

Ayurveda and Fall

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On week 302 let's take a look at what the ancient system of Ayurveda is about and what modalities are available to us to enter fall in an aware synergy with this season so we can live in harmony and wellness. When we live conscious of mind, body

and spirit we are whole and we can function from a well-sustained energy that supports us in every aspect of our lives.

Let's take a tour of our body and what goes on in fall, so with this information, we can be aware of how we work with the earth's rhythms in the different seasons.

Our Muscles & Colon

This video can truly explain why we have pains, dryness and so much more and how easy is to correct it

Fall the opposite of spring season, by late September our reduced blood flow leaves your muscles inducing fatigue. In this season the days start to grow darker earlier, a comfortable evening curled up on the couch or our beds with a favorite movie or a book seems like a thing to do. Smooth muscle tissue, including the tissue of our colon, become sluggish when the temperature and pulse rate drop. The colon, also sensitive to stress, holds the wear and tear of the autumn season.

Indigestion & Electrolytes

A process called cold diuresis (Diuresis is the physiological process by which urine production in the kidneys is increased as part of the body's homeostatic maintenance of fluid balance.) this action causes the fluid loss in Autumn. Cold diuresis is a response to vasoconstriction. When our blood vessels constrict, it increases blood pressure much as squeezing the air inside a balloon. The kidneys then proceed to release the extra pressure by removing fluids from circulation and emptying them into the urine. A summer of hot sweating followed by cold diuresis may leave you dehydrated and electrolyte deficient. Here is important to keep in mind to add foods that can support electrolyte, juiciness and salty taste encourages water retention for dry Vata. Vata types should avoid dry foods in the fall altogether.

Cold Feet & Warm Socks



Some people get cold feet even when wearing extra warm clothes to compensate. Too much of tight clothing like socks can't coax blood out of hibernation once it moves to the core. The body at this point may simply lack confidence or strength to maintain core temperature and warm our feet. A sweater to heat the core does a better job than an extra pair of socks to cure

cold feet. Lifestyle changes, such as warm clothes and indoor heating, can convince the body it has heat to spare. Additionally, daily oil massage in the morning before bath coats the skin and prevents evaporation. As in a summer sweat, evaporation causes significant heat loss. Oil massage thus helps retain heat by creating a protective barrier, let's be aware of the kinds of oil that can help with this process. Once the pathological cold has penetrated our system, hot baths may be the only way to restore circulation. A pinch of turmeric keeps circulation strong. Sour lemons in morning tea convince sweat glands and stomach glands to stay juicy, Ginger lemon tea is a great aid here.

Fall is a time of transition. It is evident everywhere around us. Trees and shrubs are quietly undressing in preparation for the winter in their beautiful rhythm of the seasons. There is a subtle browning of the earth she goes within. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath to its role in nature. Fall harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity of life and heart connection. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere at this time. Autumn is dry, it can be rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata dosha this fall can be tremendously beneficial to be in balance

- **Emotions, the Mind, Inspiration
time**



**"Life should be a
continuous source
of inspiration."**

-Paramhansa Yogananda

The fall is a time for inspiration and to work on new ideas. The movement of blood from the extremities back to the core increases blood flow to the mind a very interesting process of the intelligence of our body. The opportunity to reflect on the last few months could stir up emotions as well. The Wind, sudden temperature shifts, and the school season also provoke

higher stress levels this time of year. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy. Ashwagandha is Ayurveda's most important herb for Vata-type anxiety and Chywanprash helps build immunity.

Routine & Flexibility

When we wear oneself ragged in Fall social calendar it can result in a compromised immunity for flu season. Alternatively, relaxation and downtime free up the energy to help the body prepare for winter. Skipping meals, staying up late, and irregular mealtimes, toxic process food that had never seen sun or soil, create stress and deficiency. Here is a great contributor to check, Joyful Belly offers a nurturing fall program called Restoring Youth and Vitality to prepare the body for winter.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth and the connection to it with body, mind, and soul is no separation here. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata Dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha which we all possess in ourselves.

Great video to learn and get your answers from, enjoy.

https://youtu.be/U5J2_Gah19w

The Vata Dosha is the one connected with Fall lets find out what Vata is about:



Vata
space and air



Vata dosha predominates, movement and change are characteristic of the nature of Vata. You tend to always be on the go, with an energetic and creative mind. As long as Vata is in balance, you will be lively and enthusiastic, with a lean body, Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking,

and your heartbeat.

- In balance: There are creativity and vitality.
- Out of balance: Can produce fear and anxiety.

Vata Predominant Types: Creative; Quick to learn and grasp new knowledge, but also quick to forget, Slender; Tall and a fast-walker; Tendency toward cold hands and feet, discomfort in cold climates; Excitable, lively, fun personality; Changeable moods; Irregular daily routine; High energy in short bursts; Tendency to tire easily and to overexert; Full of joy and enthusiasm when in balance; Responds to stress with fear, worry, and anxiety, especially when out of balance; Tendency to act on impulse; Often have racing, disjointed thoughts; Generally have dry skin and dry hair and don't perspire much.



How to Remedy Common Vata Imbalances

Vata-Pacifying Guidelines

Daily Regime

- . Rise daily by 6am
- . Daily bowel movement
- . Abhyanga wt Sesame oil
- . Shower and Pray/Meditate
- . Time for rest & reflection
- . Yoga/walking/short hikes
- . Listen to soothing music
- . Keep warm
- . Get enough sleep 7- 8 hrs
- . Meditate & bed by 10pm

Daily Meals

- . Breakfast by 8am
- . Lunch 12pm - 1pm
- . Dinner by 7pm
- . Favor warm and freshly cooked
- . Favor Sweet, Sour, and Salty foods
- . Minimize intake of raw foods
- . Avoid cold foods and drinks

Legumes

- . Mung beans
- . Red lentils
- . Tofu/Tempeh

Grains

- . Rice
- . Quinoa
- . Wheat
- . Cooked Oatmeal

Veggies

- . Asparagus
- . Zucchini
- . Carrot
- . Beets

Fruits

- . Banana
- . Avocado
- . Apricot
- . Berries

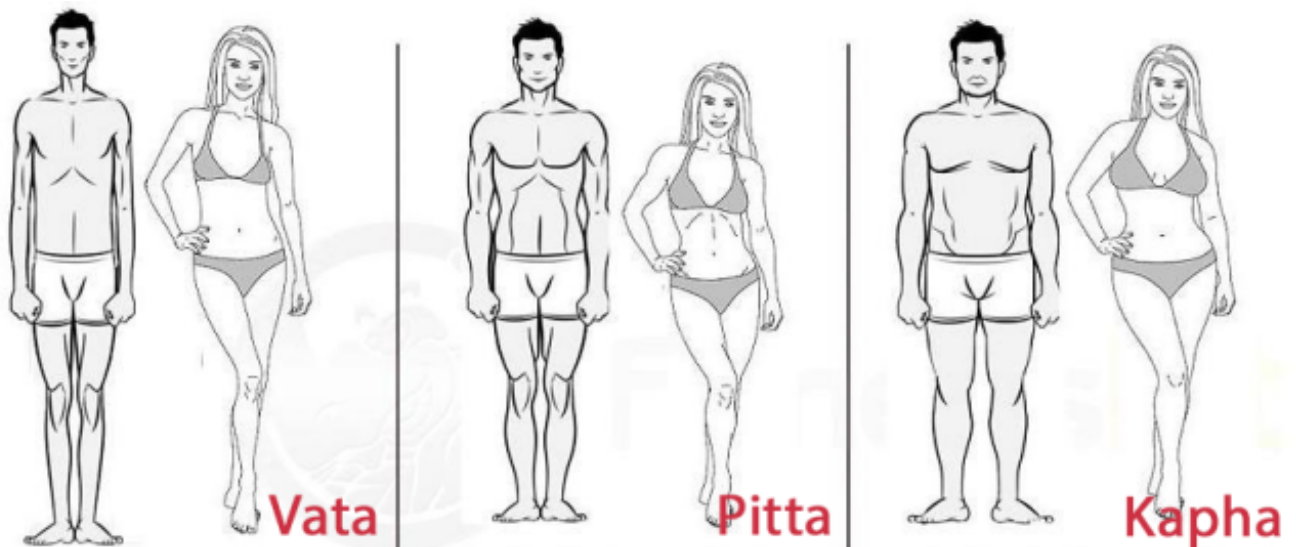
Spices

- . Cardamom
- . Cumin
- . Ginger
- . Cinnamon

Fats/Oils

- . All Soaked nuts and seeds
- . Coconut oil
- . Olive oil

Physical Characteristics



Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vata's typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.

Emotional Characteristics

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vata are in balance, they are

energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

The influence of Vata's ether and air contributions, we can feel light, carefree and creative or spacey, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost if it is not balanced. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like much like the law of attraction, isn't it?. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

**Who determines what Dosha we are
and where it comes from?**

VATA	KAPHA	PITTA
<p>LATE FALL/EARLY WINTER COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips. <input type="checkbox"/> Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis). <input type="checkbox"/> Extreme sensitivity to cold, wind, and dry weather. <input type="checkbox"/> Cold extremities, such as hands, feet, and nose. <input type="checkbox"/> Erratic appetites and irregular digestion. <input type="checkbox"/> May suffer from arthritis, fibromyalgia, anxiety, migraines <input type="checkbox"/> Irregular menstrual cycles with premenstrual physical and emotional symptoms. <input type="checkbox"/> Light, restless sleep. <input type="checkbox"/> Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic. 	<p>LATE WINTER/EARLY SPRING COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips . <input type="checkbox"/> Soft, thick, oily hair that is wavy and plentiful. <input type="checkbox"/> Intolerant of cold, damp environments. <input type="checkbox"/> Cool extremities that may be clammy (cool sweaty palms/feet). <input type="checkbox"/> Steady appetite with slow but regular bowel movements and minimal urination. <input type="checkbox"/> Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems. <input type="checkbox"/> Regular menstrual cycles with little premenstrual symptoms <input type="checkbox"/> Heavy sleepers with tendency to over sleep <input type="checkbox"/> Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change 	<p>SUMMER HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color. <input type="checkbox"/> Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early. <input type="checkbox"/> Burn easily in sun. Sensitive to heat and humidity. <input type="checkbox"/> Extremities are warm with good circulation. <input type="checkbox"/> Robust, healthy appetites. Become irritable if they skip a meal. <input type="checkbox"/> Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn. <input type="checkbox"/> Regular menstrual cycles with heavy bleeding and PMS. <input type="checkbox"/> Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends. <input type="checkbox"/> Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.

Here is a quick test to find out what Dosha you are:

Here is a great site to determine what dosha you are: [Chopra Dosha Quiz](#)

Prakriti is our basic constitution. This is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics, and tendencies that are the stable makeup of ourselves. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, to mention a few, in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color unless it is a major affection, but not in our normal state of health.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta, and Kapha. These are loosely translated as Air, Fire, and Earth, respectively. Each of us has all three doshas in our constitution, in our unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant;

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

Vata governs movement in the body, the activities of the nervous system, and the process of elimination.

Qualities of Vata:

QUALITIES OF VATA

- Dryness • Lightness • Coldness • Roughness
- Minuteness • Movement

The 5 Elements



10 pairs of opposing qualities:

Furthermore, each of the 5 elements has a unique combination of basic qualities.

Heavy / Light
Cold / Hot
Oily / Dry
Slow / Fast
Gross / Subtle
Sticky / Clear

These five elements containing differing proportions of the opposing qualities in turn joins together categories termed as "Doshas."

Basic Doshas

Doshas are also known as mind-body types, subtle energies that cannot be perceived but that express particular patterns - unique blends of physical, emotional, and mental characteristics.



VATA



PITTA



KAPHA



Green Gram Ayurveda Wellness Village

- Cold
- Light
- Dry
- Irregular
- Rough
- Moving
- Quick
- Changeable

As the external environment changes during the Vata season, your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity:

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in

preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata this fall can be tremendously beneficial.

Ayurveda considers a seasonal routine an important cornerstone of health, year around. Balancing the nature of your local climate with lifestyle choices that offset the potential for seasonally-induced imbalances is one of the simplest ways that you can protect your well-being. But keep in mind that the seasons vary widely from one place to another, as do the qualities that they engender. “Vata season” is whatever time of year most embodies the attributes that characterize Vata dosha: dry, light, cold, rough, subtle, mobile, and clear (or empty). Autumn is the classic Vata season. However, depending on where you live, the dry and expansive qualities of Vata may be prevalent components of your environment as early as summer, and the autumn may be followed by a very drying, cold, isolating, and/or windy winter.

Beginning to observe your environment from this qualitative perspective empowers you to respond to both daily and seasonal fluctuations in your local climate. The truth is that many of us adopt seasonally appropriate habits already, without even being conscious of doing so. For instance, summer is a time

when we often enjoy salads and watermelon in abundance, both perfect antidotes to the heat and intensity of the summer. Whereas by October and November, we're often baking delicious pumpkin bread and dining on hearty, grounding soups—foods that naturally subdue the dry, light, and erratic nature of the fall. By making diet and lifestyle choices that counter the effects of each season, you can better maintain your internal sense of equilibrium throughout the year

If we consider the Ayurvedic principle that opposites balance, Vata season (which is cool, light, dry, windy, and unpredictable) will be less aggravating if you fill it with warmth, oiliness, deep nourishment, loving relationships, and a sense of stability, routine, and groundedness. In addition, you may find it helpful to familiarize yourself with signs and symptoms of Vata imbalance so that you are better prepared to address those immediately if they do arise. The following recommendations are appropriate for most people, but if you know your constitution or your current state of balance, you can tailor your seasonal routine appropriately. Below the general recommendations that follow, you will find links to more dosha-specific considerations.

Your diet is a powerful way to soothe Vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the Vata season. You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of

wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial. In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a mono diet type of cleanse. Vata requires adequate nourishment so it is best to avoid fasting.

The following is a list of ideal Vata season foods:

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes

Lemons
Limes
Mangoes
Oranges
Papayas
Prunes (soaked)
Raisins (soaked)
Tangerines
Vegetables to Favor
Beets
Carrots
Chilies
Garlic
Okra
Onions
Pumpkins
Squash, Winter
Sweet Potatoes
Grains to Favor
Amaranth
Basmati Rice
Brown Rice
Oats
Quinoa
Wheat
Legumes to Favor
Kidney Beans
Miso
Mung Beans
Tur Dal
Urad Dal
Nuts and Seeds to Favor
All nuts and seeds are supportive of vata season
Dairy to Favor
Butter
Buttermilk
Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

Spices to Favor (All Spices Are Good for Vata Season)

Allspice

Anise

Asafoetida (Hing)

Basil
Bay Leaf
Black Pepper
Cardamom
Cinnamon
Clove
Cumin
Dill
Garlic
Ginger
Mustard Seeds
Nutmeg
Oregano
Paprika
Parsley
Rosemary
Saffron
Turmeric

Vata Season Lifestyle Choices

One of the most effective ways to support Vata is by establishing a daily routine. Try to do the same things (wake up, exercise, eat meals, go to bed, etc.) at roughly the same times each day. Set the tone for your day by rising early, taking full advantage of the silence, stillness, and peace that are intrinsic to the early morning hours. Then, you can calm your nervous system, awaken your tissues, and ground your energy by massaging your skin with warm, organic Sesame Oil. Follow this practice with a warm, relaxing shower, leaving a coat of oil on the skin to absorb throughout the day. Steam baths and humidifiers can help to preserve internal moisture as well. Some gentle yoga and ten to fifteen minutes of

meditation will further your sense of stability and wellness. If you enjoy a little fragrance, vetiver, geranium, and citrus essential oils are very appropriate this time of year. Dress in autumn colors when appropriate—reds, yellows, oranges, and whites—and wear enough clothes that you stay warm throughout the day. When you step out into the elements, cover your head and ears to protect them from the biting wind and cold. If possible, minimize your exposure to drafts, loud noise, aggressive music, fast driving, and excessive sexual activity. Try to be in bed by 10 p.m. so that you get plenty of rest before dawn.

Vata Season Exercise

The best times of day to exercise are in the early morning and evening hours (6–10 a.m. and 6–10 p.m.). Vata is very easily aggravated by fast, mobile activities, so consider slow, gentle, strengthening forms of exercise instead. Walking, hiking, swimming, biking, yoga, and tai chi are good choices, provided they are done at an appropriate level of intensity. Ideally, exercise at about fifty to seventy percent of your capacity, breathing through your nose the entire time. And remember to balance your activity with adequate relaxation and sleep so that your tissues can rejuvenate properly.

Vata Season Yoga

Incorporating a sense of warmth, grounding, stability, and focus on your yoga practice has a profoundly calming effect on Vata and can work wonders during Vata season. Your breath should be deep and fluid. If you practice pranayama (yogic breathing exercises), alternate nostril breathing is very balancing this time of year. In your asana practice, favor Vata-pacifying yoga. Warm up slowly and include some joint rotations. Move with intention and fluidity—grounding the hands and the feet on the mat whenever possible—and avoid jumping between postures. Gentle flows like a relaxed sun salutation are perfect for Vata. You can also favor standing and balancing poses such as mountain, warrior I, warrior II, and tree pose to increase stability and strength. Connect with the earth beneath you in poses such as thunderbolt, cat-cow, cobra, and child's pose, and quiet the mind with forward bends such as intense westward stretch. Gentle inversions and restorative poses such as legs up the wall are also very good for Vata. Close your practice with a long corpse pose, covering yourself with a blanket so that you don't get chilled.

Herbal Support for Vata Season

Taking Chyavanprash in the morning can help to reinforce immunity, strength, and energy during the autumn season. Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract. Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth. Another grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari. The following herbal tablets are also

generally quite supportive during Vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.

More Specific Support for Your System

The following links to dosha-specific recommendations are intended to assist you in offering more personalized support to your particular constitution. If you don't know yours, consider taking our simple Prakriti quiz, and then choose the appropriate link below to further customize your seasonal routine.

Remember, a seasonal routine is an investment in your own health and vitality. And while the specifics may vary from one person to the next, we all stand to benefit from aligning ourselves with the rhythms of nature throughout the year. This fall, embrace the unique gifts of autumn and—with the help of an appropriate seasonal routine—enjoy it from a place of stability, humility, and gratitude.

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