

Ayurveda Beauty



Ayurveda medicine is an ancient science said to date back over 40,000 years. Ayurveda medicine and Chinese medicine is similar in it's shared concept in which each has specific ways in which aromatics, diet, herbs and bodywork is used to support physical, emotional and spiritual well being.

Ayurveda philosophy is based on an individual's *prakriti* meaning "the first creations". Your *prakriti* is determined at the point of conception and is the source of your innermost nature, it is the blueprint of what makes you unique.

The 3 basic *prakriti* or constitutional types are known as Vata, Pitta and Kapa also known as dosha. All 3 doshas are active in every individual but what makes each life unique is the particular balance of doshas with which we are born. Ayurveda teaches that health is maintained by the balance of the 3 doshas.

The Doshas in Brief

When we determine which dosha is most dominant in a person's constitution Ayurveda provides many ways to do this: by pulse diagnosis, by specific examination of eyes, tongue, lips, and fingernails and by direct observation of a person's general physical, mental, emotional and behavioral characteristics.

A Portrait of Vata

Vata represents: Air and Ether - light dry and cold

Vata individuals are slender, find it difficult to gain weight and easy to lose, skin is dry, thin, sallow, tans easily, hair is dark, dry, frizzy, thin, coarse, like warm foods and dislikes salads, sleep is light, dislikes crowds, bothered by noise, fearful, nervous, anxious, worried, are accommodating, very active, creative and intelligent, natural teachers, musicians, artists, philosophers

A Portrait of Pitta

Pitta represents: Fire and Water - hot and wet

Pitta individuals are medium built, easy to gain weight and easy to lose, skin is reddish-pink, prone to allergic reactions, burn easily, hair is soft, straight, likes cold foods, sleeps little but well, aggressive, arrogant, jealous, are sensitive, compassionate, ambitious, good business people, directors, administrators

A Portrait of Kappa

Kapha represents: Water and Earth - cold moist, slow and heavy

Kapha individuals are broad, well built, easy to gain weight and hard to lose, skin is oily, large pores, prone to acne, scarring, tans easily, hair is thick, oily, wavy, likes spicy food, needs sleep, easily depressed, stubborn, passive, are dependable, calm and stable, accountants, teachers, doctors, artists, dancers

The following is a list of the most appropriate oils to use with each dosha type, but please remember, all essential oils can be used by any type in the appropriate situation.

Essential Oils:

Vata skin type: Dry - need warming-sweet oils of Jasmine, Rose and Patchouli

Pitta skin type: Sensitive - need soothing oils of Chamomile, Lavender and Neroli

Kapha skin type: Oily - need pungent-astringent oils of Eucalyptus radiata, Rosemary and Cypress

Important: The information given does not replace medical advice or opinion.

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