



# Ayurvedic Aromatherapy for Beginners

## Lesson 1

### History of Ayurveda and Ayurvedic Aromatherapy:

Ayurveda is the medicine of Vedic Culture, where Aromatherapy plays an important role. We use Aromatherapy not only to balance our emotions and our gunas, but also our intellectual body and of course, physical. Aromatherapy is part of Rasayana, or the science of Rejuvenation, where the goal is to always look and feel young. The focus is on longevity which is why Aromatherapy is widely used in Panchakarma, which is detox of our physical body. Aromatherapy helps to relax all three bodies, which is of great help when we need to concentrate, memorize or study. Aromatherapy is used in Vedic Astrology. Through aroma, we can improve our planets in our birth chart and many other things that I will mention in later lessons.

In Ayurveda, we have 5 elements that interact between themselves. We are made out of those 5 elements.

### 5 elements:

- Water
- Earth
- Fire
- Air
- Ether

### Our Doshas:

Vata, Pitta and Kapha.



### Our 3 Gunas(our emotions):

Sattva Guna brings harmony and balance.

Rajas Guna brings aggression, active mind, fire, leadership, motivation and ego.

Tamas Guna brings stability, ama(toxins), darkness, laziness and passive attitude.

### Origin of Essential Oils:

Essential oils are aromatic. Ether element of plants bring energy from plants and oils can be extracted from flowers, berries and trees.

- Essential oils from flowers have relaxing and hypnotic powers, so after smelling them, you may feel sleepy.
- Essential oils originating from the tree bark or resin will bring a hot and warming energy. They improve circulation and help to eliminate liquids from your organism.
- Oils from leaves bring a cooling energy. When we are overheated, it is good to use essential oils from leaves as they are also calming.
- Essential oils from roots bring a powerful energy for your whole organism and improve stamina and your Ojas. Essential oils from roots bring harmony to our emotional and intellectual body and they balance our imbalances much quicker than other essential oils.
- Essential oils can also come from berries and they will stimulate our organism pretty quickly.

We use all essential oils to balance our Doshas and Gunas. Essential oils bring harmony in a much quicker way than other Ayurvedic techniques because they are affecting your limbic system immediately.

Limbic system of your brain regulates our emotions, memory, desires and physical body.

AUM.