

Integrating Kinesiology and Ayurveda The Best in Mind/Body Health

by Connor Lee Coward, CMT

The Chinese health system (pulse diagnosis, meridians, etc.), the basis for Touch For Health Kinesiology, was originated from India's Ayurveda. Bringing Kinesiology and Ayurveda together will give two sets of practitioners new capabilities and insights.

Ayurveda, the "Science of Life" from ancient principles taught in India (and recently made popular by Deepak Chopra, M.D. in his book *Perfect Health*) is based upon a five element system and relates to meridian circulation.

According to Ayurveda, the five elements are:

Element	Physical Quality	Metaphysical
Space/Ether	Open, Void	Spirit
Air/Wind	Movement	Thought/Idea
Fire	Transformation, Light, Heat	Intellect/Digestion
Water	Cohesion, Attraction	Emotions/Feelings
Earth	Mass & Form	Experience/Body

The elements progress in density from space (the void) to earth (matter). Think of a meteorite flying through outer **space**, then reaching the Earth's atmosphere. As it reaches our **air**, friction occurs and you see it as a big **fire** ball, liquefying as it heats up. If it lands in the **water** (a good chance it will since over 2/3 of our planet is water), it cools and becomes **earth**.

The five elements combine to form the three mind/body functions (doshas):

Dosha	Primary Function/Qualities	Elements
Vata:	Movement/Expansion irregular, changeable, astringent	Air & Space
Pitta:	Transformation/Metabolism intense, penetrating, pungent	Fire & Water
Kapha:	Stability/Lubrication supporting, nourishing, sweet	Earth & Water

The doshas combine in a specific, unique amount at the time of conception, giving each

person a predominance of one or two in their physiology/personality.

Vata people are light, fine boned. They are active, always on the move mentally and physically, can eat almost anything and not gain weight. Physically they are more prone to diseases such as irritable bowel syndrome, constipation, insomnia, nervousness. You might see them as "spacey".

Pitta people are medium build, with a tendency towards reddish or curly hair. They are intense, powerful, leaders, sometimes too competitive and fiery for their own good. Physically they are more prone to ulcers, digestive difficulties, sunburn, inflammation. You might see them as angry/bitter/mean.

Kapha people are heavily built. They have a tendency to be sedentary, sweet, slow, gentle, nurturing. They hold on to things, relationships and weight (can walk by the cheese cake and gain pounds). Physically they are fairly healthy, but when sick are prone to congestion, obesity. You might see them as lazy.

We all have, necessarily, all doshas within us, but you may recognize yourself more in one of these descriptions than the others.

Correlating research between the natures of the doshas and the meridians as we understand them gives the table at the top of the next page:

The Central and Governing meridians work together to translate consciousness/thought (*Vata*) into matter/experience (*Kapha*) physical form.

The *Vata* Meridians have the nature of moving and drying - also taking in life force and

Stomach	Kapha - extracting nourishment
Spleen/Pancreas	Kapha - water/sugar metabolism
Heart	Pitta - circulation of blood, oxygen
Small Intestine	Pitta - assimilation of nourishment
Bladder	Vata - movement of water, purification
Kidney	Vata - movement & elimination of water
Circulation/Sex*	Kapha - nourishing, connection
Triple Warmer	Kapha - protection
Gall Bladder	Pitta - fat digestion
Liver	Pitta - storage of blood, detoxification
Lung	Vata - movement of air, prana, life force
Large Intestine	Vata - movement of bowels, elimination
Central	Vata - brain, nervous system
Governing	Kapha - cerebro-spinal fluid

* Also called Pericardium - which is the covering around the heart. I see it as the emotional component of the heart/physical muscle, and emotions have to do with connection... the water element of Kapha.

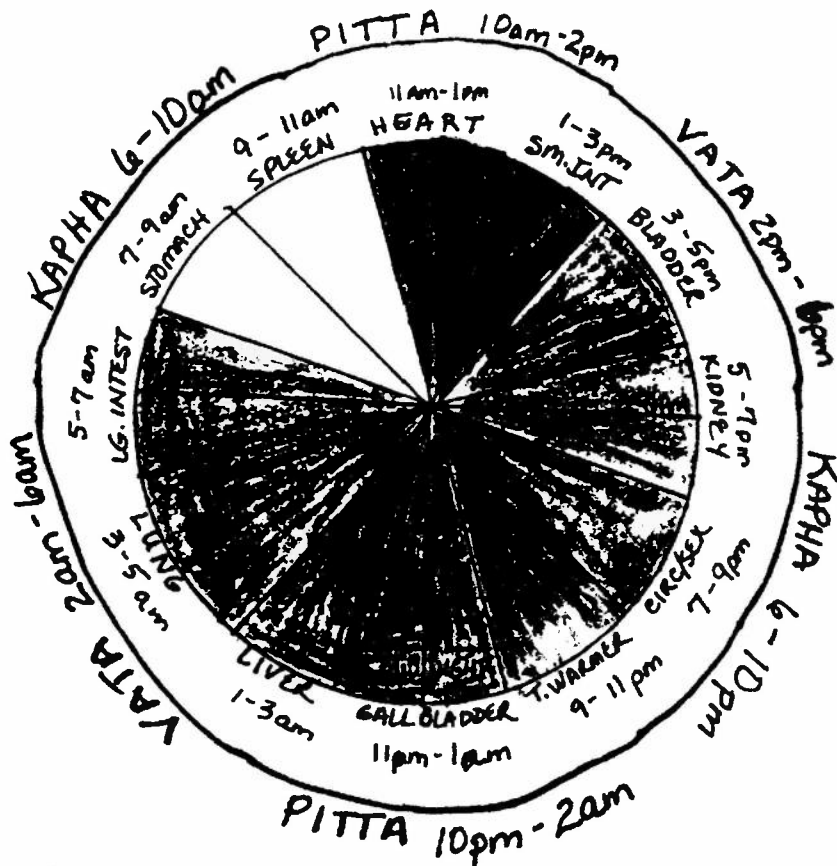


Figure 1

eliminating waste. The Pitta meridians have the nature of fire, metabolism - even our emotional chart shows anger in the Pitta meridians! The Kapha meridians all have the nature of nourishment, stability and sweetness. All of my research was confirmed by Dr. Frank Ros's book, *The Lost Secrets of Ayurvedic Acupuncture*. The Pranic Mandala or Bio-Energy Clock (see figure 1) matches our balancing wheel with the addition of Vata, Pitta and Kapha notations. Another important insight from Dr. Ros's book is in the observation of when certain problems/dis-eases are worse. Vata aggravated in the morning leads to insomnia and nervousness and in the afternoon leads to tiredness and exhaustion (which I have related to dehydration since Vata in the afternoon deals with the Kidney and Bladder meridians). Pitta aggravated at noon you may see skin rashes and at night hyperacidity/ulcers. Kapha with its main malady of congestion is usually worse in the morning and evening (remember having a cold - stuffy in the morning/sniffling and sneezing at night.)

I also noticed that, when Vata, Pitta and Kapha are applied to the Five Elements chart, another interesting grouping occurs - the chart is neatly divided into doshas. (see figure 2)

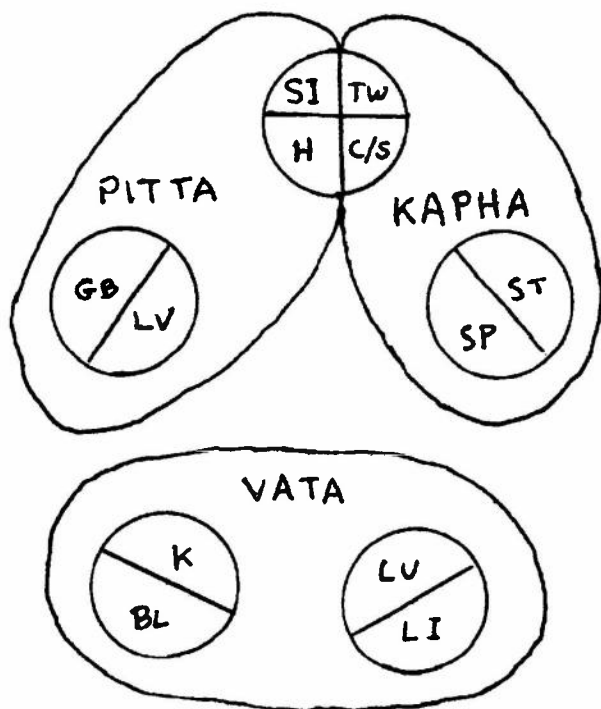


Figure 2

All of the relationships and insights may take me years to compile, but one thing is for certain. We have had great success teaching Kinesiology as a simple, effective - and sometimes more informative method of monitoring the meridian function than pulse diagnosis. My goal is to spread Kinesiology into Ayurveda so that new practitioners may incorporate this knowledge into their work (and vice versa!) Ayurvedic Kinesiology or VK is born (since AK was taken a long time ago).

References:

The Magic of Healing, Dr. Deepak Chopra and Dr. David Simon, Quantum Publications/Infinite Possibilities International, Inc., 1995

The Lost Secrets of Ayurvedic Acupuncture, Dr. Frank Ros, Lotus Press, 1994

American Institute of Vedic Studies Health Care Professional's Independent Study Course in Ayurveda, Dr. David Frawley, 1988, 1992

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