

Midlife In *Balance*



A workbook to accompany the workshop

Ayurvedic Wisdom: Understanding Your Changing Doshas

1. Menopause as a Rite of Passage

In Ayurveda, menopause is viewed as a natural life transition rather than a problem to fix. It marks a shift from the outward, reproductive stage of life into a more inward, intuitive and wise phase. Symptoms arise not because something is “wrong,” but because the doshas are shifting — often faster than the nervous system can integrate.

2. The Doshas in Midlife

Vata (air + ether): movement, nervous system, digestion.

Common signs of increase: anxiety, poor sleep, dryness, bloating, constipation.

Pitta (fire + water): metabolism, hormones, heat, intensity.

Common signs of increase: hot flushes, irritability, night sweats, inflammation.

Kapha (earth + water): structure, stability, lubrication.

Common signs of increase: weight gain, sluggish digestion, low motivation, fluid retention.

Perimenopause and menopause are naturally Vata-increasing stages of life.

REFLECTION NOTES

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3. Daily Practices for Balance

For Vata (Ground & Nourish): • Regular daily rhythms (sleep, meals, movement) • Warm, cooked foods • Gentle yoga & longer exhales • Warmth, oil massage, soothing rituals

For Pitta (Cool & Soften): • Cooling foods & drinks • Slowing the pace, releasing perfectionism • Breath practices that calm • Time in nature

For Kapha (Lighten & Energise): • Dynamic movement • Lighter, warming foods • Morning routines that create momentum • Variety and inspiration

Your yoga practice becomes medicine when it meets your dosha, not your ego.

4. Bridging Ayurveda & Modern Science

Ayurveda has long placed digestion at the centre of health. Modern research now mirrors this through the gut-brain-hormone axis.

- Gut health influences neurotransmitters, inflammation and hormonal signalling.
- Blood sugar stability supports energy, mood and reduces hormonal symptoms.
- Chronic stress and elevated cortisol can disrupt progesterone, oestrogen, sleep and digestion.

Small shifts in routine, nourishment and stress regulation create meaningful change.

PERSONAL ACTION STEPS

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