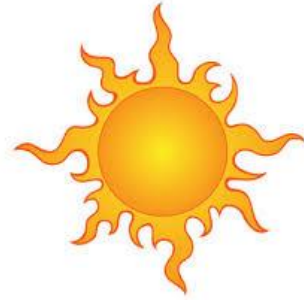


Ayurveda: A Way of Life

Loka Purusha Samya



5 Great Elements
(‘PanchaMahabhutas’)

Ether



Loka Purusha Samya
5 PanchaMahabhutas and Doshas

Ether



Vata



Pitta



Kapha

Functions of Doshas

Vata – All movements (cellular – gross muscular movements)

Pitta – All transformations/digestion (Food, water, thoughts)

Kapha – Building, binding, growth

Ayurveda Regimens

Guide bring balance in our lives

- 'Dinacharya' – daily regimen
- 'Ratricharya' – nighttime regimen
- 'Rhutucharya' – regimen for seasonal changes
- 'Ahar' – diet
- 'Sadvrutta' – good conduct

Dosha Imbalance

Diet

Lifestyle



Psychological

Balance of Doshas

Doshas need to be brought back into balance. If left untreated, they cause disease and dysfunction in the body.



Living Healthy Harmonious Life...

Living in balance within your constitution and in tune with your Environment



Health Challenged Life...

Out of balance with your constitution and Environment





Omkar Ayurveda

- Ayurvedic health consultations with Nutritional and Lifestyle guidance
- Abhyanga (*oil massage*) Swedana (*steam treatment*)
- Shirodhara (*gentle herbal oil stream*)
- PindaSweda (*massage with bolus of herbal paste*)
- Various other oil treatments for low-back, knee, heart chakra

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