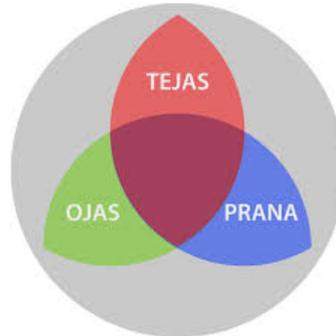


THREE SEASONS AYURVEDA



The Subtle Energies



Yoga and Ayurveda are sister sciences first mention in the Veda's (first documents of India/Hinduism) around 3500BC. Both of these modalities are further connected by sharing the same philosophy in India, called Sankhya which understands creation, environmental energies and disharmony by the five elements found in the universe and brings balance to the physical, mental, emotional and spiritual bodies.

In Ayurveda the five elements are understood in the body by the three doshas; Vata, Pitta, and Kapha. Their subtle counterparts are called Prana, Tejas, and Ojas, which are also known as the three vital essences and unlike the doshas, which can be represented as disease Prana, Tejas and Ojas promote health, creativity, and well-being and provide the support for deeper yogic and meditational practices.

The main rule of Ayurvedic treatments is to prevent any of the doshas from becoming too high because in excess they cause disease, especially for the predominant dosha, so any Ayurvedic program includes applying opposite actions in with diet, herbs, exercise, and meditation that counter doshic proclivities.

Prana- (Primal Life Force): the subtle energy of air, and the master force of intelligence, and all psychophysical functions. Responsible for coordination of breath, senses, and mind, and internally it governs the harmonization of all higher states of consciousness. Increased Prana is necessary to provide enthusiasm, creativity and the adaptability required for the spiritual path, without which we lack the energy and motivation to do our practices.

Tejas- (Inner Radiance): the subtle energy of fire that radiates vitality which we digest physical, mental, emotional and spiritual impressions, thoughts and information, and on an inner level, it governs the unfoldment of all higher perceptual capacities. Increased Tejas provides the courage, fearlessness, and insight to take us along the path, without which we make wrong choices and judgments or fail to be decisive in what we do.

Ojas- (Primal Vigor, Life Sap) the subtle energy of water, stored up as our vital reserve, the basis for physical and mental endurance; the internalized essence of digested food, water, air, impressions and thought. On an inner level, it is responsible for nourishing and grounding the development of all higher faculties. Increased Ojas is necessary for peace, confidence, and patience to keep our development consistent, without which we lack steadiness and calm.

Should any of these factors be insufficient, our spiritual growth will be limited. These same factors increase positive health in both body and mind and help treat all diseases, particularly of a chronic nature, including promoting rejuvenation.

Below are explanations of how these energies affect the systems of the body:

Digestive

Prana is understood as the life force energy found in foods we consume, and in Ayurveda eating with the seasons (farmers markets) assures we are digesting the most healthful foods. Tejas is connected to the digestion and transformation from the assimilation process that feeds the tissues of the body, and Ojas is the essence/by-product of what we ingest ensuring health and vitality.

Reproduction

Prana is the life-creating capacity found in the reproductive fluid. Tejas activates reproductive fluid which is transformed into heat, passion and will power giving us bravery, courage and daring, and Ojas is the creative power that nourishes all the bodily tissues, particularly the nerve tissue.

Immunity

Prana is the life-energy which manifests when we are dealing with a chronic disease and sustains all long-term healing process. Tejas burns and destroys toxins when activated, and can overcome acute diseases, which are generally infectious in nature, and Ojas defends the body against external pathogens, providing endurance, resistance and strength to ward off diseases.

Nervous System and Nadis

The nervous system governs all bodily systems. Prana governs the discharge and coordination of nerve impulses, which are related to Vata. Tejas provides acuity of perception and feeling, and Ojas gives endurance, stability, and lubrication to the nerve channels and system.

Breath

Prana is one of the five breaths in the body and is the primary energy and movement of the breath. Tejas is the heat produced by the breath, and Ojas is the more profound energy absorbed through the breath and then stores energy for needed reserve.

Senses

Prana allows for the equilibrium and coordination of sensory impulses. Tejas is responsible for acuity of sensory function and our ability to digest sensory impressions and is responsible for the stability of the senses, as well as for their lubrication.

Creativity

Prana is the driving force of creative actions and movement of thought, Tejas creates vision, and the ability to see truth and reality and Ojas is our storehouse of creative energy.

Mind and Consciousness

Prana is the force behind the mind responsible for movement, responsiveness, and perception. Tejas brings clarity and digests impressions, ideas, and emotions, and Ojas is the life sap, and that brings groundedness.



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