

Ayurveda- Age Old Truth from India

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Ayurvedic medicine, an ancient Indian healing system is right in sync with our growing awareness of the mind-body connection and places equal emphasis on body, mind, and spirit and strives to restore the innate harmony of the individual.

CONCEPT:

The basic concept of Ayurvedic medicine is that the body is seen as a microcosmic universe in which the five primordial elements (panchamahabhutas) - ether (akasha), air (vayu), fire (agni), water (jala) and earth (prithvi) - combine to form three humours (doshas), known as wind (vata), cholera (pitta) and phlegm (kapha). It's believed each dosha has its own qualities and functions in relation to the body.

The balance between these doshas determines individual constitution (prakriti) and predisposition to disease. Constitution is also affected by the strength of a person's 'digestive fire' (agni) and bowel function (kostha). Seven tissues (dhatus) and their waste products (malas) make up the physical body and a network of channels circulate fluids and essences around the body. Three interdependent universal constituents, the three gunas - purity (sattva), activity (rajas) and solidity (tamas) - also influence health and determine mental qualities.

Disease occurs if lifestyle, mental or external factors cause an imbalance in one or more of these components. Ayurvedic medicine treats the majority of its patients using herbal mixtures, other organic food and substances that have been clinically tested and are now being scientifically validated.

UNIQUENESS:

Its uniqueness lies in its treatment plan which is tailored to the body type and individual imbalances among the vata, pitta, and kapha within and includes dietary changes, exercise, yoga, meditation, massage, herbal tonics, herbal sweat baths, medicated enemas, and medicated inhalations.

Ayurvedic medicine gets rid of the body of its indigestible toxins which attract viruses and compromise autoimmune processes and responses. Ayurvedic physicians pay close attention to pulse, tongue, eyes, and nails in diagnosing illness. Diagnosis is based on observation rather than laboratory testing. The doctor enquires the patient about his health and family histories. In addition, he may palpate the body, or listen to the heart, lungs, and intestines with a stethoscope. He uses urine samples and the pulse to describe the balance (or imbalance) of the three doshas. Ayurvedic treatment then consists of cleansing and detoxification (Shodhan or Pancha Karma), palliation (Shaman) to balance and relax the three doshas, rejuvenation (Rasayana), and mental hygiene and spiritual healing (Satvajaya)

PRESENT STATUS:

At present the Ayurveda medicine is well set to re-orient itself to modern scientific parameters. Simultaneously, it is well poised for much greater, effective utilization to benefit the whole humanity to reach its goals of Health. Ayurveda medicine which started as a magico-religious practice, matured into a fully developed medical science with eight branches which have parallels in the modern western system of medicine and it has developed into following sixteen specialities

1. Ayurveda Siddhanta (Fundamental Principles of Ayurveda).
2. Ayurveda Samhita. (Classicals)
3. Rachna Sharira (Anatomy).
4. Kriya Sharira (Physiology).
5. Dravya Guna Vigyan (Materia Medica & Pharmacology).
6. Ras-shastra. (Metals)

7. Bhaishajya Kalpana (Pharmaceuticals).
8. Kaumar Bharitya (Paediatrics).
9. Prasuti Tantra (Obstetrics & Gynaecology).
10. Swasth-Vritla (Social & Preventive Medicine).
11. Kayachikitsa (Internal Medicine).
12. Rog Nidan (Pathology).
13. Shalya Tantra (Surgery)
14. Shalkya Tantra (Eye & ENT).
15. Mano-Roga (Psychiatry)
16. Panchkarma. (Massage therapy)

PREPARATION:

The main part of Ayurveda Medicine is Herbal Tonics or Rasayanas which are prepared according to the Vedic traditional standards practiced in ancient times. They are made of only 100% natural ingredients, using only the best of the Ayurveda and Western herbs and spices, ghee (purified butter), raw honey, dried fruits, Sucanat (unprocessed sugar) and natural flavors. They are prepared by hand (the old custom), using utensils of copper, iron and clay. Being highly nutritious and antioxidant they provide many elements which are lacking in the modern diet. Formulated with the intention of bringing back into balance one or more of the five elements; which get put out of balance from improper diet etc.; in return this promotes balance on the physical, mental and subtle levels of our being which will add life to our years as well as years to your life.

Ayurveda medicine does not believe in trying to kill viruses in the body with powerful chemicals, but believes in assisting the bodies own healing energies with the proper harmonizing herbs and the ideal individual diet. This way the immune system will work the way nature intended it to.