

Ayurveda Notes (2005)

Ahamkara – knowledge of self, ego

World comes from the inside and projects out.

Ayurveda is a life science which has been transmitted, not created through conjecture

Time and space = jyotish

What happens in time and space is ayurveda, ayurveda is a branch of tantra

Agni is the most imp't, first word of the Vedas. Fire of digestion, ability to digest emotion.
Rg veda, agni is the most imp't, fire is life and luminosity

Jatharagni = stomach bhutagni – liver (5 elements)

We approach life to daily conduct. 3 pillars of life: food, sleep, sex (relationships), if your conduct is healthy you will live long. 3 pillars is yogic conduct. Karmic momentum → decay or rejuvenation. Live out your allotted years. Life is while you are still digesting experiences, as long as you digest experiences you live. When you stop digesting experiences you die.

Ego, ahamkara = organizes the 5 elements

Agni transforms food → life

Prakrti = first action of mother nature, gives us our unique constitution.

If you can get the prana out of air you don't need air. Time and place = gives us our specific constitution. Conception, gestation and birth

Constitution is a permutation of the 5 elements

Doshas = 5 elements

Kapha builds us, pitta is always transforming, vatta breaks down

Our conduct yields our bhavana, gunas = qualities

Vata = bitter astringent, cold, wet, dry, light, mobile, dry, rough, clear, subtle, weakest agni

Two most imp't things: “for whom and when?” and “like increases like”

Pitta = bitter, sweet, astringent, has strongest agni
Kapha = moderate agni

You need sleep for integration!

Saying everybody should is using the human intellect

Dharmic conduct → immortality, adharmic – brings you closer to death, altering your fate

Dharma = proper way for you to function in society

Samprapti = path of disease

Stage 1 = accumulation

Stage 2 = provoked

Stage 3 = spread

Stage 4 = creates a home (when western medicine recognizes the problem)

Stage 5 = manifestation of disease

Stage 6 = tissue differentiation

Ojas (refined experience of water and earth), tejas (fire and water), and prana (smooth flow of life force energy) are refined essences of the doshas

Maintaining ojas is key, replenish it by following our dharma