



ASTROLOGY  
& AYURVEDA

What are  
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of *Ayurveda*?

# What are the *goals* of *Ayurveda*?

The first goal of Ayurveda is mental-emotional-spiritual improvement. Every human being, regardless of race, gender, age, religion, or cultural differences, has the same emotional needs.

The second goal is prevention. Every person needs a lifestyle that would ensure aspects of one's daily routine are harmonized with nature and the Universe.

Ayurveda's third goal is therapeutic. Through the five senses, healing is about restoring balance, fighting diseases, and preventing disorders.

Higher goal of Ayurveda is awareness development.

# Importance of *Emotional Wellbeing* in Ayurveda

In Ayurveda, emotional well-being is considered one of the fundamental pillars of health. It is just as important as nutrition, sleep, meditation, and mindful movement. With Ayurvedic diet and mindfulness practices, we can gain and maintain clarity and alertness in our minds, balance overthinking, and maintain flexibility. In addition to processing nutrients and removing toxins, our bodies can also process emotional toxins (emotional ama). Chakra healing helps us with stuck energies or excess energy.

# *Conscious* Communication

Conscious Communication techniques help us manage HOW we RESPOND to our experiences. We can practice controlling our RESPONSE instead of managing and recovering from our REACTIONS.





# Emotional *Freedom*

Emotions are the result of our needs. Unmet needs lead to discomfort. Whenever we are unable to digest, release or verbalize a dissatisfying emotional experience, we store residue of unprocessed feelings in our psychological layer (subtle body) and ultimately our physical body.

The Ayurvedic system recommends self-care and self-development methods based on your unique dosha combination (Prakruti) and imbalances you may be experiencing (Vikruti).



*Free Prakruti and Vikruti quizzes  
are available on Astrology & Ayurveda website.  
Please visit **astrologyayurveda.com**.*





By practicing the techniques recommended in your individual Ayurvedic self-care program, you will be able to:

- Improve your energy levels and your digestion.
- Improve sense of ownership and control over your state of emotions.
- Become more resilient to actions or words coming from an external environment.
- Reduce emotional turbulence.
- Re-awaken the senses.

## How do *I* get started?

To take your next step towards developing your personal Ayurvedic Lifestyle please feel free to email me as your Certified Chopra Health™ Instructor at

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