

# AYURVEDA

## - For Rejuvenation

**Kecci Slater**, from Perth Australia, was on her third visit to the clinic, and wrote a few words:

I come from Australia packed with books, candles and incense to settle for my time in the hospital which we would call more of a health clinic. For me, I come to **lose weight, get healthy, detox, body balance**, fix ailments, have massage each day and, can you believe, no exercise permitted for the duration of treatment - I thought I was in *Heaven!* Four years ago I picked up a book in a bookstore and I believe that I chose the appropriate book as guided by above. The book was "Perfect Health" by Deepak Chopra. 2 years later I sat down, read it and really wanted to correct and address my health. Soon I was going to India, booked in at the hospital. My issues at that time were **over-weight, excess of everything, poor blood circulation** (no wonder) and overall unbalanced health. The outcome for me after 5 weeks was being 5 kilos lighter, much improved circulation, minimal desire to over-indulge particularly in alcohol which is still the same today, and a wonderful feeling of love and gratitude. Since then and on subsequent visits, I am consistently 10 kilos lighter, healthier, rectified cholesterol issues, toned and lead a far more balanced lifestyle. Besides all the specific health issues, the treatment is a wonderful rejuvenation for the body, great for skin, joints, slowing of the ageing process and provides nourishment for the body. I have observed in others some amazing outcomes particularly with **digestive disorders, those with joint ailments, stroke, arthritis, rheumatism**. It is incredible to watch someone be able to walk properly again or gain movement in previously

immobile areas. I feel blessed to have been guided to this wonderful 5,000 year old knowledge that, for me, has been a part of changing my life for the better.

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## - The Road to Health

By Antardwip das

### Prologue

When I saw my wife cured of her **many allergies** after attending the AVP clinic in Coimbatore I decided to try it out myself. Mainly I have had low energy for about five years but particularly for the last year while I have been diagnosed with Bhronchiectasis. Because of this I had to resign my teaching job this year.

### Day 1

The cheapest rooms at the AVP are comfortable and spacious with en-suite bathrooms. Meals are delivered to the room, and there is a varied menu to choose from. The first week's treatment as well as medicines was a light massage. This light oil massage lasts a week and prepares the body for the main treatment, which is called Pizhichil. In the evening, I heard the drumming at the in-house Dhanvantari temple. A very interesting complex with 20 bramacharies - they feed 150 people free daily, and conduct various pujas. The drumming is supposed to be therapeutic.

### Day 5

Pizhichil, the main treatment, started today, with warm oil continuously poured over the body and took an hour. The treatment usually lasts for two weeks. It is especially effective in treating **Rheumatoid arthritis, Osteo Arthritis, Lumbago Sciatica, Hemiplegia Neuropathy**. Although not specifically for Bronchiactasis, it softens the inner tubing, veins etc. of the body that harden with age and is part of the overall body treatment. The skin takes

about 45 mins to digest the oil and in each session absorbs about 200 ml (1/5 litre). The carrier is sesame oil and it is mediated. Four therapists work on the body at the same time. If I weren't prone to colds, I would have two therapists working on the head oil massage called "Dhara" at the same time.

### Day 6

Five full days of eating, sitting, sleeping and massage. I cannot remember if I ever had such leisure before. My next door neighbour, Bala, is leaving back to Bangkok today. He was **suffering acute headaches** every alternate day for three weeks and they were unbearable. They were diagnosed as **TIA's** - minor strokes - and there was nothing the doctors could do. So he flew to India just over a month ago, and from the day the treatments started he has had no recurrence. They have also brought down **his high blood pressure** from 150/90 to 120/86 and brought his blood sugar under control (he is also diabetic) to 85. His treatments were internal medicine and nasyam for the TIA's, Udavarthana for his **big belly reduction** (forgot that!) and some pizhichil for his knee which suddenly started to go "click click." While receiving treatment, patients are not supposed to read, write, think about very emotional events etc., but remain peaceful and not leave their rooms (it is very easy to catch a cold during these treatments).

### Day 9

The climate is near perfect - cool air from the Ute Mountains makes this place a tropical heaven. Every day the rooms are cleaned, mopped, ensuite toilet / shower also. Every second day the bed-sheets are changed. Dirty laundry left outside rooms is returned in 24 hrs. Room service automatically provides ginger juice / breakfast / soup / buttermilk / lunch / ginger juice / supper. Medicines are left 5 times a day, doctors call at least twice a day, four



**The main reception and part of the clinic complex**

therapists take patients for pizhichil once a day, someone cleans jug, someone fills water jug, someone anti-mosquitoes the room. That is 23-30 interruptions per day – the clinic is well-organised. The total number of employees is about 180.

#### **Day 14**

I had a second blood test yesterday. They work hand-in-hand with western techniques where necessary. They are opening a half-and-half western/ayurvedic hospital in a year. Today it's ekadasi so steamed banana (canteen is obliging) only.

#### **Day 16**

This was the perfect morning. The trees in front of the verandah were lit by the early morning's sunrays and the place was oozing peace as if time were standing still. The time to reflect is having its effect on me. I am thinking about things I have not thought about from my past and present. I did not expect this psychological effect.

#### **Day 21**

A lady in a room down from me is from the US. Her brother comes every 8 months because all western medicine could offer for his critical **ulcerative colitis** was to operate on his colon and give him a colostomy bag. However, due to the treatment he received here he has **lost all symptoms** and lives a normal life, although still taking medication and on

a restricted diet (no tomatoes and a few other things).

#### **Day 22**

A young man just left today. He had **avascular necrotic femurhead** on both legs – and he was only in his early 30's – the hospital said he was too young for hip replacement and should get a resurfacing job done. He was initially in great pain when he arrived, but his comfort improved greatly with Pzhichil treatment. They will scan in six months to see if regeneration has occurred, but generally it is a degenerative disease. So Ayurvedic treatment provides some amazing cures. They have also treated **facetal arthritis** which is also degenerative, and the condition regenerated itself somehow after treatment.

#### **Day 23**

The final day of Pzhichil, and again I felt all my anxieties lift – a very positive experience. Physical health was only part of my reason for coming – I want a fresh start to my life.

#### **Day 24**

I asked for extra Pzhichil treatment because I made mistakes during my first two weeks Pzhichil - reading several novels when I was bored – that really drained my energy and strained my eyes. Books like the Bhagavad Gita were OK, because they encourage a reflective mood.

#### **Day 25**

No novels this time – just quietly taking advantage of the situation to enhance the

quality of my life. My mind has never had opportunity before to be free of worries. I never gave my health any thought before, but now I realize how poor health has depleted my consciousness.

#### **Day 28**

My rounds have given me problems recently – I chanted today, thinking the “Krishna's” are the breakers crashing on the shore, and the “Rama, Rama, Rama's” are the water receding afterwards – it worked, and I managed a few rounds peacefully. Normally when I chant I get submerged in many negative emotions. Though this seashore meditation is not the real thing, it helped me today.

#### **Day 31**

Started my next treatment, Navakarizi, today – nava means bag and karizi is a special type of rice. Five therapists perform this treatment, four rubbing the hot rice bags dipped into hot milk, and one re-charging the rice-bags. It can only be good, and that is how it feels. This lasts for a week, puts on weight and strengthens the whole body.

#### **Day 32**

The oceanic meditation didn't work today. Oh well...

#### **Day 34**

My shoulders are starting to feel so free like some weight has left them; this feeling started some days back – I am working on my still somewhat frozen shoulder from a few years ago. But they feel light. I feel light.

#### **Day 42**

A couple next door to me are leaving. The wife has **Rheumatoid Arthritis**, and they tried western medicine for three years with no relief from pain, and the side-effects were tiredness. Then 3 years ago, they came here for the treatments I just had (Pizhichil and Navarakhizi) and she has come every year since, with the result that the Arthritis is all but gone (it stays in the blood). She should be able to maintain it with Ayurvedic medicine from now on. They were quite

a jolly lot - her mother, husband and daughter used to stay in her room (same size as mine) over the weekends, her mother throughout the week as well.

#### **Day 44**

Woke up refreshed. Examined my mind - what do "I" want to do? Read a book? - no. Read Bhagavad gita? - no. Think. That only would drag me down. Eat, drink? - no. What than? - I just want to do nothing. That is the only thing I would enjoy doing right now. The sun came in my end-window, and attracted me to go upon the roof. I saw the rooftops, the beautiful trees in the distance - and felt like chanting, like I haven't felt before for a long time. Before I leave India this time, I will have my Krishna Consciousness back, my chanting back and my life back.

#### **Aftermath**

After saying my goodbyes and thank you's to the staff and doctors, I still had a month and a half to see India before my flight back. It took me two weeks to get my strength up to travel, and I stayed in Sri Rangam. After then I was fortunate to spend time in Jagannatha Puri and Sri Mayapura, which gave me a full spiritual boost. I feel I have indeed got renewed energy, and a fresh start in life. Hare Krishna! There is one more case I would like to share before I sign off, an elderly man just four doors away from me, who had **Parkinson's Disease**:

The gentleman in question was from Palakkad in Kerala and was taking Ayurvedic treatment for the first time. His name is Mr Ramdas. His daughter is a teacher, and she is his main carer. Both her children are studying in Coimbatore, so it was quite a social group. He was taking Medopar and Pacitane plus some other medicines in relation to Parkinson's Disease. He had been affected for nine years, and for him it had been nine years of **drowsiness**, sleeping in the

day, and his movements became very slow. This can be very **depressing** - I know, my Mum suffered from it - the drugs cause suffering, but are necessary. Eventually, he was **tottering around** and falling over. In the last two years he has been totally dependent on the medicines to control the **shaking**. For the last two months he could hardly make it across the room. He visited the AVP 6 months ago, and Dr. Raveendran prescribed some medicine, which Mr Ramdas did not take regularly as he didn't like the taste! As he

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deteriorated, Mr Raveendran suggested he stay for 30 days treatment. He had **severe swelling** of the feet and other leg problems associated with immobility. Severe **constipation, frequent urination** affecting sleep. Couldn't write, or find the words to express himself with. Couldn't laugh due **to cheek muscles frozen**, and stared sometimes into space. However in the space of 13 days, at which time I am leaving, I can see a great difference. His grandson told me that he now walks much more than when he came (I see him walking on his own quite quickly, and his tottering has stopped), he gives eye-contact, he laughs, talks much better, needs to urinate less. He now sleeps with his legs stretched out, not bent, so now he sleeps on his back. He can hold a newspaper and read for about 10 minutes. He still takes

Medopar and Pacitane, but no others.

To find out more, look at the web site of the AVP on:

**[www.avpayurveda.com](http://www.avpayurveda.com)**

A guide to the cost is that for seven residential weeks including three months additional supply of medicine, the cost for my treatment was 800 UK pounds.

However there are various ways of getting the Kerala Oil massage treatment at different costs. A very economical way is to attend a clinic in Udipi (south-west India). It is not residential, but you have the added benefit of living in a place of pilgrimage.

While staying at Jagannatha Puri I saw advertisements for this treatment also, and that is also attractive for similar reasons.

However, to treat a serious condition, I would stay with the professionals - and I have no doubt about the professionalism of the AVP and other top-notch Ayurvedic treatment centres.

Some of the conditions the AVP specialise in are listed on their web site:

- ❖ Rheumatoid Arthritis
- ❖ Paralysis
- ❖ Osteoarthritis
- ❖ Facial Palsy
- ❖ Cervical Spondylosis
- ❖ Lumbar Spondylosis
- ❖ Inter vertebral Disc Prolapse
- ❖ Jaundice
- ❖ Migraine
- ❖ Sleeplessness
- ❖ Sciatica Gouty Arthritis
- ❖ Systemic Lupus Erythematosus
- ❖ Trigeminal Neuralgia Skin Diseases
- ❖ Gastrointestinal / Urological / Gynaecological Problems