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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ayurveda – Principles & Practice

By Jayachandran.R

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Ayurveda which has been evolved around 600 BC, apart from treating ailments concentrated more in its prevention. This was followed by the Aryans & Dravidians who were inhabiting India and has been practiced ever since. In the 21st century, Ayurveda has become an indispensable branch of medicine due to its naturalistic approach, that depends on the diagnosis of one's physical base i.e. Vata, pitta and kapha, and to maintain a right balance.

One of the important principles of Ayurveda treatment is that, treatment is given not only to the ailments or the affected part, but to the person as a whole. This creates an environment for purifying your body naturally, which eliminates all toxic imbalances from your body, enabling you to regain natural resistance from diseases and attain good health.

Kerala's equable climate, natural abundance of forests, which caters to the demand for herbs and medicinal plants, and the cool monsoon season (June–November) are best suited for Ayurveda's curative and restorative packages. In fact, today, Kerala is the only State in India which practices this system of medicine with absolute dedication.

Every object—plant, animal or human – according to the Panchabhoota Philosophy (5 elements of philosophy), is constituted of Vata, Pitta, Kapha.

The concentration of these elements vary in each individual and therefore the time, place, duration and kind of treatment required to restore the balance also needs to change. This is why Ayurveda have a separate system of diagnosis and treatment for each patient. And a season for undergoing Ayurvedic programmes – the monsoon. The atmosphere remains dust-free and cool, opening the pores of the body to the maximum, making it most receptive to herbal oils and therapy.

Rejuvenative Programmes

The following are the major rejuvenational therapies practiced in Ayurveda.

Rasayana chikitsa

Tones up the skin and rejuvenates and strengthens all the tissues so as to achieve ideal health and longevity. Increases Ojas (primary vitality) and improves Sattva (mental clarity) and thereby increases the resistance of the body. Includes head and face creams, body massage with herbal oil or powder by hand and foot intake of rejuvenative medicines and medicated steam bath. Herbal baths are also used.

Kayakalpa Chikitsa

Prime treatment for retarding the ageing process, arresting the degeneration of body cells and immunization of the system. Includes intake of Rasayana (special Ayurvedic medicines and diet) and comprehensive body care programmes. Most effective for either sex if undertaken before the age of

50.

Sweda Karma

Medicine steam baths eliminate impurities from the body, improve the tone and complexion of the skin, reduce fat and are recommended for certain rheumatic diseases, particularly for pain. Precious herbs and herbal leaves are boiled and the steam is passed over the entire body for 10 to 20 minutes daily.

Hand massage with herbal oils or herbal powder improves blood circulation and tones up the muscles.

Meditation and Yoga

Mental and physical exercises meant to isolate the ego from the body and mind—designed to hone your concentration, improve health and help attain peace of mind through 8 stages of training.

Disciplined behaviour yama Self purification niyama Bodily postures such as the lotus position asana.

Control of breathing Pranayama Control of the senses Pratyahara, fixing of the mind on a chosen object dharsana. Meditation dhyana and Samadhi – a state of being where you experience absolute tranquility and well being.

Beauty care

Herbal face pack, herbal oil massage, intake of herbal tea etc. improves complexion and beautifulness of the body.

Body Slimming

Medicated herbal powder and medicated herbal oil massages, and Ayurvedic diet of herbal juices etc. are part of the programme.

Overall Fitness

Panchakarma Treatment

A five fold treatment for mental and physical well being tunes the body, organs, mind, breath, nerves and purifies the blood.

Therapeutic Programmes

Treatment for chronic head-aches, insomnia, mental tension and cases of hysteria, hallucination and

insanity.

Dhara: Herbal oils, medicated milk or buttermilk and decoctions are poured on the forehead/whole body in a special manner.

Variations include Oorhwanga Dhara (good for diseases of the eyes, ears and skin). Takra Dhara (for those suffering from memory loss, severe headache or insanity) and Sarvanga Dhara (for both head and body).

Treatment to alleviate osteoarthritis, leukemia etc.

Snehapanam: Medicated ghee is given internally in a gradually increased quantity of specific periods.

Treatment for spondilosis, rheumatic diseases like arthritis, paralysis, hemiplegia, nervous weakness and nervous disorders.

Pizhichil: Lukewarm herbal oil is applied with fresh linen all over the body by trained masseurs in a rhythmic manner for a period of 1 to 1 1/2 hours daily for 7 to 21 days.

Treatment for diseases like hemiplegia, paralysis, obesity and certain rheumatic ailments.

Udvarthanam: Therapeutic massage with herbal powders.

Treatment for musculoskeletal ailments due to trauma or accidents.

Marma Chiksta: Treatment that works on the extremely sensitive vital points of the body (the 107 marmas).

Treatment for nasal ailments:

Nasyam: Inhalation of medicated herbal preparations, decoction oils, ghee etc. to eliminate the morbid factors from the head and neck area.

Treatment for ear ailments

Karnapooranam: Medicated oils are applied to the ear for 5 to 10 minutes daily to clean as well as treat specific ailments.

Preventing cataract and strengthening vision:

Tharpanam: A treatment for the eyes effective in preventing cataract and strengthening the optic nerve.

Treatment for wasting of muscles, all types of rheumatism, sports injuries, pain in the joints, emaciation of the body or parts of the body and certain kinds of skin diseases.

Navarakizhi: The whole body is made to perspire by the external application of medicated rice packs in the form of blouses tied in muslin bags.

Treatment for dryness of nostrils, mouth and throat, severe headaches, facial paralysis and burning sensation in the head.

Sirovasti: Lukewarm herbal oils are poured into a leather cap fitted on the head for specific durations as per physician's recommendation.

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Ayurveda Can Help Stop Hair Loss

By Richard Mitchell

Most hair loss sufferers seek solutions from Western medicine or turn to remedies derived from local traditions. Some experts however argue that the ayurvedic system of medicine has much to offer in dealing with hair loss conditions.

Ayurveda is the traditional system of medicine practiced in India and Sri Lanka. It is a complete approach to health care designed to promote a way of life rather than an occasional treatment. As a holistic system of medicine ayurveda focuses on our uniqueness and takes into account our mental attitude, lifestyle and spirit which should not be treated in isolation from each other.

According to ayurveda, the following principles are beneficial to healthy and plentiful hair: The scalp must be kept cool, so protection from sun and washing in cold or lukewarm water are paramount. Sound nutrition is key, so a hair-friendly diet should emphasize proteins, iron, zinc, sulfur, Vitamin C, Vitamin B-Complex and essential fatty acids. Use should be made of hair analysis to ascertain toxicity levels and nutritional deficiencies. Oils, for example sesame and coconut, should be applied to the scalp to nourish, lubricate and strengthen the roots. This will also improve circulation to the head.

You can find out more about alternative hair loss treatments by visiting the site listed below.

Richard Mitchell is the creator of the

website that provides information

and guidance to those suffering from premature hair loss.

Ayurveda Can Help Stop Hair Loss

Benefits of Ayurveda

Exercise Your Swing By A Ping Golf Club

Make Money From Google Or Yahoo. P/T

Preventive Medicine – Ayurveda

Complete Library Of Cooking

How to Gain and Retain More Customers

How to Use Your Mind for Study

30 Powerful Business eBooks

14 Profitable eBooks



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