

**INTERVIEW WITH JAYMIE MEYER
RESILIENCE FOR LIFE VLOG
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**CHEF RICHARD LAMARITA
RLAMARITA@GMAIL.COM**

INTRODUCTION TO AYURVEDA

**The Doshas are the three operating principles in the body, based on the 5 elements.
Ayurveda is about balance of the doshas to have and maintain health.**

Vata – Space / Air

Movement, circulation, heartbeat, respiration, elimination

Pitta – Fire / Water

Energy production, metabolism, digestion & assimilation, body heat, hunger & thirst

Kapha – Water / Earth

Physical structure, lubrication, tissue formation

DEFINITION OF HEALTH

One whose doshas are balanced,
Whose agnis are balanced, (DIGESTION),
Whose dhatus and malas are functionally normally,
(BODILY TISSUES / ELIMINATION)
Whose indriyas, manah and atma are filled with bliss,
(SENSES / MIND / SELF)
Such a person is a healthy person.

SUSHRUTA SAMHITA, 15.38

AYURVEDA: MIND-BODY QUESTIONNAIRE

Answer the following questions by marking one, or even 2 answers, on each line, that best describes you – how you have been most of your life - not how you currently are. If none applies, check nothing.

Total your scores at the bottom to get three figures. *Example: V 6, P 12, K 9.*

Frame	I am thin, lanky, and slender with prominent joints and thin muscles.	I have a medium, symmetrical build with good muscle development.	I have a large, round, or stocky build. My frame is broad, stout, or thick.
Weight	Low. I have a tendency to lose weight easily.	Medium. It's easy for me to gain or lose weight if I put my mind to it.	Heavy. I gain weight easily and have difficulty losing it.
Eyes	My eyes are small and active.	I have a penetrating gaze.	I have large pleasant eyes.
Complexion	My skin is dry, rough, or thin.	My skin is warm, moist, reddish, and prone to irritation.	My skin is thick, oily, and smooth.
Hair	My hair is dry, frizzy, or brittle.	My hair is fine with a tendency toward early thinning or graying.	My hair is thick, oily, and smooth.
Joints	My joints are thin, prominent, and have a tendency to crack.	My joints are loose and flexible.	My joints are large, well knit and padded.
Sleep patterns	I am a light sleeper with a tendency to awaken easily.	I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	My sleep is deep and long. I tend to awaken slowly in the morning.
Body temperature	My hands and feet are usually cold. I prefer warmer weather.	I am usually warm, regardless of season. I prefer cooler weather.	I am adaptable to most temperatures, but I do not like cold, wet days.
Under stress	I become anxious and/or worried.	I become irritable and aggressive.	I become withdrawn and/or inclusive.
Speech	Fast	Sharp, cutting	Harmonious, slow
Temperament	Impatient	Jealous	Attached
Mental activity	Quick, restless	Sharp intellect, aggressive	Calm, steady, stable
Resting pulse rate	80-100	70-80	60-70
Endurance	Poor	Good	Excellent
Hunger	Irregular	Sharp, needs food	Can easily miss meals
Eating speed	Quickly	Medium speed	Slowly
Weather	Aversion to cold	Aversion to heat	Aversion to damp and cool
Elimination	Dry, hard, and prone to constipation	Many, soft to normal	Heavy, thick, and regular
Walking	Fast, quickly	Average	Slow, steady
Travel	Wanderer	Adventurer with a purpose, explorer	Likes to stay home
TOTALS	_____ Vata	_____ Pitta	_____ Kapha