



Ayurvedic Integrative Nutrition



Ayurveda

Level 1: Week 1

Ayurveda

Know Thyself

AIN I.I

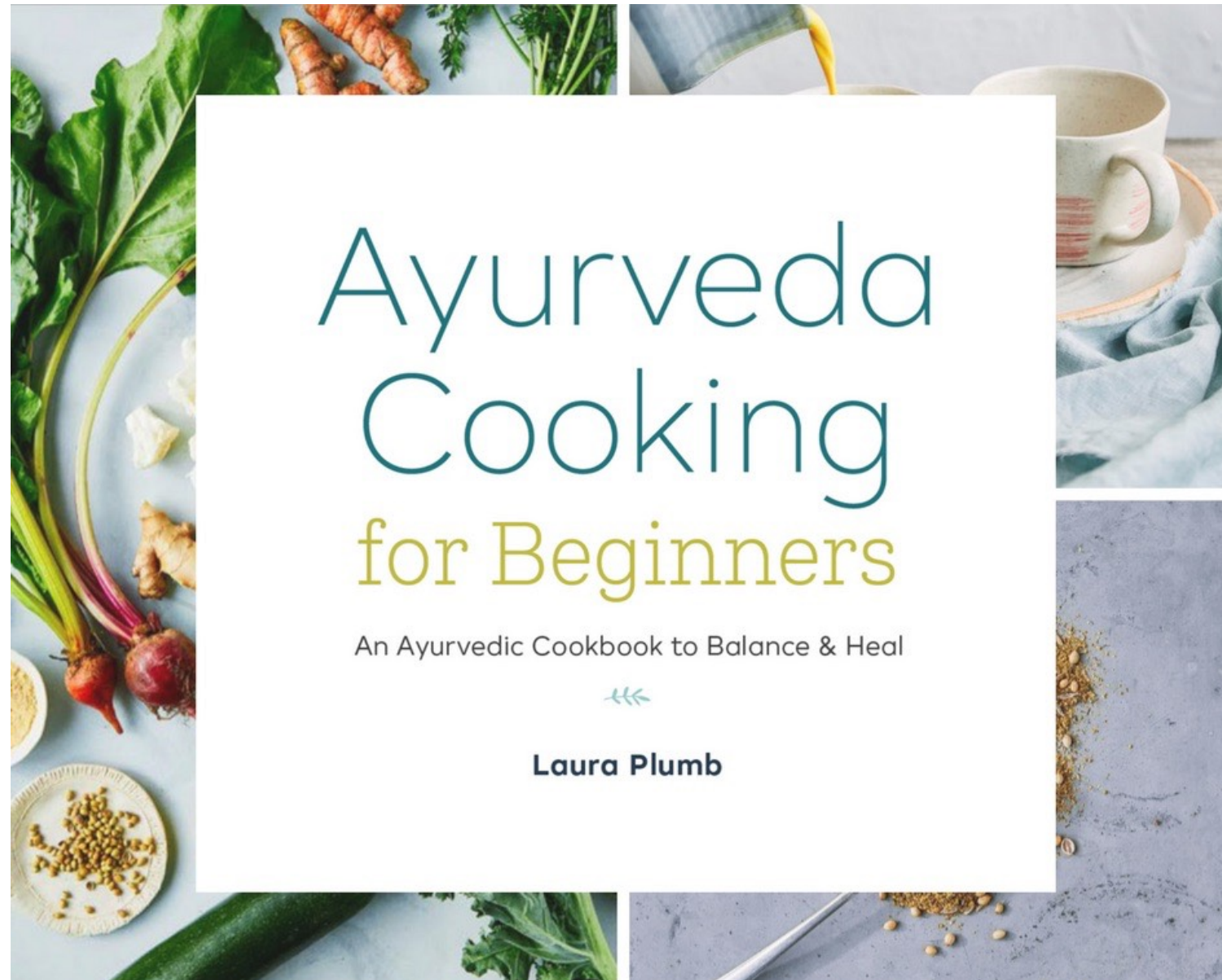
- Intros: Who & Why
- Cosmology: Origins of Existence
- What is Ayurveda?
- History: Shamanism, Atharva Veda
- The Relationship Between Yoga and Ayurveda



Namaskar
Welcome!

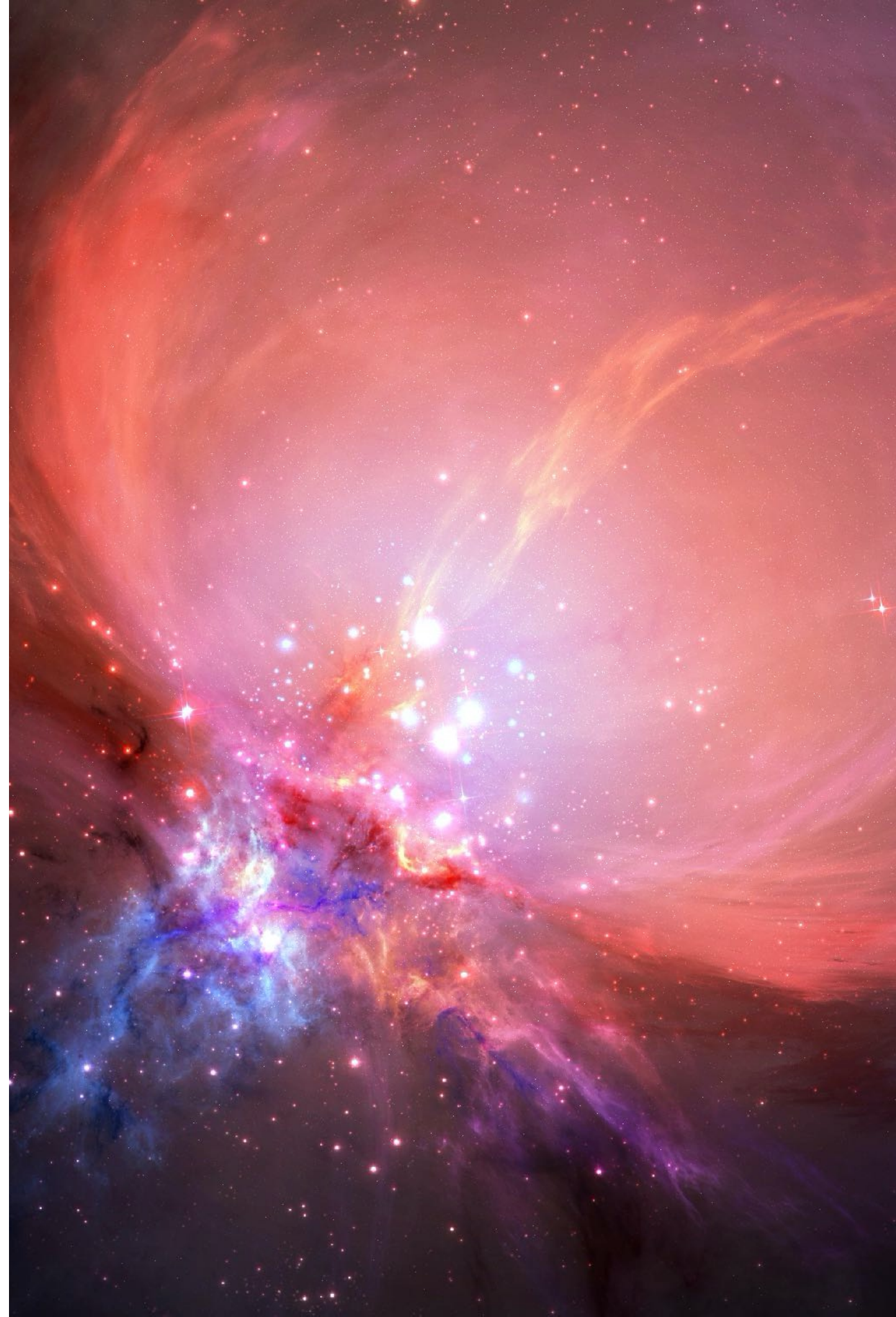


AYU

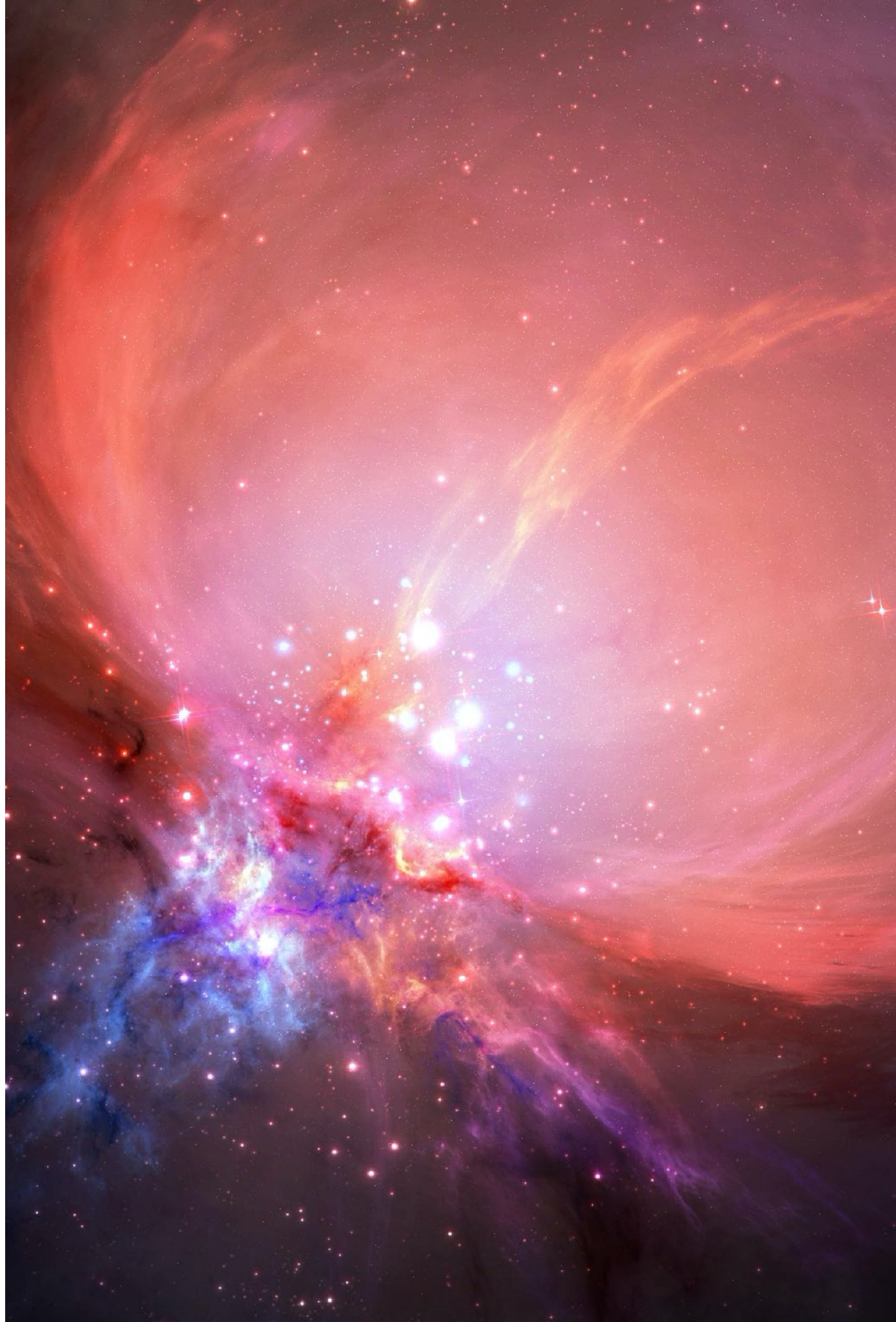


E-RYT500 | AWP | Jyotish
lauraplumb.com
food-lovestory.com

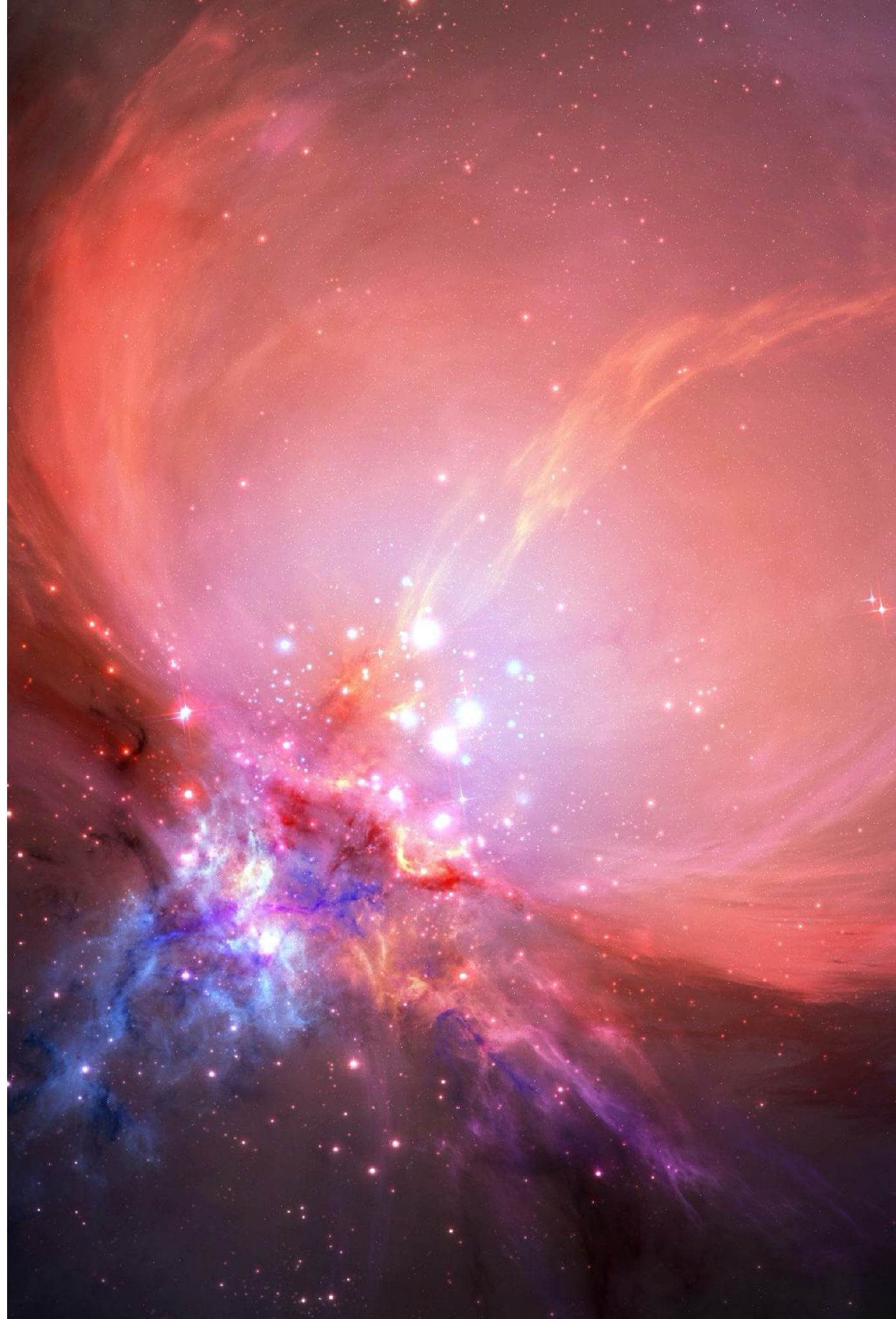
Origins of Existence



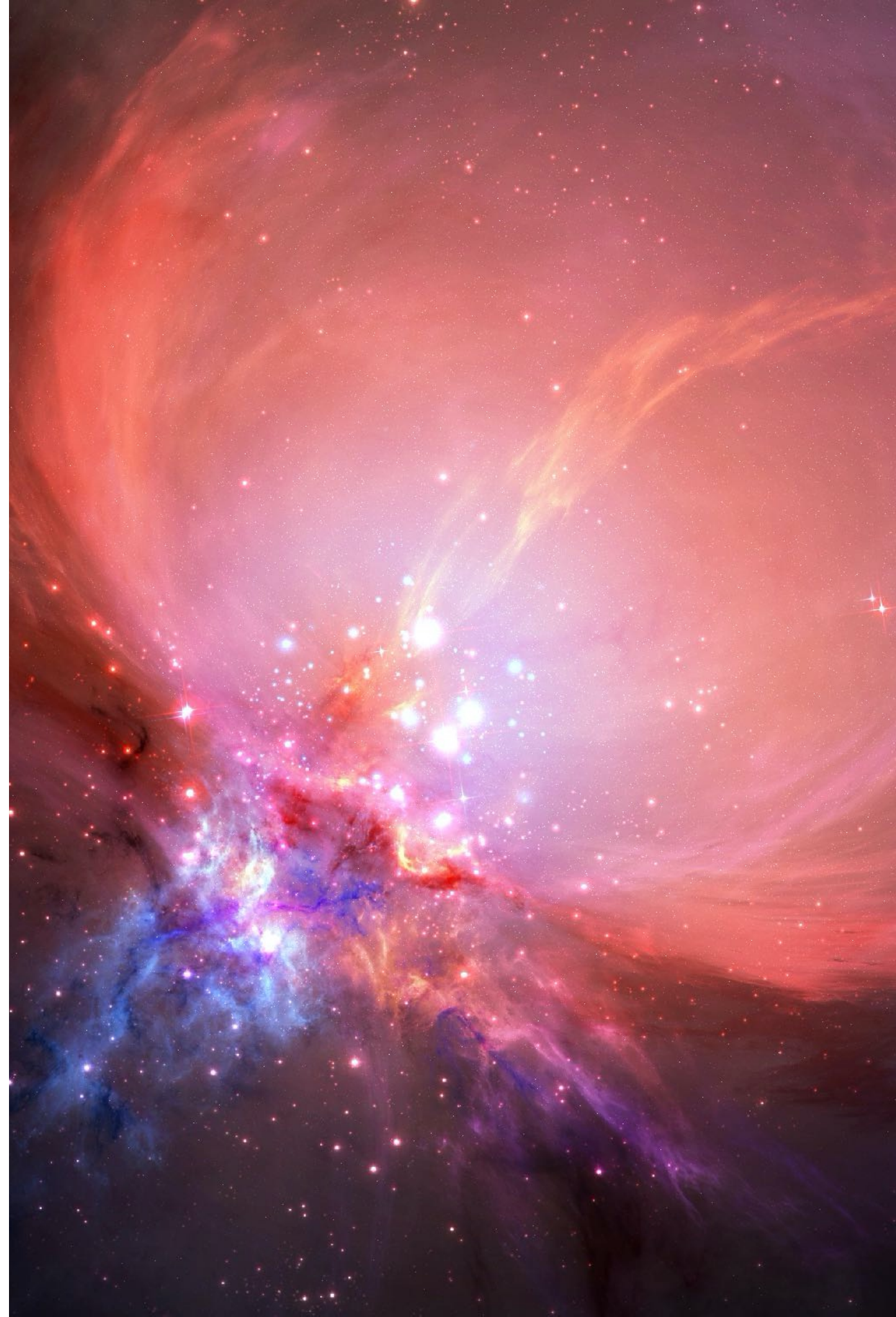
Bang



Expansion



Heat



Binding



Planet



Evolution





What is Ayurveda?



Ayu = Life
Veda = Knowledge



Science of Life

Knowledge of Longevity



Medicine in Nature

5 Elements



Medicine in Nature

5 Elements



Medicine in Nature

5 Elements

Ayurveda

Know Thyself



Ayurveda

- ~ The wisdom of this conscious universe knowable within ourselves and in our own lives.
- ~ Its aim is the integration of human knowledge towards the maximum fulfillment of life.

Ayurveda

- ~ Ayurveda exists to provide *Arogya*, freedom from disease
- ~ So that we may sustainably pursue the four goals of life: *Artha*, *Kama*, *Dharma*, and especially *Moksha*, the true purpose of life.

Ayurveda

- ~ Ayurveda focuses on balance: balancing the doshas, to harmonize your body-mind system, ultimately contributing to the process of liberation of all life.

Ayurveda

- ~ Dates back an estimated 5,000-10,000 years and is widely considered to be the oldest form of health care in the world.
- ~ Ayurveda is often referred to as the Mother of all healing.

Ayurveda

- ~ Shamanism
- ~ Ancient Technology for Healing:
Self, Community, Environment

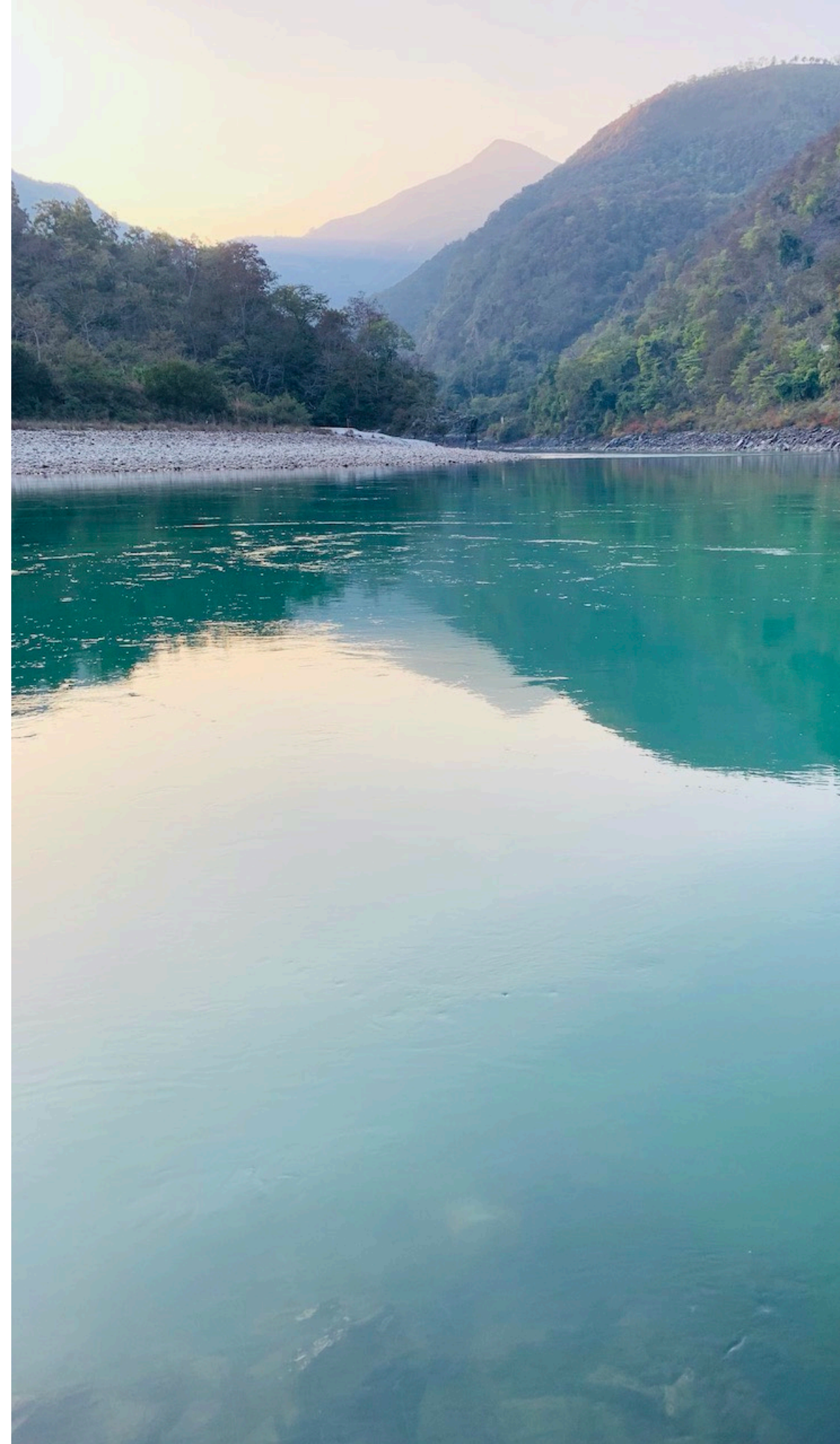
Nature is not separate.
We do not own nature.
We are nature.
We belong to nature.



Nature is regenerative.



Ayurveda arose in the Vedic Saraswati culture that flourished from its development around 7000 BC to its demise in 1900 BC when the *Saraswati River* dried up. The Vedas are the oldest record of spiritual knowledge; a tradition at least 8,000 years old. All of the four Vedas - the Rig Veda, Sama Veda, Yajur Veda, and the Atharva Veda - contain teachings on Ayurveda.





Yatha Pinde Tatha Brahmande



Yatha Pinde Tatha Brahmande

In the Atom Is the Cosmos

In the One is the All

In the Personal Is the Universal

Samkhya

- ~ As a school, emerged before 2nd century BC.
- ~ Philosophy evident pre-Buddha.
- ~ Samkhya teachings are in the Upanishads, especially Katha Upanishad.

Samkhya

- ~ Samkhya means “the system of enumeration” delineating the cosmic principles. It is the great foundational science of the Vedas.
- ~ Its principles of cosmology, philosophy and psychology underlie the classical system of Yoga, Tantra, and Ayurveda.
- ~ The Samkhya system is fundamental to the deeper usages of Ayurveda, especially its mental and spiritual applications.

Cosmology



Purusha

Pure Consciousness

- ~ Transcendent, Eternal Spirit, Supreme Self
- ~ Absolute, Independent, Free
- ~ Principle Intelligence
- ~ Inert, Uncaused, Unknowable



Prakriti

Primal Nature

- ~ The Cause of Existence
- ~ Unseen & Invisible
- ~ Eternal Creativity
- ~ Creative Infinity
- ~ Shakti: Divine Energy
- ~ The Source of Creation



Purusha & Prakriti

Self & Nature

~ *Consciousness & Matter*

~ *The Seer & The Seen*

~ *The Experienter & The Experienced*

~ *The Passive & The Active*

~ *Intelligence & Potentiality*



Purusha & Prakriti

Breathing Pause



Mahat

Cosmic Intelligence

- ~ Pure Potentiality
- ~ The Word
- ~ Light emerges
- ~ Gives rise to Buddhi, our
Discriminatory Power
- ~ Higher Mind / Wisdom



Ahamkara

Differentiation, Individualization, Ego

~ Self-awareness

~ Sense of “I”

~ Identification with Prakriti



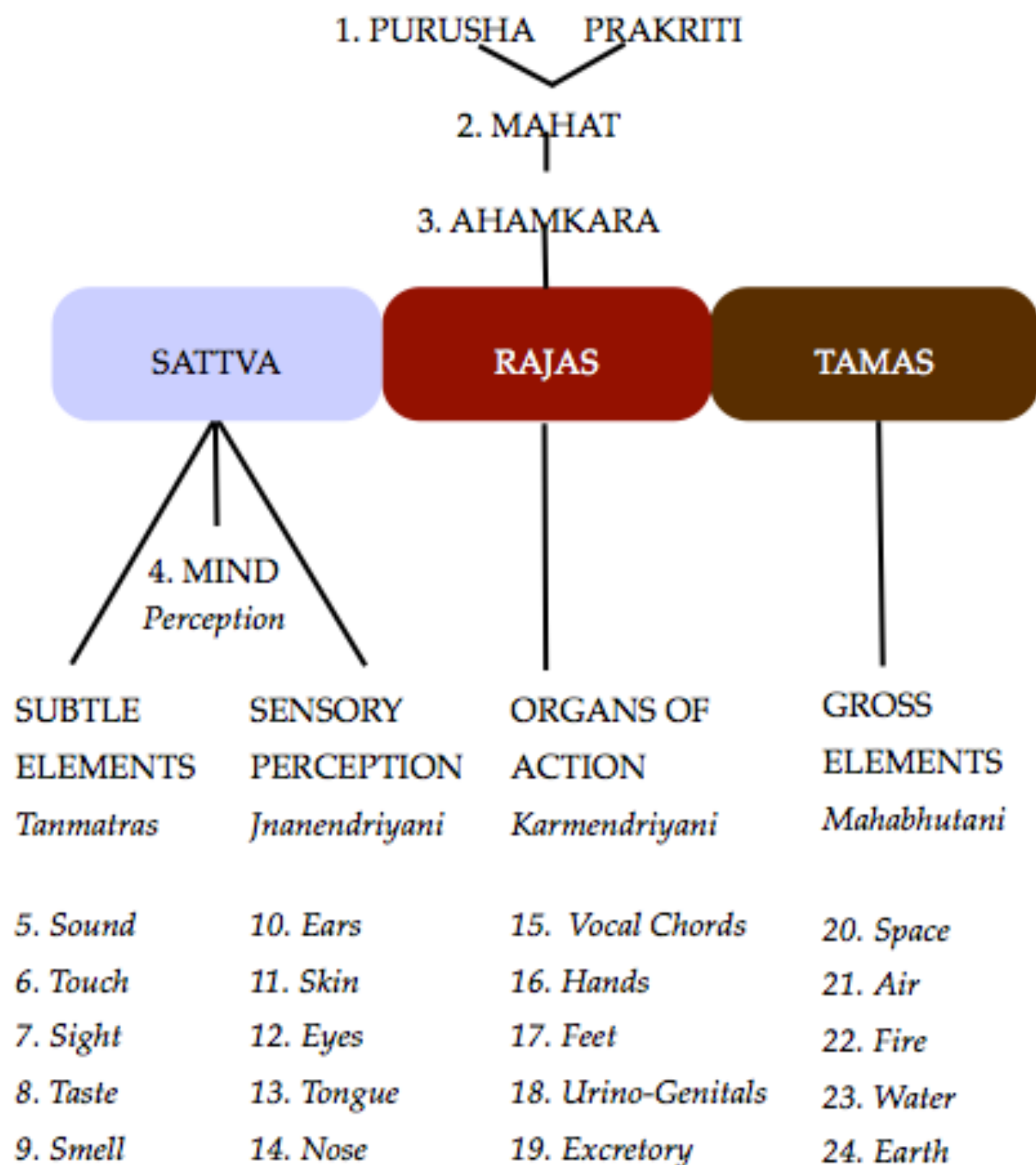
Individuation

If this individuality is wiped away, the creative joy that crystallized it disappears, even if no material was lost, even if no atom was destroyed. And if it is lost, it is also a loss for the entire world. It is particularly precious because it is not universal.

~ Rabindranath Tagore



SAMKHYA'S TATTVAS: THE COSMIC EVOLUTES



Ayurveda } Yoga

- ~ The basic principle that there is a fundamental truth or reality, a state of pure consciousness, underlying all.
- ~ That suffering is caused by the ego which forgets or ignores this fundamental reality.
- ~ That to move beyond suffering, a goal of Ayurveda, we must dissolve the ego.

Ayurveda } Yoga

- ~ That to dissolve the ego we must follow ethical values like truthfulness, non-harming, non-stealing.
- ~ That Yoga and meditation are primary methods for reaching beyond the ego to pure consciousness.
- ~ That this is the goal of life, not only for the individual but for the liberation of all.

Ayurveda } Yoga

- ~ Yoga seeks to know, or to experience, the nature of Reality
- ~ Ayurveda seeks to understand the reality of Nature.

Yoga Sutras



Sutra 2.33:

All that is perceived, whatever it is and whatever its effects may be on a particular individual, has but one purpose. That is to clarify the distinction between the external that is seen and the internal that sees.

*Ayurveda
Celebrates
Life!*



At Home



Class Presentations



Food: A Love Story

[Home](#)[Ayurveda](#)[Courses | Cleanses](#)[My Cook Book](#)[Seasons](#)[Six Tastes](#)[The Love Story](#)[Your Dosha](#)

Ayurvedically Inspired, Whole Food, Healthy Recipes from Laura Plumb



Winter's Warm Harvest Soup

JANUARY 3, 2019

In the cold months we need warm, digestion-enkindling, tissue hydrating, muscle-melting soups!

[Continue reading →](#)



Holiday Mendiants

DECEMBER 19, 2018

Sumptuous, gorgeous, and so easy to make! [Continue reading →](#)



Upside Down Apple Pie

DECEMBER 8, 2018

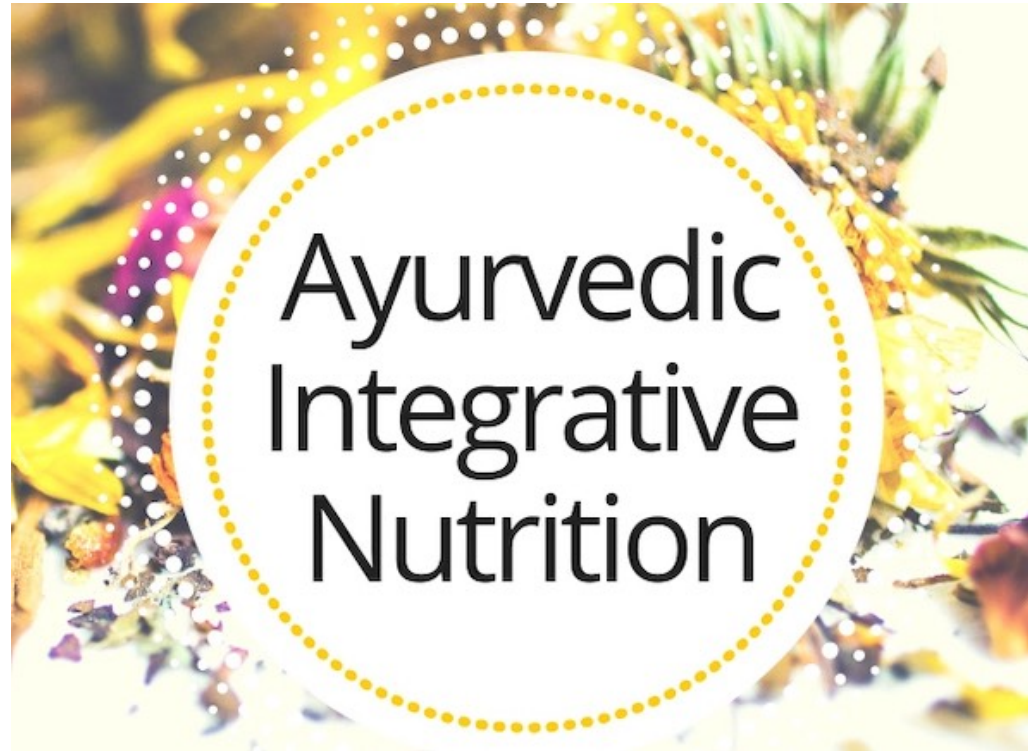
Rich caramels contrast with the tart of the apple [Continue reading →](#)



Fruity Baked Oatmeal + New Dosha Quiz

NOVEMBER 25, 2018

[Continue reading →](#)



Thank you!