



SAMASTA AYURVEDA

A QUICK GUIDE TO AYURVEDA

By: Grace Lee

Rooted in Ancient Wisdom--A Modern Day Practice

Translated from Sanskrit, Ayur (life) and Veda (knowledge/science) means “The Science of Life.” the basic teachings of Ayurveda are: Elements, Gunas, Doshas, tastes, lifestyle practices, diet & herbs.

*The 5
Elements*



Ether: Contains & holds, in spaces, intuition.



Air: Manifesting in movement, Prana, creativity.



Fire: Transformation, digestion, passion.



Water: Fluidity, nourishment, wisdom.



Earth: Stability, structure, grounding.

*The 20
Gunas*

Hot | Cold
Light | Heavy
Mobile | Static
Dry | Oily
Rough | Smooth

Opposites-Balance

Ayurveda uses opposites to
balance, the Gunas (qualities)
to describe our experiences &
thoughts.

Liquid | Dense
Sharp | Dull
Subtle | Gross
Hard | Soft
Clear | Cloudy

*The 3
Doshas*



Vata: Air & Ether | Cold, dry, light, mobile | Movement



Pitta: Fire & Water | Hot, sharp, light | Transformation



Kapha: Water & Earth | Cold, dense, heavy, dull | Structure

Ayurveda’s approach to health is about “treating with opposites.” We use the qualities (Gunas) and elements in the framework of their Dosha, to do so. Cold? Bring in heat (Pitta). Hot? Bring in cold (Vata & Kapha). Feeling anxious (Vata)? Bring in grounding (Kapha). And so forth. Play with it. Expand your awareness with this language.

Lifestyle Practices

Dinacharya: Daily Routine

Dinacharya or your Daily Routine is a foundational practice of Ayurveda. When we take time to care for ourselves, nourishing our mind, body & spirit, we can carry out our purpose, serve others and ourselves from a more grounded, energetic place. There is a large emphasis on Morning Routine, a time to start your day with intention and care.

Ayurvedic Morning Routine

- Wake before the sun
- Oral care: oil pull, tongue scrape, brush teeth
- Water/tea
- Meditate/journal
- Prayer/mantra
- Yoga/movement
- Pranayama

Ask:
“How can I best
care for myself?”



- Nasya or Neti
- Ear oil
- Garshana/dry brush
- Abhyanga/self-massage with oil
- Shower
- Breakfast

It's All in the Gut

Ayurveda teaches that the root of all disease comes from “forgetting who we are.” At the deepest level, our health lies in our ability to digest--our foods, thoughts, emotions & experiences. Focusing on building a strong Agni (digestive fire) with foods that are appropriate for your dosha, mealtime practices that aid in digestion, and supportive herbs for your unique doshic constitution, will help achieve that. Reducing stress, sitting to eat, eating foods that are in season, and enjoying your meals are a great place to start.

To dive in deeper, schedule your consult with me, today! I would love to serve you along your journey towards health and wellness. It's not too late--you can begin again. Namaste.

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Mantras for Healing

SPEAK KINDNESS, MANIFEST CHANGE

AIEEM NAMAH— “MY TRUE NATURE IS LOVE AND JOY.”

MY BEING RADIATES
IN HARMONY

MAY I LEARN TO MEET
MY NEEDS

*I AM CONNECTED TO MY
DIVINE INTUITION*

AHAM BRAHMASMI— “I AM WHOLENESS.”

Notes:



Date:

Mood:

Ovulation

Follicular

Menstruation

Luteal

Daily Journal

YOUR THOUGHTS: LET THEM FLOW & LET THEM GO

Gratitude ✨

NOTICE THE GLIMMERS



Daily 5

5 DAILY HABITS