

AYURVEDA – FUNDAMENTAL PRINCIPLES

TRIDOSHA(Bio-Energy) THEORY

These 5 elements combines with each other to give rise to three Functional biostatic energies in the body

Responsible for all the biological , physiological and psychological functions of body and mind.

Main factors responsible for formation,existence and distinction

Balance and imbalance of these biostatic energies are health and disease respectively

VATHA, PITHA ,KAPHA

Basic Principles Of Ayurveda

M Mark



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