

PURPOSE of AYURVEDA
Personal Health & Balance
so you can pursue your purpose...



4 Aims of Life (or Four Desires of the Soul for Fulfillment)

Dharma - duty, purpose, calling

Kama - pleasure, enjoyment, love, connection, community, creation

Artha - wealth, the means and resources to fulfill your purpose and help next generation

Moksha - liberation, freedom from the personal, material life and its concerns

3 Traditional Vedic Sister Sciences

Ayurveda - Health in the *physical realm* - to maintain vitality and extend longevity in the body, in the physical world, and know how to restore balance

Jyotish (Vedic Astrology) - support from the *celestial realm* - understand one's planetary supports and obstacles based on birth time/place, know best times to try for—or avoid trying for—one's aims

Yoga (Union) - a technology of freedom re-uniting the individual self with the Universal Cosmic Self/realm, to reach Moksha – enlightenment—leaving the limitations of physical and personal behind.

Traditional Domains of Ayurveda & Yoga

Ayurveda - restoring and maintaining health and energy
all *chikitsa* - therapeutics, treatment

Yoga - freeing one's identity from attachment of all kinds
all *yogic sadhana* - practice