

In our modern world, it's easy to separate ourselves from nature. Ayurveda recommends that we experience the outdoors daily to promote healing in our body, mind and spirit. Numerous scientific research has overwhelmingly confirmed what Ayurveda as known for thousands of year- **spending time in nature is essential for optimal human health.**

Some of the benefits of spending time in nature are: decreased inflammation, boost in cognitive function, enhance cardiovascular health, reduce blood pressure, reduce stress, cortisol regulation, improve sleep, support immune system. ^{1,2,3}

NATURE THERAPY FOR OPTIMAL HEALTH AND BALANCED DOSHA

Balance Vata Dosh

Vata dosha has the energetics from nature's elements of air and ether, with qualities of light, dry, mobile and cold. When Vata dosha is out of balance, you may feel your mind racing and feel ungrounded. Find balance by embracing the earth's stability. Go for a walk on the earth, grass, or sand, and ideally barefoot. Absorb the nourishment and stability of the earth through your feet. Or lay down on the ground, feel the earth beneath you supporting you. Feel the rays of the warm sun blanket you.

Cool Pitta Dosh

Pitta dosha has the energetics from nature's elements of sun and a little water, with the qualities of light, sharp, hot, and intense. When Pitta dosha is out of balance, you feel overheated and irritable. Balance Pitta dosha by spending time near natural bodies of water. Slow walks, with mindful awareness to the sounds and cooling effects of water brings you a sense of calm and ease. Take a walk under the shade of trees or lie on the cool grass in your yard or a park. Feel gratitude for all that nature provides. Feel gratitude for plants, sky, clouds and earth that surround and support you.

Energize Kapha Dosh

Kapha dosha has the energetics from nature's element of earth and water. When Kapha dosha is out of balance, you feel dull and lethargic. Take a brisk walk in nature, breathe in deeply the air. Consider all that your breath does for you every second of the day, without your conscious attention. Lighten your heart, be mindful of the infinite sky and space that is unbounded.

As the days get warmer, and daylight lingers late into the evening, step out into nature for some peace, calm, and joy today.

References:

A Scoping Review of the Health Benefits of Nature-Based Physical Activity
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10550037/>

Nature As Medicine: The 7th (Unofficial) Pillar of Lifestyle Medicine
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10498981/>

AYURVEDA AND ENVIRONMENTAL HEALTH: HOW NATURE'S WISDOM HEALS

<https://shivani Gupta.com/2025/04/16/ayurveda-and-environmental-health-how-natures-wisdom-heals/>