How can Ayurveda help you

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Overview

• What is Ayurveda
• What are the aims of Ayurveda
• How these aims can be achieved
• Common conditions helped by Ayurvedic approach
• What to expect from Ayurvedic consultation
What is Ayurveda

• Ayurveda is a traditional east Indian Medical science several thousand years old.
• Ayurveda is arts and science of life
• Ayurveda is a holistic, integrative approach to body, mind and spirit
• Ayurveda is the longest continuously practiced medical field
Ayurveda
Aims of Ayurveda

• To promote and maintain health of healthy people
• To cure and remove illness and disease of Ill people
• To restore balance and health
• To promote the longevity and healthy aging
• To improve the quality of life
Ayurveda

Health maintenance and disease prevention
Health

• Health is not just absence of disease
• Balance is Health
• Imbalance is Disease
Health

• Balanced Doshas
• Balanced Agni (Digestive fire)
• Proper Functioning of Dhatus (Tissues)
• Adequate Elimination of Waste Products
Health

• Proper functioning of Sense organs and sensory perception
• Clarity of Mind
• Pleasant, Happy and Blissful state of one Self.
Ayurveda

• Ayurveda helps to maintain health and prevent disease by restoring body’s innate intelligence for health by appropriate diet and life style.

• Ayurved is arts and science of how to live life.
Ayurveda

- Ayurveda helps to cure and remove illness and disease of ill people by individualized customized management protocol that includes natural methods like herbal supplements, body therapies, cleansing and purification methods.
Ayurveda

• Ayurveda helps to restore balance and health at all three levels (body, mind and spirit) by utilizing not just the diet, lifestyle, and herbs but incorporating yoga, pranayam (Breath practices) and meditation
Ayurveda

- Ayurveda helps to promote the longevity and healthy aging by using rejuvenate therapies including periodic cleansing and detox, and appropriate revitalizing herb and dietary supplements.
Ayurveda

• Ayurveda helps to improve the quality of life by making us understand our own constitution and creating awareness as to who we are. This helps us to improve our relationships at home, at work, in our social environment.
Ayurveda

- Stress, Anxiety disorders, Sleep disturbances
- Obesity and weight management
- Chronic conditions like diabetes, high blood pressure, high cholesterol.
- Immunological disorders like Rheumatoid arthritis, allergies
- Age related disorders like degenerative arthritis
Common conditions

• Neurological disorders like Parkinson's disease
• Digestive disorders like IBS
• Respiratory disorders like chronic asthma
• Musculoskeletal disorders like chronic fatigue syndrome and fibromyalgia
Management of Imbalance

• Individualized, customized approach
• Consists Natural Therapies
• Addresses imbalances at all levels physical, biochemical, intellectual, emotional, behavioral, spiritual, familial, social imbalances
• Goal is to heal disease, reestablish balance, prevent disease and promote health
Management of Imbalance

• Diet based on Prakruti/Vikruti Paradigm
• Life style including Exercise like Yoga and Stress management using Meditation, Pranayama, Relaxation techniques, Music Therapy, Aroma Therapy
• Therapeutic Nutritional Supplements
• Healing botanical medicine and herbs
Management of Imbalance

• Detoxification using gentle cleansing (Pancha Karma)
• Massage and Sweat Therapy (Sauna)
• Rasayana and Rejuvenation
• Daily and Seasonal Routine
• Counseling and health education
What to expect from Ayurvedic Evaluation

• Ayurvedic professional would take a detailed history about your problems and health issues including your dietary pattern, daily routine and lifestyle.
What to expect from Ayurvedic evaluation

• Ayurvedic evaluation would include:
  Pulse, Tongue, face, marma, evaluation
  Assessment of your constitution
  Assessment of your imbalances
Ayurvedic Approach

• The Management protocol is individualized based on your constitution/imbalanced state and may include following:
  • Dietary and life style suggestions
  • Herbal supplements
  • Physical therapies like massage, sweat therapy etc.
Ayurvedic Approach

• Cleansing and purification therapies
• Yoga
• Pranayam (breath practices)
• Meditation
• Follow up instruction
Ayurveda
What makes it Special

• It respects uniqueness of the individual
• It considers all levels of the individual
• It emphasizes prevention
• It is holistic medical science offering natural ways of treating diseases and promoting health
Ayurveda

• It can be used as a complementary medicine.
• It can be used as an Integrative medicine.