

AYURVEDA
FOR
BODYWORKERS
WORKBOOK
DAY 1



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BODHI AYURVEDA. 2023

Defining Ayurveda

Ayu

Veda



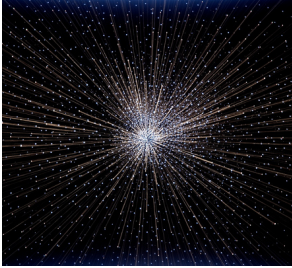
Managing

- Flow
- Good
- Bad
- How to Correct

PRANA

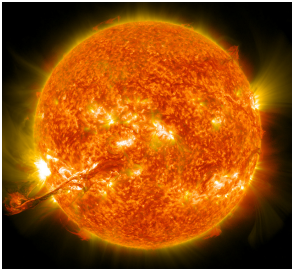
Marut

Intelligence



Agni

Transformation



Soma

Nourishment



Elements

Space/Ether
Akash



Air | Vayu



Fire | Agni



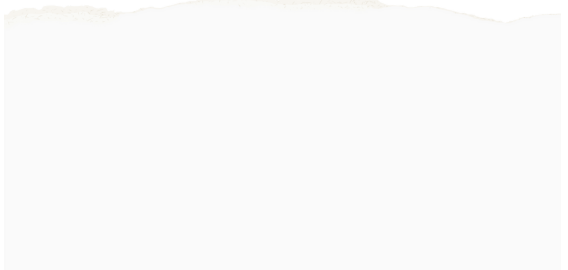
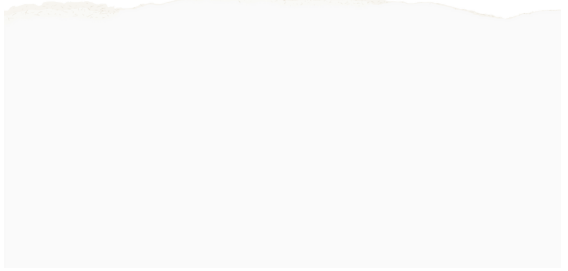
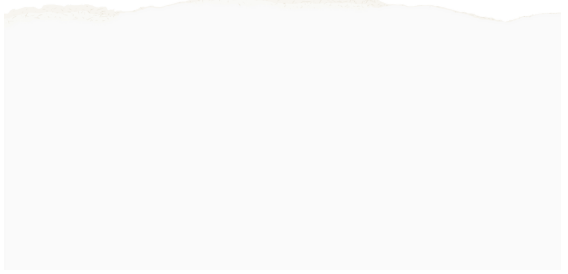
Water | Jala



Earth | Prithi



Doshas



Subdoshas

VATA

PRANA

UDANA

SAMANA

APANA

VYANA

PITTA

PACHAKA

RANJAKA

SADHAKA

ALOCHAKA

BHRANJAKA

KAPHA

TARPAKA

KLEDAKA

AVALAMBAKA

SHLESHAKA

BODHAKA

Qualities of the Doshas

Pairs of Qualities	VATA	PITTA	KAPHA
Cold/Hot			
Moist/Dry			
Heavy/Light			
Gross/Subtle			
Dense/Flowing			
Static/Mobile			
Dull/Sharp			
Soft/Hard			
Smooth/Rough			
Cloudy/Clear			

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Why Vikriti happens.....

1 _____

2 _____

3 _____

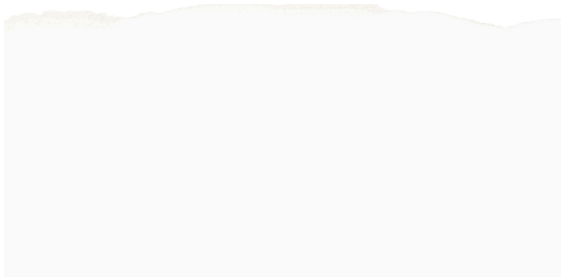
Managing Vikriti ...

_____ increases _____

&

Opposites _____

Pillars of Ayurveda



Ayurveda Diet Notes

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The Six Tastes

1

SWEET



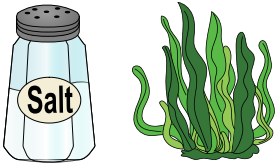
TASTE
2

SOUR



TASTE
3

SALTY



The Six Tastes

TASTE

4

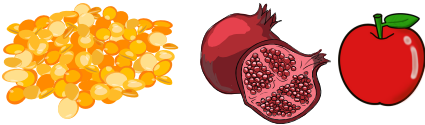
BITTER



TASTE

5

ASTRINGENT



TASTE

6

PUNGENT



THE MINDFUL EATING PLEDGE

I Pledge to

1 EAT THE PROPER AMOUNT

It is time to give up the clean plate club card! Eat the amount of food that leaves you feeling satisfied, not full. General rule is to 75% of fullness, which is amount of food that fits in your palms.

2 EAT TO MY DIGESTIVE STRENGTH

Only eat when you are truly hungry and to your hunger level. If you are not hungry during normal meal times, try sipping some hot ginger tea first.

3 EAT THE PROPER QUALITY OF FOOD

Choose foods which are whole, organic and fresh. Avoid processed foods, leftovers and GMO foods. Foods should also be freshly cooked and eaten fresh, avoiding leftovers.

4 COMBINE FOODS PROPERLY

Certain food combinations may taste good, even great, but could have a negative affect on your digestion. Types of foods (yogurt with fruit) and qualities of foods (raw vs. cooked) are the two ways to consider how to combine foods for effective digestion.

5 EAT FOOD MADE WITH LOVE

The best cooked recipes have the ingredient of Love in them. Emotions carry energy. We wouldn't want to eat food that was exposed to anger, fear, violence, or sadness. Instead making food with love and devotion is key.

6 CHEW, CHEW, CHEW

Digestion starts in the mouth. Besides starting the breakdown of carbohydrates and sugars with saliva, tasting the food sends signals to the digestive system. Plus, the better chewed the food, the easier to digest.

7 DRINK MODERATELY WITH MEALS

No need to guzzle down a tall glass of liquids with your meal. Use drinks moderately to help with chewing and swallowing of your food.

8 EAT UNDISTRACTED

Where your mind goes, your digestion will follow. When taking your meal, be in a quiet, undistracted location. Avoid eating at your desk, in front of your TV or in your car. Sit at a table and put away your devices, stay present with your meal.

9 GIVE PROPER THANKS

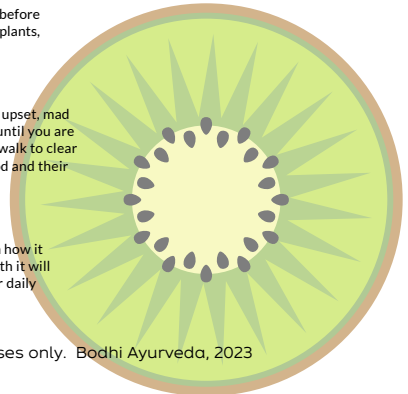
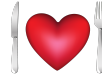
Food is a gift that many don't have. Give thanks to each meal before starting. Thank all the people involved in your food, from the plants, animals, farmers, cook and the divine.

10 EAT WITH A CALM MIND

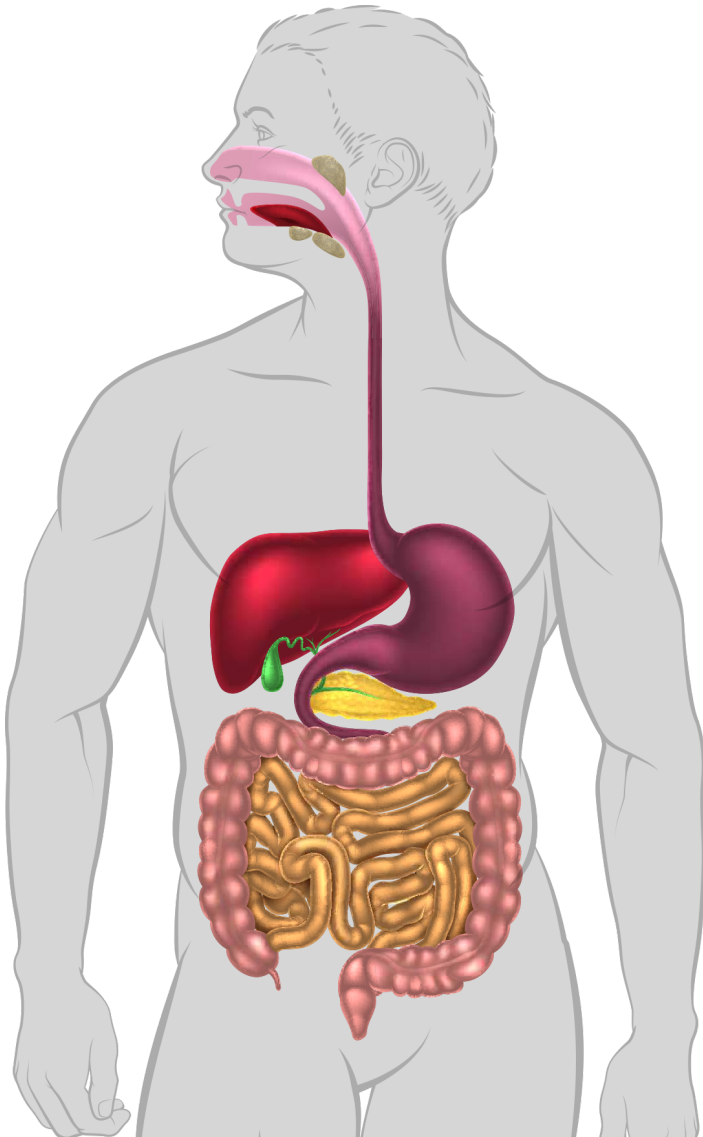
Emotions can sometimes be tough to digest! When you are upset, mad or sad, this may not be the time to eat the food. Instead, wait until you are in a better frame of mind. Take some time to meditate or a walk to clear your mind. Also consider the people who prepared their food and their mood.

11 REST AFTER EATING

Take a few moments and enjoy what you just ate. Reflect on how it feels in your body, give thanks again for the bounty and health it will create. A light walk is a nice way to again integrate into your daily schedule.



The Digestive Process



DIGESTION QUIZ

MY HUNGER LEVEL IS:

- | | | | |
|---|------------------------------|---|--------------------------------|
| S | Normal, hungry at meal times | V | Variable and can forget to eat |
| P | Always hungry, hangries | K | I don't mind skipping meals |

AFTER I EAT, I OFTEN FEEL

- | | | | |
|---|------------------------------|---|--------------------|
| S | Content, satisfied | V | Gasy and bloated |
| | Acid | K | Sluggish, heavy, |
| P | Indigestion/heart burn, GERD | | nauseous or sleepy |

MY BOWEL MOVEMENTS ARE

- | | |
|---|---|
| S | Regular, at least once a day (am) with ease |
| V | Not daily, often dry, hard stool or IBS |
| P | Often loose, hot or diarrhea |
| K | Often heavy or bulky, hard to eliminate |

SCORE

S _____ V _____ P _____ K _____



DIGESTIVE QUIZ RESULT MEANINGS



SAMAGNI | BALANCED DIGESTION

Normal appetite, digestion and elimination. Healthy tissue development and overall good health. Steady weight, good sleep and calm mind. A Blissful person.



VISHAMAGNI | VATA VARIABLE DIGESTION

Appetite and digestion is erratic and irregular. Often constipated or IBS. Gas and bloating after eating. Dryness in body and mind. Pain felt in joints and back. May feel anxious, fearful.



TIKSHNAGNI | PITTA FIREY DIGESTION

Strong appetite (hangries) or always hungry. Acidic indigestion, loose stools, diarrhea. May experience skin issues, such as rashes, hives, acne. Mood can be aggressive, irritable and controlling.



MANDAGNI | KAPHA SLOW DIGESTION

Low appetite, doesn't feel hungry. Food digests and moves slowly, leaving heaviness, lethargy and nausea. May experience weight gain, swelling and congestion. Mood can be possessive or depressive.





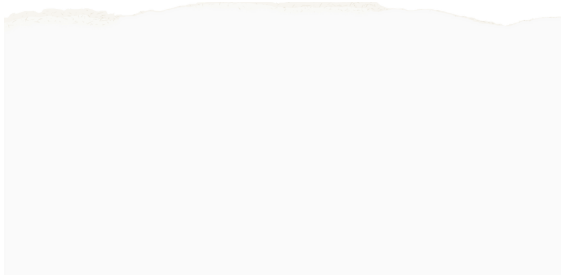
Ayurveda Toxicity

What are the signs that AMA exists and how to address it with a guest.

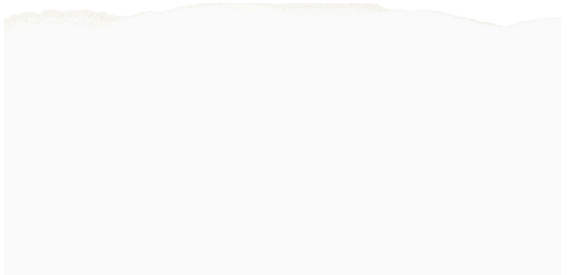
AMA



AMAVISHA



GARAVISHA



INDRAVAJRA

VIJANYA



My Dinacharya

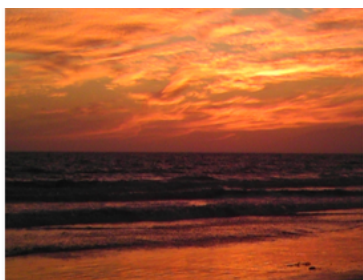
Morning



Midday



Evening



Journaling

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Journaling

A large rectangular area with a light gray background and horizontal dotted lines, intended for journaling.



Journaling

A large rectangular area with a light gray background and horizontal dotted lines, intended for journaling.

