

AYURVEDA for Prevention and Positive Health

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Ayurveda is a time old system of healing that is continuously in practice for thousands of years. The word Ayu means life and Veda means knowledge. This is the science of life which must be understood by every individual to create harmony with in himself and surroundings. Ayurveda stresses prevention over cure without neglecting the cure. Ayurveda believes, the body has the inherent ability, the vitality not only to heal itself but also restore health.

Health and disease result from a complex interaction of physical, mental, emotional, genetic, spiritual, environmental, social factors. The harmonious functioning of all the aspects of the individual is essential to health. Within the body different systems are intimately connected and dynamically balanced. Disease or imbalance in one part directly affects other parts or the whole. The person as a whole is important in Ayurveda. Causes of diseases originate on many levels but often found in patients life style, diet, habit or emotional state. Health is the reflection of how we choose to live. Physicians help patients recognize their choices and how those choices affect their health. On the above background in order to educate persons on vedic principles of health and diseases an Ayurvedic class is planned.

Basic principles of Ayurveda:

Here history, philosophy, fundamental principles that govern the universe and the body will be taught. about Pancha maha bhutas or five great elements and their manifestations in the human body in the form of Tridosha will be analyzed.

Ayurvedic body, mind type:

Each and every person has got his own personality. This personality or temperament of the person is called Prakruti in Ayurveda. Understanding the Prakruti helps a person to know about himself so that he can make life style changes and he can adopt certain things and avoid certain things to maintain health and prevent diseases. Here we will teach methodically to find the personality or the body, mind type and give suggestions in food life style changes and so on.

Ayurvedic daily routine and diets:

Man is considered as the microcosm or the replica of the universe. It is the duty of the human beings to live in harmony with the nature by understanding its laws. Vedic life routine called Dinacharya plays a major role in prevention. Here life style routines along with seasonal changes will be discussed.

Most of the metabolic diseases are created by improper eating and disobeying the laws of eating. In vedic heritage eating is considered as a sacrifice as Agni or Fire represents Easwara or Lord. We find, most of the diseases are due to over eating than because of starvation. The junk food and fast food culture has ruined the society and there is a vast hike in the manifestation of diseases like diabetes, cholesterol etc. In this module we will teach how to eat, what to eat, where and when to eat in accordance with one's own personality.

Ayurvedic Panchakarma:

Cleaning the body once a while to remove the toxins is the ancient treatment procedure. Oil bath, purgation, etc. are practiced by many people even now. Here simplified form of cleaning procedures is used.