

# 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 life style.

# 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.