



# WHAT IS AYURVEDA?

**Kimberly Nicholetti**  
*Certified Ayurvedic Practitioner*



Ayurveda is a comprehensive system of natural medicine that originated in India more than 5,000 years ago. The word "Ayurveda" is derived from the Sanskrit terms "Ayur," meaning life, and "Veda," meaning knowledge or science. Thus, Ayurveda translates to "the science of life."

## PRINCIPLES

At its core, Ayurveda focuses on maintaining health and preventing disease through a balanced and holistic approach. It views each person as a unique individual, considering their physical, emotional, and spiritual well-being. The primary goal of Ayurveda is to achieve a harmonious balance within the body, mind, and spirit.

Ayurveda places a strong emphasis on preventive care. By understanding an individual's unique constitution and current imbalances, practitioners can offer personalized advice to prevent disease and maintain optimal health. This holistic approach ensures that all aspects of a person's life are considered, leading to a more profound and lasting sense of well-being.



## THE DOSHAS



A fundamental concept in Ayurveda is the theory of the three doshas: Vata, Pitta, and Kapha. These doshas are bio-energetic forces that govern all physiological and psychological functions in the body and mind. Each person has a unique constitution, or Prakriti, determined by the dominant doshas at the time of their conception. Understanding and balancing these doshas is essential for maintaining health.

- Vata is associated with air and space elements and governs movement, including breathing, circulation, and nerve impulses. People with a dominant Vata dosha tend to be creative, energetic, and quick-thinking but may also be prone to anxiety and dryness.
- Pitta is linked to fire and water elements and governs digestion, metabolism, and energy production. Those with a dominant Pitta dosha are typically intelligent, ambitious, and driven but can also experience irritability and inflammation.
- Kapha is connected to earth and water elements and controls structure, stability, and lubrication in the body. Individuals with a dominant Kapha dosha are usually calm, steady, and compassionate but may struggle with lethargy and weight gain.

# THERAPIES & TREATMENTS

Ayurveda offers a wide range of therapies and treatments to restore balance and promote health:

- Diet and Nutrition: Customized dietary recommendations based on one's dosha(s) to promote balance and prevent disease.
- Herbal Medicine: Use of natural herbs and formulations to support healing and maintain health.
- Yoga and Meditation: Practices to harmonize the body, mind, and spirit, reduce stress, and enhance overall well-being.
- Massage and Body Treatments: Techniques like Abhyanga (oil massage) to improve circulation, remove toxins, and promote relaxation
- Lifestyle Modifications: Guidance on daily routines, sleep, exercise, and stress management tailored to an individual's constitution.



## DIAGNOSTIC TECHNIQUES

Ayurvedic practitioners use various diagnostic techniques to determine an individual's dosha balance and health status. These include:

- Pulse diagnosis (Nadi Pariksha)
- Tongue examination
- Observation of skin, eyes, and nails
- Detailed questioning about lifestyle, diet, and emotional state



## CONTACT ME

EMAIL  
(PREFERRED)  
goldenthreadayurveda@gmail.com

WEBSITE  
www.goldenthreadayurveda.com

SOCIALS  
@goldenthreadayurveda

ADDRESS  
777 Deer Park Ave, North  
Babylon, NY 11704

TEXT  
631-573-4393



SCAN ME

Hi! I'm Kim! Let me help you on your wellness journey



Contact me for appointments!