Ayurveda: A Way of Life
Loka Purusha Samya

5 Great Elements
(‘Pancha Mahabhutas’)
<table>
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<tr>
<th>Ether</th>
<th>Vata</th>
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<td>Pitta</td>
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<td>Kapha</td>
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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
• ‘Ratrucharya’ – nighttime regimen
• ‘Rutucharya’ – 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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