

Ayurvedic Mamas  
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## Glossary of Terms

**Abhyanga:** For the scope of work as an ayurvedic postpartum doula, abhyanga is a gentle, nourishing form of bodywork. Though this practice you're not trying to work anything out - just using touch to circulate prana and build ojas.

**Agni:** the digestive fire; the strength within our digestive fire. The energy used which processes everything that moves into and through us: food, thoughts, experiences and emotions.

**Ama:** Digestive waste or toxins which can create blockage through the GI track or deeper in the tissues of the body.

**Ayurveda:** Ayurveda is a system of natural healing; a whole-body science of life dating back 5000 years. Ayurveda is a Sanskrit term and translates to mean *the science of life*.

**Dinacharya:** Daily Ayurvedic Selfcare. Dina means *day*, and charya means *moving*. Dinacharya translates to mean *following the day*. This guides us towards flowing with the natural rhythms of nature: the cycles of the sun, moon, and earth in relation to day, night and the seasons.

**Dosha:** Each of three energies which circulate in the body and govern the activity of mind and body. The three doshas are vata, pitta and kapha. These three energies are made up by the universal elements of air, ether, fire, water, and earth.

**Gunas:** The three gunas (sattva, rajas and tamas) are qualities in food (and all material things for that matter) which affect the mind and body.

**Kapha Dosha:** Made up of universal elements water and earth.

**Ojas:** The body's innermost vitality, clarity and immunity to disease. It is the most refined by-product of kapha dosha and it is the purest essence of all of the bodily tissues. It's used to maintain our body's natural resistance of aging and illness. Ojas is the most refined, subtle aspect of kapha dosha (water and earth universal elements).

**Pitta Dosha:** Made up of universal elements fire and water.

**Prana:** Life force; most basic component of life and it allows for circulation to happen throughout the body, mind, and spirit. The linking force between our body, breath, and mind - which are all interdependent. Prana is the most refined, subtle aspect of ether and air.

**Rajas:** The quality of activity, stimulation, passion or agitation. Rajasic qualities in food lead to a state of change, excitability. This state may lead to sleep trouble and in excess can trigger substance abuse and/or greed.

**Sattva:** Sattva is the quality of balance, purity and wholesomeness. It is the quality of pure love, deep inner peace and calm. The sattvic quality allows greater conscious awareness for mind, body and spirit.

**Tamas:** The quality of darkness or excessive heaviness; the mental state that can weigh us down. It is stagnation, mental dullness, inertia, emotional attachment. Tamasic qualities in food lead to a more of a sedentary, sleepy or lazy state.

**Vata Dosha:** Made up of universal elements ether (space) and air.