



AYURVEDA 101

Constitutions and Imbalances

BLUEPRINT FOR PERFECT HEALTH

According to Ayurveda, your constitution (*prakriti*, in Sanskrit) is the particular combination of vata, pitta, and kapha that is established within you at conception, cemented at birth, and that remains constant over the course of your lifetime. It represents your natural state of equilibrium, your blueprint for perfect health, and it influences your physiology, your physique, your likes and dislikes, your tendencies and habits, your mental and emotional character, as well as your vulnerabilities toward imbalance and disease. Therefore, understanding your constitution can be truly enlightening.

OUR EVER-CHANGING NATURE

If vata, pitta, or kapha become imbalanced, and this baseline state of health is disturbed, the doshas can also cause a great deal of harm. When this occurs, recognizing which doshas are at play and where they have accumulated is a critical first step in discerning how to return to balance. This is why your current state of balance (*vikriti*, in Sanskrit), which reflects the present level of the doshas in your system, is equally important. In contrast to one's constitution, the current state of balance *can* and does change over time, as we move through different climates, different seasons, and the various stages of life. It is also impacted by our daily routines, diet, exercise, relationships, stress levels, and our evolving life circumstances. In fact, it is not uncommon for one's current state to undergo minute changes from one day to the next, or even over the course of a single day.



A NEW PARADIGM

Knowing your Ayurvedic constitution and your current state of balance amplifies your capacity to benefit from the wisdom of Ayurveda. It offers insights that can help you better understand yourself, your natural tendencies, as well as your habitual and current vulnerabilities. It also provides an important context for learning the core principles that make Ayurveda such a timeless art and science.

Fortunately, Banyan has developed an assessment tool explicitly for the purpose of establishing your Ayurvedic Profile™. It is a simple questionnaire that, within just a few minutes, helps you to establish both your constitution and your current state of balance. Perhaps even more significantly, your results will generate a personalized set of recommendations and an extensive library of helpful resources tailored to your specific needs. Your Ayurvedic Profile is intended to be a celebration of who you are from an Ayurvedic perspective, and ultimately, it is designed to support you in your pursuit of optimal health.

Create your Ayurvedic Profile at banyanbotanicals.com/myprofile.



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.