



**BANYAN**<sup>®</sup>  
BOTANICALS

# Living Ayurveda

Discover Your Path to Well-Being

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# Living Your Ayurvedic Journey

## Finding the Tools to Change Your Life

Ayurveda is more than a passing trend or a popular form of alternative medicine. Literally translating as “knowledge of life,” the scope of this ancient healing system is truly no less encompassing. While the tradition is thought to be over 5,000 years old, Ayurveda remains as relevant as ever, and it’s enlivened every day as individuals around the world engage its timeless wisdom in their day-to-day lives. When embraced, it can empower us and provide the tools we need to illuminate our path to vibrant health, meaningful purpose, and an enduring sense of peace, contentment, and joy.

Ayurveda is a remarkably individualized system of medicine, rooted in the idea that each of us is born with a completely personal blueprint for optimal health. This is what we call your body type, or your constitution. From birth onward, it is this reference point—your constitution—that, in many ways, defines who you are. Discovering your constitution, and its building blocks of the doshas, is a first and radical step towards ideal health.

As you deepen your understanding of your constitution and continue to cultivate a sense of self-awareness, you may find support in the traditional and enriching practices of an Ayurvedic lifestyle. Using lifestyle choices to maintain health is a simple yet profound concept. It’s an invitation to intentionally incorporate practices and experiences that support your holistic well-being, while limiting those that will be less so. As a result, the very way you move through life becomes a powerful opportunity for healing.

### ON THE COVER

Jennifer, pitta-kapha type, mental health counselor and adventurer

### Meet Mari

**Ayurvedic Constitution**  
Pitta-vata type

**About** Registered nurse, mother of two, grandmother, and horse lover





## Vata Dosha



ether

### VATA QUALITIES

Dry  
Light  
Cold  
Rough  
Subtle  
Mobile  
Clear



air



## Pitta Dosha



fire

### PITTA QUALITIES

Hot  
Sharp  
Light  
Liquid  
Spreading  
Oily



water



## Kapha Dosha



earth

### KAPHA QUALITIES

Heavy  
Slow  
Cool  
Oily  
Smooth  
Dense  
Soft  
Stable  
Gross  
Cloudy (Sticky)



water



### Meet Chelsee

**Ayurvedic Constitution**  
Vata-kapha type

**About** Dancer, dreamer,  
and Banyan friend



# The Doshas & You

The first step to becoming more familiar with your constitution is to explore the three doshas—vata, pitta, and kapha—and what they mean to you. Based on a particular combination of elements and qualities, each dosha has a unique influence on all layers of our being—physical, mental, and emotional—and contributes to who we are as individuals—our constitution. All three doshas are present in everyone, but the ratio of each can vary from person to person, resulting in as many unique combinations as there are people on the planet.

The doshas manifest in a variety of ways that are both positive and necessary to our health and well-being, but they can also wreak havoc on the body when they accumulate in excess. By learning to identify the doshas within yourself, you can learn how to bring them back into a happy and healthy balance.



### WHAT'S YOUR DOSHA? TAKE THE QUIZ!

To learn your constitution and current state of balance, take the Ayurvedic Profile™ Quiz at [banyanbotanicals.com/myprofile](https://banyanbotanicals.com/myprofile)

**Vata** is the energy of air and ether, bringing with it the gifts of movement, creativity, and inspiration. This dosha governs breathing, the pulsation of the heart, muscle movement, nerve impulses, sensory perception, communication, and our capacity to experience connection, spontaneity, and joy in our lives.

In excess, the light, dry, mobile qualities of vata can cause fear, anxiousness, and a feeling of being ungrounded. In the body, imbalanced

vata can cause dry skin, constipation, occasional sleeplessness, and cracking joints. To bring vata back into balance, incorporate things like warm oil massage, nourishing meals, and a consistent daily routine.

**Pitta** is the energy of fire and water, bringing the powerful qualities of passion, charisma, intelligence, and courage. In the body, this dosha governs appetite, digestion, absorption, assimilation, and cellular transformation. When pitta is healthy, it creates a natural capacity for clarity, confidence, decisive action, and visionary leadership.

In excess, pitta's fiery nature can get a bit out of control, potentially causing anger, jealousy, and harsh criticism. In the body, excess pitta can cause imbalances like inflammation, heartburn, rashes, and loose stools. To prevent pitta from overheating, incorporate cooling and soothing practices such as slow gentle exercise, cooling foods, and a relaxed, playful approach to life.

**Kapha** is the energy of water and earth, offering the gifts of stability, grounding, and nourishment. This dosha governs physical strength and stamina, as well as all aspects of growth, lubrication, fluid balance, cell regeneration, and memory. The nurturing quality of kapha supports and sustains our ability to feel compassion, contentment, and deep satisfaction in our lives.

In excess, the slow, heavy qualities of kapha can create lack of motivation, depression, and dullness in the mind, as well as lethargy, weight gain, congestion, water retention, and a sluggish appetite. To keep kapha healthy, incorporate qualities that are light and stimulating—things like vigorous exercise, warm spicy foods, and a willingness to be spontaneous.

# Find Your Rhythm in Your Daily Routine

Ayurveda emphasizes routine, and developing a supportive daily routine is a potent antidote for our hectic modern lives. In fact, following an appropriate daily routine is one of the single most powerful Ayurvedic tools for improving overall health and well-being. This is true even when we are in near perfect health. And when imbalances are at play, a daily routine can be a game changer.

While consistency is among the most important aspects of a daily routine, that doesn't mean that you have to be attached to a specific schedule or place overbearing limits on your spontaneity. Think of it more in terms of creating a sense of predictability that will serve to anchor your nervous system in a feeling of normalcy and safety throughout each day. Your routine might be as simple as getting up and going to bed at the same times each day, or it might be slightly more elaborate. Either way, only include elements that you can successfully engage with on a regular basis.

## Create a routine that makes sense for your life, one that is supportive and practical for you.

The best places to start when creating more consistency include sleep and wake times, meal times, and work schedules. You might also want to consider integrating a few self-care practices into your early morning routine. The morning hours, especially the time before the sun rises, set the tone for the entire day. Ayurveda says this time of day is naturally infused with stillness and tranquility, which is also reflected within ourselves—making it the perfect time to open up to awareness, compassion, and self-love.

A regular daily routine can provide balance to any constitution and all doshas. Vata is naturally irregular, so the consistency of a routine allows this dosha to truly thrive. Pitta is soothed by a daily routine that is fluid and relaxed. And kapha is motivated with a routine that emphasizes activity.



## DAILY ROUTINE TIPS FOR YOUR DOSHA

-  **VATA:** Consistency is key in order to ground vata's irregularity. Include nourishing, calming activities, like self-massage, meditation, or restorative yoga.
-  **PITTA:** Soothe this fiery, driven dosha by infusing cooling, soothing influences, like swimming, meditation, and cooling pranayama (breathing exercises). Remember to make time to relax.
-  **KAPHA:** Kapha thrives on movement and invigoration, like going for a jog, energizing pranayama, and hot yoga.

Download our Daily Routine Check In at [banyanbotanicals.com/dailycheckin](https://banyanbotanicals.com/dailycheckin)



### Meet Elena

*Ayurvedic Constitution*  
Pitta-kapha type

*About* Principal architect, gardener, and mother

# Oral Hygiene

## A Window into Overall Vitality

Modern medicine and traditional Ayurveda agree that oral health and hygiene go further than fresh breath and white teeth—it offers a glimpse into our overall health, including the state of our organs and bodily systems. When practicing an Ayurvedic oral care routine, you can enjoy clean teeth, healthy gums, enhance your sense of taste, support detoxification, encourage strong digestion, and support a healthy immune system. Start your morning with three simple steps—scrape, brush, and oil pull—for a well-rounded oral hygiene routine.

 **Meet Maggie**  
Ayurvedic Constitution  
Vata-pitta type  
About Banyan visuals manager



 Alicia Lynn Diaz, vata-pitta type, founder of Enlightened Body System

**Scrape 3–5 times.**  
Start your morning by cleaning your tongue. The tongue is connected to many vital organs and using a tongue cleaner is said to directly impact them.

**Brush with tooth powder.**  
We all know how important it is to floss and brush. Tooth Powder is a powerful blend of herbs and minerals that cleanse, detoxify, and nourish the teeth and gums.



**Oil pull for 2–20 minutes.**  
Follow brushing with oil pulling. Using an oil like Daily Swish promotes balanced oral microbes, prevents plaque buildup, and encourages fresh breath.



Shop the Oral Health Bundle



Shop Daily  
Massage Oil



# Self-Massage

## Enveloping the Body in Love

Massaging the body helps to relieve tension from the muscles, soothe the nervous system, and support a healthy response to stress. And from an Ayurvedic perspective, the benefits of massage go even deeper. In Sanskrit, the traditional language of Ayurveda, the word *sneha* is translated as both “oil” and “love.” A daily oil massage is an incredible act of self-love and nourishment. It’s an opportunity to connect with your physical body as well as your heart, and honor yourself with the love you so deeply deserve. Oil massage also stimulates healthy circulation and the proper movement of lymph, guiding natural toxins through the system to be flushed and eliminated.

Self-massage is best done with warm oil before bathing. Start at the extremities with long, soothing strokes on your limbs and circular movements over the joints. Work your way toward the center of your body. Find what works best for your routine, but a daily self-massage typically takes 5–20 minutes. Allow the oil to absorb into your skin before rinsing with warm water. Even if you can only find time once per week to offer this practice to yourself, it’s worth it. Self-care truly is self-love.



# Sinus Support

## The Pathway of Prana

In the Ayurvedic tradition, the nasal passage is given much attention. Described as the gateway to consciousness, the nose acts as the main receptacle of prana—the subtle life force that is carried on the breath. Keeping the delicate tissues of the nasal passage well moisturized, clean, and clear is a vital component to a successful daily routine.



Shop  
Nasya Oil

## BENEFITS OF USING NASYA OIL

- Lubricates and protects the nasal passages, relieving sinus congestion
- Helps facilitate the cleansing process
- Helps to release tension in the head and relieve accumulated stress
- Balancing for vata, pitta, and kapha

Watch a video on how to use Nasya Oil at [banyanbotanicals.com/nasya](https://banyanbotanicals.com/nasya)

 Celina, pitta-vata type, yoga and meditation teacher



# Yoga & Ayurveda

## A Complete System of Well-Being

As sister sciences, Yoga and Ayurveda are branches of the same unifying tradition. While practicing yoga brings a wealth of physical benefits and an element of spiritual understanding to the Ayurvedic system, Ayurveda simultaneously provides a greater context of medical wisdom to support the full healing potential of the Yogic path. These two systems beautifully complement one another, each contributing to the ultimate goal of vibrant health, deepening self-awareness, and a life of joyful purpose.

Just as the doshas and their qualities can be observed in our bodies, environments, and foods, these influences are also expressed through movement. Every yoga posture activates certain qualities within the body—cooling or heating, grounding or activating, stable or fluid. Therefore, the practice that is right for one person may not be the best choice for another. With an understanding of how to practice for your own unique constitutional needs, you can mindfully apply the most beneficial yoga poses and sequences to support your optimal state of balance.



Y Meet C.J.

**Ayurvedic  
Constitution**  
Vata-kapha type

**About** Yoga teacher  
and founder of Life  
by the Moon Yoga

## YOGA FOR YOUR DOSHA



**VATA:** Focus on warmth, serenity, and nourishment. Incorporate stable and grounding poses like seated hip openers. Move slowly and mindfully and always end with a long savasana.



**PITTA:** Focus on fluidity, relaxation, and fun. Incorporate cooling poses like twists and forward bends, using your exhale to release tension. Enjoy the movement, and don't take yourself too seriously.



**KAPHA:** Focus on warmth, stimulation, and intensity. Challenge yourself with a practice that keeps you moving and focused by incorporating sun salutations and warrior poses. Breathe deeply to find a sense of spaciousness and inner strength.



Shop the Yoga  
Life Bundle



## BENEFITS OF A YOGA PRACTICE

- Improves muscle strength and flexibility
- Boosts immune function
- Supports digestion
- Increases energy and vitality
- Improves focus and clarity
- Promotes joy and inner peace
- Promotes self-awareness and self-love

View our Ayurvedic yoga guides at  
[banyanbotanicals.com/yoga](https://banyanbotanicals.com/yoga)

# Diet & Digestion

In Ayurveda, proper nutrition and strong digestion are at the very core of health. Ayurveda places great emphasis on the digestive fire, which is the intelligent force of absorption and assimilation that transforms the foods we eat into energy, nutrition, and vitality. Ayurveda views the digestive fire as the most foundational source of wellness, teaching us that strong digestion leads to perfect health and a vibrant zest for life.

“  
When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need. — Ayurvedic Proverb

To support healthy digestion, Ayurveda recommends paying special attention to how we fill our plates and approach our food, teaching us to be more mindful about selecting foods that will support balanced digestion and best serve our well-being. This is the essence of an Ayurvedic diet—it is far from the concept we may have of “dieting” and is instead a sustainable way of life.

Part of the journey of incorporating an Ayurvedic diet is learning to listen to your body, paying attention to which foods help balance your constitution, eating fresh foods that are in season, and noticing which foods digest easily and leave you feeling energized and nourished. One traditional Ayurvedic meal that is excellent for all doshas is kitchari, a delicious dish with a creamy, porridge-like consistency, usually made with rice, dal, and a variety of spices.

For Ayurvedic recipes, information on food combining, and shopping lists for each dosha, visit [banyanbotanicals.com/diet](http://banyanbotanicals.com/diet).



## AYURVEDIC DIET RECOMMENDATIONS FOR YOUR DOSHA

-  VATA: Favor warm, grounding, moisture-rich foods with a soft and smooth texture. Incorporate a variety of spices and emphasize proteins and fats.
-  PITTA: Favor foods that are cooling, energizing, somewhat dry, and high in carbohydrates. Eat fresh whole foods, both cooked and raw, to decrease internal heat.
-  KAPHA: Favor easy-to-digest whole foods that are light, dry, warming, and well-spiced. Eat mainly freshly cooked meals served warm or hot.

### Meet Pilin Anice

*Ayurvedic Constitution*  
Vata-pitta type

*About* Movement and wellness leader, performing artist, and Ayurvedic practitioner



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Corporation



## LIVING AYURVEDA ON THE BANYAN BOTANICALS FARM

In addition to growing vegetables and Ayurvedic and western herbs, the Banyan Farm provides education through the Living Ayurveda Internship. Here, Plant Education Director, Tyler, works with interns in the field. Learn more at [banyanbotanicals.com/farm](https://banyanbotanicals.com/farm)



Join the Conversation  
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