

ASTROLOGY
& AYURVEDA

6 Pillars of Lifestyle Medicine

What is a Lifestyle Medicine ?

Ayurveda, the ancient science of life, emphasizes a holistic approach to well-being through the integration of daily habits that nourish the body, mind, and spirit. The six pillars of lifestyle medicine serve as a guide to cultivate health and vitality, promoting balance and harmony in every aspect of life.

Nutrition

A balanced diet is the foundation of good health in Ayurveda. It emphasizes the consumption of fresh, seasonal, and wholesome foods that align with your unique constitution (Prakruti) and current imbalances (Vikruti). Eating in moderation, mindful of taste, temperature, and qualities, supports digestive strength (Agni) and overall vitality.

Mindful Movement

Regular physical activity is essential for maintaining a healthy body and mind. Ayurveda encourages mindful movement practices like yoga, walking, or gentle stretching to improve circulation, flexibility, and mental clarity, while also reducing stress and promoting balance within the doshas (Vata, Pitta, Kapha).

Sleep

A restful, uninterrupted sleep routine nourishes the body and mind, rejuvenates energy, and supports detoxification. Aligning sleep patterns with the natural rhythms of the day, such as waking with the sunrise and sleeping by 10 p.m., maximizes restorative benefits.

Meditation

Meditation fosters mental clarity, emotional balance, and spiritual connection. Ayurveda promotes meditation as a tool for calming the mind, reducing stress, and cultivating awareness of one's inner self.

Emotional Wellness

Ayurveda emphasizes cultivating a positive mindset and addressing emotional disturbances with self-compassion and mindfulness. Practices such as journaling, emotional clearing, and conscious communication help regulate emotional health.

Self-Care

Self-care is an essential aspect of maintaining balance and vitality in Ayurveda. The practice utilizes sensory therapies that engage the five senses—taste, touch, sound, smell, and sight—to restore energy and activate the body's self-healing capacities.



AYURVEDIC DIET

- 1.Sweet
- 2.Salty
- 3.Sour
- 4.Pungent
- 5.Bitter
- 6.Astringent

Ayurveda emphasizes the importance of gut health. The concept of a "rainbow" meal, which includes the six essential tastes—sweet, sour, salty, bitter, pungent, and astringent—ensures that each meal provides a complete range of nutrients to support digestion and overall vitality. Each taste has specific qualities that influence digestion, metabolism, and health, making it vital to incorporate them for balance and optimal health.

PRANYAMA (CONSCIOUS BREATHING)

- Improves Respiratory Health
- Reduces Stress and Anxiety
- Enhances Mental Clarity
- Boosts Immune System
- Balances the Nervous System:
- Increases Energy Levels
- Improves Digestion



EXERCISE ROUTINE

An exercise routine tailored to your dosha type can enhance your well-being by aligning physical activity with your body's unique constitution.

- Pilates (Vata)
- HIIT (Kapha)
- Yoga (Pitta)
- Swimming (Pitta, all doshas)
- Running (Kapha)
- Walking (Vata, Pitta)
- Tai Chi (Vata, Pitta)

PERSONALIZATION

VATA

PITTA

KAPHA

Ayurveda emphasizes that every individual is unique, with a distinct constitution (Prakruti) influenced by the three doshas—**Vata, Pitta, and Kapha**.

By tailoring your diet, exercise, and daily habits to your dosha type, you can optimize your health, address imbalances, and support your body's natural rhythms.

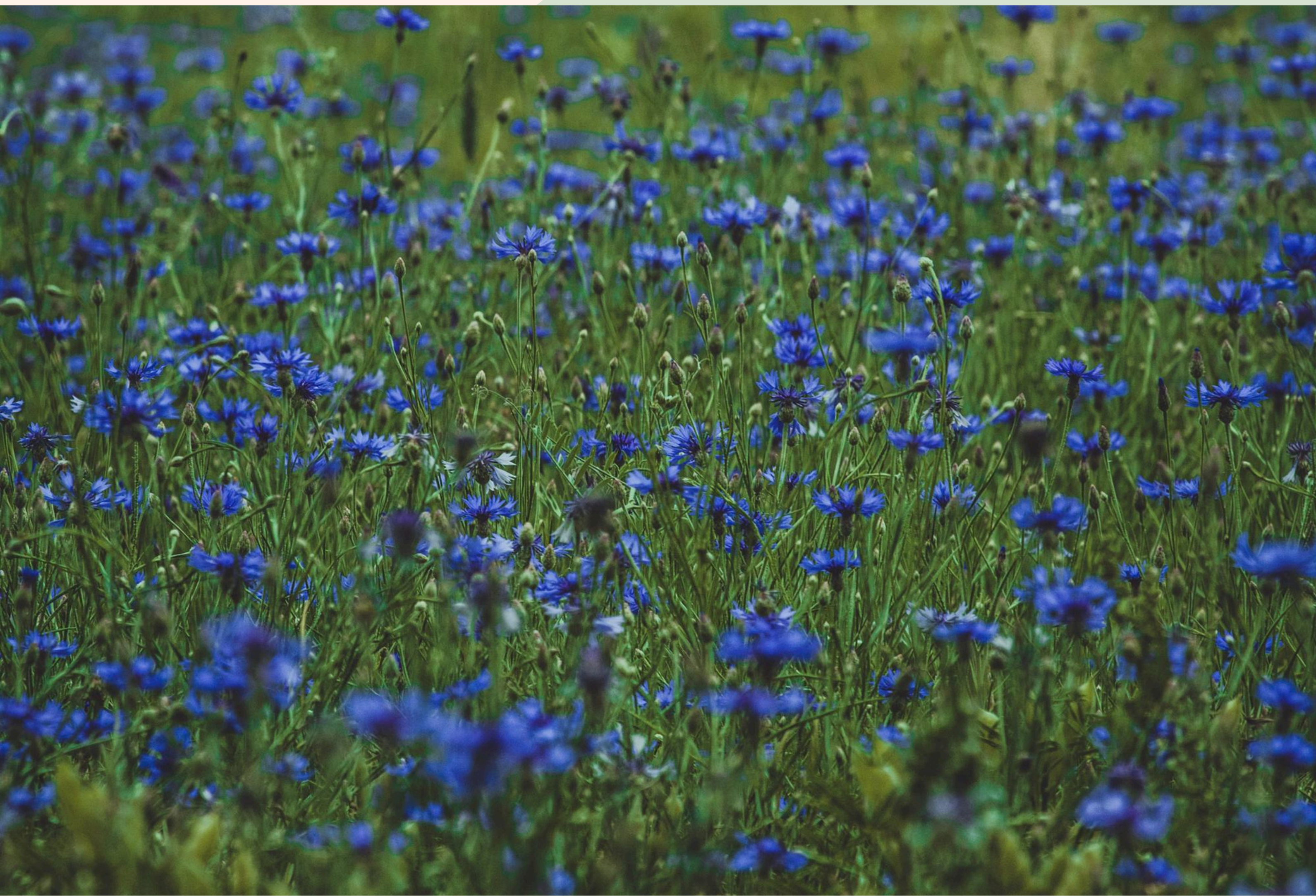
What are the Benefits of Holistic Lifestyle?

Ayurveda takes a **proactive, practical, and participatory approach to health** by encouraging individuals to align their lifestyle with natural rhythms, such as seasonal changes, age, and emotional predisposition. By making simple, yet effective adjustments to **diet, exercise, and daily habits** based on these factors, Ayurveda helps prevent imbalances before they arise.

By understanding your unique constitution, you can adopt tailored practices that restore balance, helping you to live in alignment with your true nature.

Ayurveda offers a holistic, individualized path to wellness, empowering you to achieve lasting health and well-being in every aspect of your life.

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