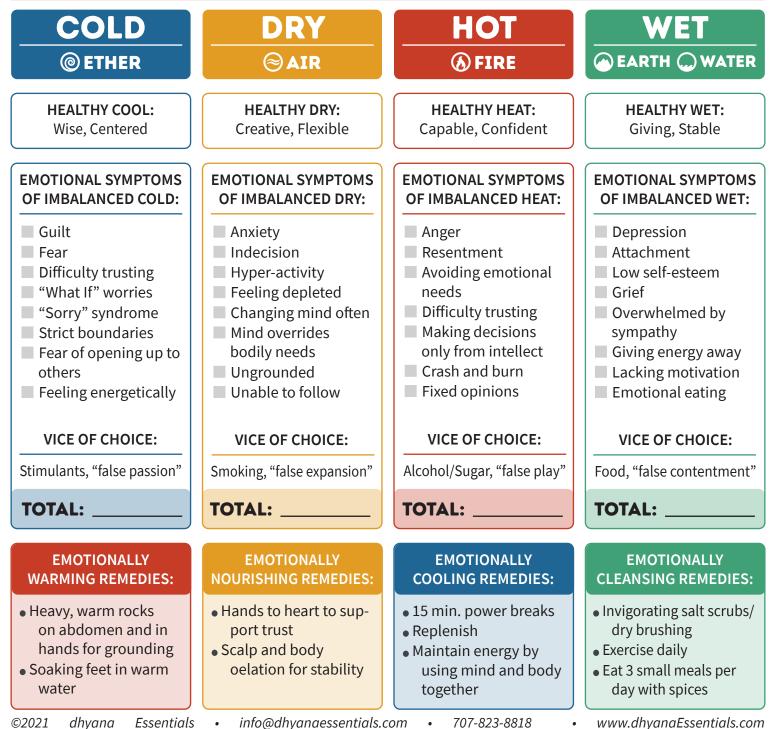
AYURVEDA: A SYMPTOMATIC APPROACH TO HEALTH

IN AYURVEDA and other cultural traditions there are five elements that compose life: Air, Fire, Water, Earth, and Ether. The elements do not stand separate in their functions, but work as a continual flow like the seasons in nature. When the elements are imbalanced they tell us by providing emotional and physical symptoms of Cold, Dry, Hot or Wet. Through these symptoms, the body communicates with us.

INSTRUCTIONS: Put a check mark next to any symptoms that are a regular part of your life. Add up your total in each column. The higher the number, the more imbalance. Then, choose the best actions for your symptoms.

EMOTIONAL SYMPTOMS



PHYSICAL SYMPTOMS

PHISICAL SIMPIONS			
COLD	DRY	HOT	WET
© ETHER	⊜ AIR	() FIRE	EARTH Q WATER
HEALTHY COOL: Moderate Energy, Clear Skin	HEALTHY DRY: Good Metabolism, Healthy Immune System	HEALTHY HEAT: Good Muscle Tone & Color in Complexion	HEALTHY WET: Stable Nervous System, Kidneys & Adrenals
PHYSICAL SYMPTOMS OF IMBALANCED COLD:	PHYSICAL SYMPTOMS OF IMBALANCED DRY:	PHYSICAL SYMPTOMS OF IMBALANCED HEAT:	PHYSICAL SYMPTOMS OF IMBALANCED WET:
 Shallow breathing Pellet-like constipation Cold hands & feet Cracking joints Fragile bones Colorless skin Forgetting to eat Eating too small of portions Chewing on ice 	 Irregular breathing Compacted constipation Dry lips & skin Insomnia Hip and sacral pain Weight loss Thirst with frequent urination Erratic eating habits Hyperactive when hungry 	 Holding breath Loose, pasty stool Skin rashes Inflammation Muscular tension High blood pressure Allergies Headaches Skipping meals Frustrated when hungry 	 Mouth breathing Pressurized stool Flatulence Bloating Fatigue & oversleep Weight gain Edema Mucus congestion Overeating Heavy meals
TOTAL:	TOTAL:	TOTAL:	TOTAL:
PHYSICALLY WARMING REMEDIES:	PHYSICALLY NOURISHING REMEDIES:	PHYSICALLY COOLING REMEDIES:	PHYSICALLY CLEANSING REMEDIES:
 Spices: Ginger, Sumac, Asafoetida, Pink Salt Herbs: Licorice, Bilva Oils: Mahanarayan, Sesame Self Care: Salt scrubs, Steam inhalation Beverages: dhyana Chai, Warming tea 	Spices: Cardamom, Sumac, Fenugreek, Atlantic Grey salt Herbs: Ashwaganda, Shatavari Oils: Mahanarayan, Ashwaganda Bala Self Care: Oleation Beverages: dhyana Chaga Cocoa, Nourishing tea	Spices: Methi leaf, Cilantro, Dill, Atlantic Grey Salt Herbs: Aloe, Brahmi Oils: Neem, Brahmi, Castor Self Care: Neti pot Beverages: Mint tea, cucumber water, Cooling tea	 Spices: Black pepper, Asafoetida, Sumac Herbs: Triphala, Amchur Oils: Bhringraj, Sunflower Self Care: Salt scrubs, Silk gloves Beverages: Lemon water, Cleansing tea

#SELFCARE IS THE BEST HEALTHCARE

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