

“Basics of Ayurveda Tourism Development.”

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AYURVEDA

Ayurveda imparts the knowledge with regard to what substances, properties and actions are promotive of life and what are not so. Here in Ayurveda, it is laid down the good and the bad of life, and what is wholesome and what is unwholesome in relation to life, as also the measure of life.

Thus the subject matter of Ayurveda is not only a physical body but the mind, spirit and body – the tripod – the *Man* ; he is the conscious agent and regarded as the subject matter of this science.

Ayurveda gives us the formulas for living a long life filled with joy. Ayurveda is not limited to the physical body but also deals with the mental, emotional and spiritual aspects of life.

- Ayurveda is a simple, practical science of life, existing since more than 5000 years, which is originated in India and having a great role in health care in South Asia and now a days world wide
- Ayurveda is a system of Holistic Health or Holistic Healing, speaks to every aspect, element and facet of life.
- Ayurveda is ‘Arsha-sashtra’, means science laid down by Rishis, who had visualized the things.

- The science of Ayurveda is based not on constantly changing research data but on the eternal wisdom of the Rishis and Gurus
- Ayurveda offers guidance that has been tested, refined and nourished over many centuries to all those who seek greater harmony, peace and longevity.
- Ayurveda is a basically;
 - Health promotive – Preventive - Curative
 - Rejuvenative - Nutritive – All self combined Science

- The term Ayurveda comes from Sanskrit language and derived from two words;
- Ayu and Veda
- Ayu means daily life or life span.
- Veda means knowledge or science.
- Thus, we can comprise that Ayurveda means Science or Knowledge of life.

Ayurveda is not only the science of diseases, but it also deals with Life. The definition of Life is – “The flow of consciousness”. Life is known as ‘The union of the mind, body and spirit’. The science of life is that which makes life understood.

Aim & Objects of Ayurveda

- To promote & maintain total well being of an individual.
- To cure the disease at their root level..

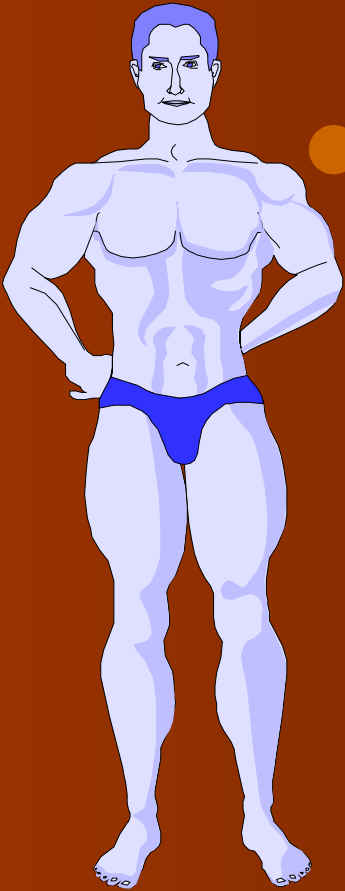
The two principle objectives of Ayurveda are :

- 1.)To prolong life and promote perfect health
- 2.)To completely eradicate the disease and dysfunction of the body.

Ayurveda takes the individual as whole and seeks to re-establish harmony between all the constituents in the body. Perfect balance of the tripod – Mind, body and Spirit means perfect health.

What is Health?

- According to Ayurveda , Health is not just merely absence of disease.
- Health is a state where Dosha, Dhatu, Mala and Agni these all are in a balanced condition and mind, soul and senses are in a state of inner peace and contentment.



Swastha (Health) means to be ‘established in the self’. The Ayurvedic view of healthy person is :

*“Samadosha,samagnischa,Samadhatumalkriyah,
Prasannatmendriyamanah,Swasthaitiabhidhiyat”*
(Sushrut Samhita, Sutrasthan, Ch. 15, Shloka 10)

“He whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body and spirit (self) are cheerful or full of bliss, he is a healthy person.”

The theory of the three *Doshas*

The *Tridosha* theory - *Tri* means three and *Dosha* means functional energy. Balance of three doshas are central concept of this science.

They are ;

Vata, Pitta & Kapha

- These three *doshas* or bio-energies combine in each person , in proportions that vary from person to person .
- Each of these *doshas* are further subdivided into five sub-doshas. This precision makes it possible to reach at the exact causative organism.
- It is most important to understand that these three *doshas*, *Agni*, *Aama* etc.- can not be touched, seen or tasted.

Characteristics of three Doshas

Vata

Qualities :

- Light
- Cold
- Mobile
- Rough
- Dry
- Subtle
- Penetrative

Functions:

- Respiration
- Swallowing
- Elimination
- Movement
- Absorption
- Mind conduction
- Speech
- Digestion
- Sensory organs functions
- All dhatu formation etc.

PITTA

Qualities :

- Hot
- Bitter
- Sour
- Fluid - Flowing
- Sharp
- Oily
- Penetrative

• **Functions:**

- Digestion
- Absorption
- Assimilation
- Vision
- Hunger , Thirst
- Softness, luster, complexion of the skin
- Comprehension
- Appreciation
- Recognition
- Evaluation
- Discrimination
- Intelligence
- Courage
- Cheerfulness etc.

KAPHA

Qualities :

- Heavy
- Cold
- Smooth
- Soft
- Moist
- Slow
- Sweet
- White in color

Functions:

- Creation
- Nutrition
- Strength
- Stamina
- Calmness
- Immunity

What influences the Doshas

- Over stimulation or sub-stimulation of our sensory organs.
- Time – rhythm of day and night, season and age
- Diet and Activities. Work against body's internal clock
- Suppression of urges etc.

This may cause temporary or permanent imbalance of their doshas or bio-energies

Signs of Vata disturbance

- Dry, rough skin
- Constipation
- Tremors
- Tingling
- Muscle twitching
- * Emaciation
- * Flatulence
- * Dizziness
- * Numbness

- Cracked nails, lips, nipples and anus
- Scanty urine and menstrual flow
- Desire for hot food, drinks, climate and clothing
- Radiating, fluctuating, shooting, traveling, throbbing, gripping and griping pain
- Fear, restless, sleeplessness, anxiety, worry and depression
- Frequent mood swings.

Management of Vata

- Vata is treated by a therapy which is warming, moistening and Kapha increasing.
- Therapy which can calm hyperactivity.
- Tastes - that decrease Vata are sweet, sour and salty.
- Basti of Panchkarma Therapy
- Sesame oil is the best.

Signs of Pitta disturbance

- Insomnia
- Fainting
- Heartburn
- Diarrhea
- Vomiting – nausea
- boils and abscesses
- Bleeding gums
- Profuse menses

- Yellow tinge to the skin, eyes, stool and urine
- Skin problems such as - acne, hives and urticaria
- Psychological signs such as – anger, impatience, irritability.

Management of Pitta

- Pitta is treated with a cooling therapy.
- Tastes that treat Pitta are sweet, astringent and bitter
- Purgative herbs are beneficial.
- Virechan karma of Panchkarma Therapy
- Ghee is the best.

Signs of Kapha disturbances.

- Coldness
- Itching
- Immobility
- Heaviness
- Numbness
- Lethargy
- Impotency
- Ignorance
- Looseness of joints
- Sweetness in mouth

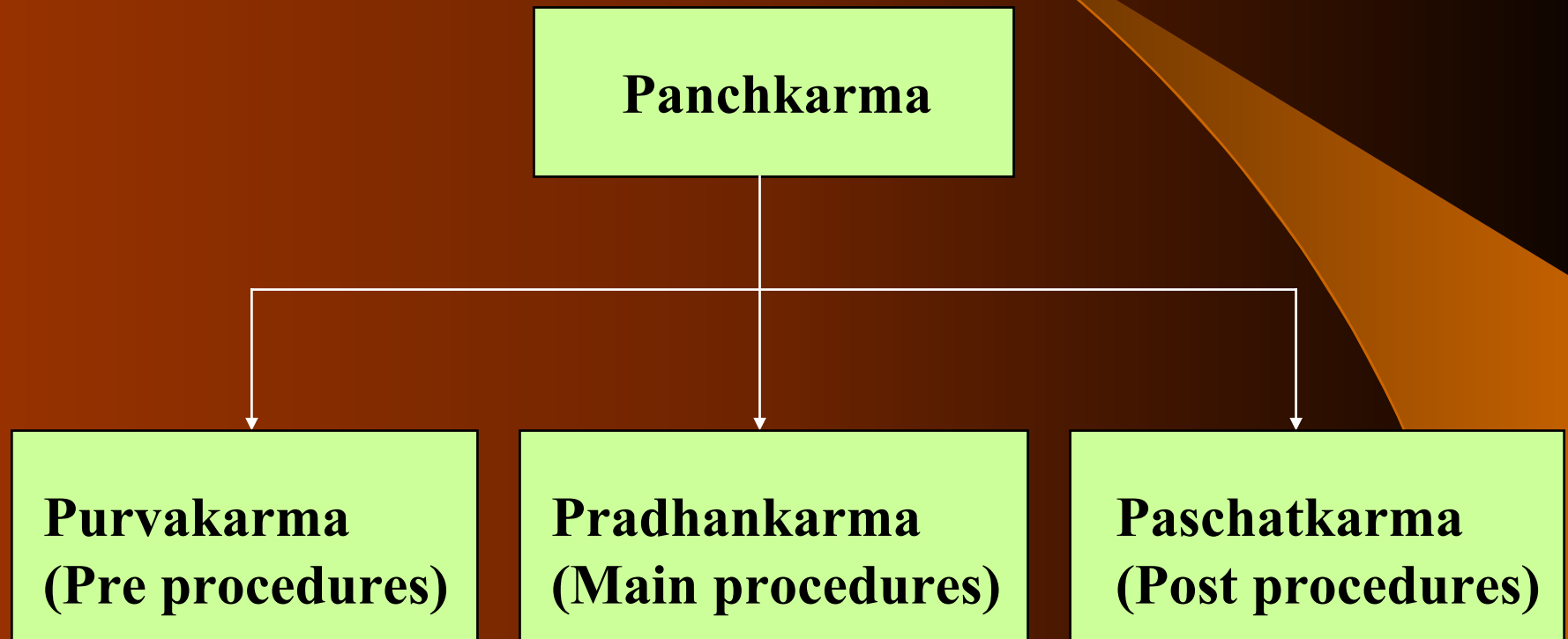
Management of Kapha

- It is treated by a warming, drying, lightening and stimulating therapy.
- Tastes that treat Kapha are pungent, bitter and astringent.
- Fasting or light diet
- Vaman of Panchkarma Therapy
- Honey is the best
- Carminative, digestive herbs.

Introduction to Panchkarma

Panchkarma

(Detoxification / Cleansing measures)



Purvakarma : (Pre-cleansing procedures)

Before any main procedure of purification, there is a need to prepare the body. So that the body can be properly detoxified and the best effects can be achieved. These procedures are known as *Purvakarma*.

Dipan - Pachan

First procedures are *Dipan* and *Pachan*, means carminative and digestive drugs. It is basically meant for '*Niramikaran*' (removal of *Ama*). Unless and until *Ama* is removed from the associated dosha, chances of good recovery from the disease are very less. This is an unique approach for the treatment in Ayurveda. So for *Dipan* and *Pachan* specific diet and medicines are prescribed for certain period.

Snehana – Oiling

Another two procedures are snehan and *swedan*. *Snehan* means oil therapy. The use of oily substances for the treatment is *Snehan*. Sesame oil is the best plant oil.

Out of several snehana processes Abhyang or Massge and Shirodhara are the most common form of Snehana.

Some External Snehan

- *Abhyang* - Massage
- *Lepa* – Medicinal wrap
- *Udvaartana* – Massage in upward direction
- *Mardana* – Pressure massage
- *Padaghata* – Massage with feet
- *Parishek – Dhara* – Pouring medi on body
- *Shirodhara* – Pouring medi on head
- *Gandusha – Kawalgrah* – Gargling

General Benefits of Snehan - oil Therapy

- Proper functioning of '*jatharagni*' (digestion)
- Proper developments of '*dhatu*' (tissues)
- Promotes of body strength and resistance to diseases
- Improves skin complexion
- Promotes integrity and strength of the '*indriyas*' (10 senses)
- Slows down aging process

Abhyang (Massage)



Introduction:

In classical Ayurveda books like Charak Samhita, Susruta Samhita and Ashtanga Hridayam, Abhyang (Massage) is mentioned as the best tool for many health conditions..

Ayurveda has also prescribed *Abhyang* (massage) within *Dincharya* (daily regime) program. One has to do Abhyang daily.

Common base oils for massage

- * Mustard oil
- * Olive oil
- * Sesame oil
- * Almond oil
- * Coconut oil

• **For Vata person** –

Sesame oil, Mahanarayan oil

• **For Pitta person** –

Coconut oil or Olive oil, Bala oil

• **For Kapha person** -

Mustard oil, Panchguna oil

Ideal time for Massage:

The best time for massage in India is in the early morning between 5 to 9, In the evening between 4-30 to 6 can also be done.

Preparations for Massage

- Privacy
- Music
- Lighting
- Room temperature
- Fragrance
- Massage oils
- Accessories

Benefits of Massage

- *Jarahar* (Remover of old age)
- *Shramahar* (Remover of Fatigue)
- *Vatahar* (Remover of Vata)
- *Drishtikar* (Increases sight)
- *Pushtikar* (Strengthenener)
- *Ayushkar* (Supplier of longevity)

- *Twakdradhyakar* (Skin strengthener)
- *Swapnakar* (That brings sleep)
- *Klesha sahatwa* (Trouble tolerator)
- *Abhighat sahatwa* (Injuries tolerator)
- *Kapha-Vata Nirodhaka* : (Protector from the imbalance of Kapha and Vata)
- *Mrija Varna balaprada* (Promoter of colour and strength to skin)

Benefits of Massage on **Physical level** :

- Relaxes the central nervous system
- Soothes tight, tense or over worked muscles
- Removes toxins from the body
- Regulates digestive system
- Improves circulation of blood and lymphatic fluid
- Increases healing
- Breaks down fibrous tissue around joints

Benefits of Massage on Emotional level :

- Calms the mind
- Reduces the stress
- Reduces apathy and depression
- Soothes emotions
- Relaxes or stimulates thought processes

Swedan - Fomentation

A therapy by which a person is made to sweat is *swedan*. *Sweda* (sweat) is considered a waste product of the body. *Snehan* (oil therapy) should be followed by *Swedan*. *Swedan* is the best treatment for reducing vata and kapha. Herbal medicines may be added further to loosen the toxins from the individual.

Benefits of Swedan therapy:

- Liquefies the doshas if used after snehana, and also supports excretion of doshas during panchkarma. “*svedastu dosha dravatvam*”.
- Pacifying Vata dosha
- Increases *agni*
- Produces lightness in limbs - body.
- Removes stiffness and improves elasticity of the body.

- Improves softness and luster of the skin
- ‘*Sroto suddhi*’ – detoxification
- Removes *Tamas* dosha
- Improves joints flexibilities.

“Steam bath, Sun bath and Sauna bath are the most known forms of Swedan”

Some Ayurveda Treatments



Abhyang



Milk dhara

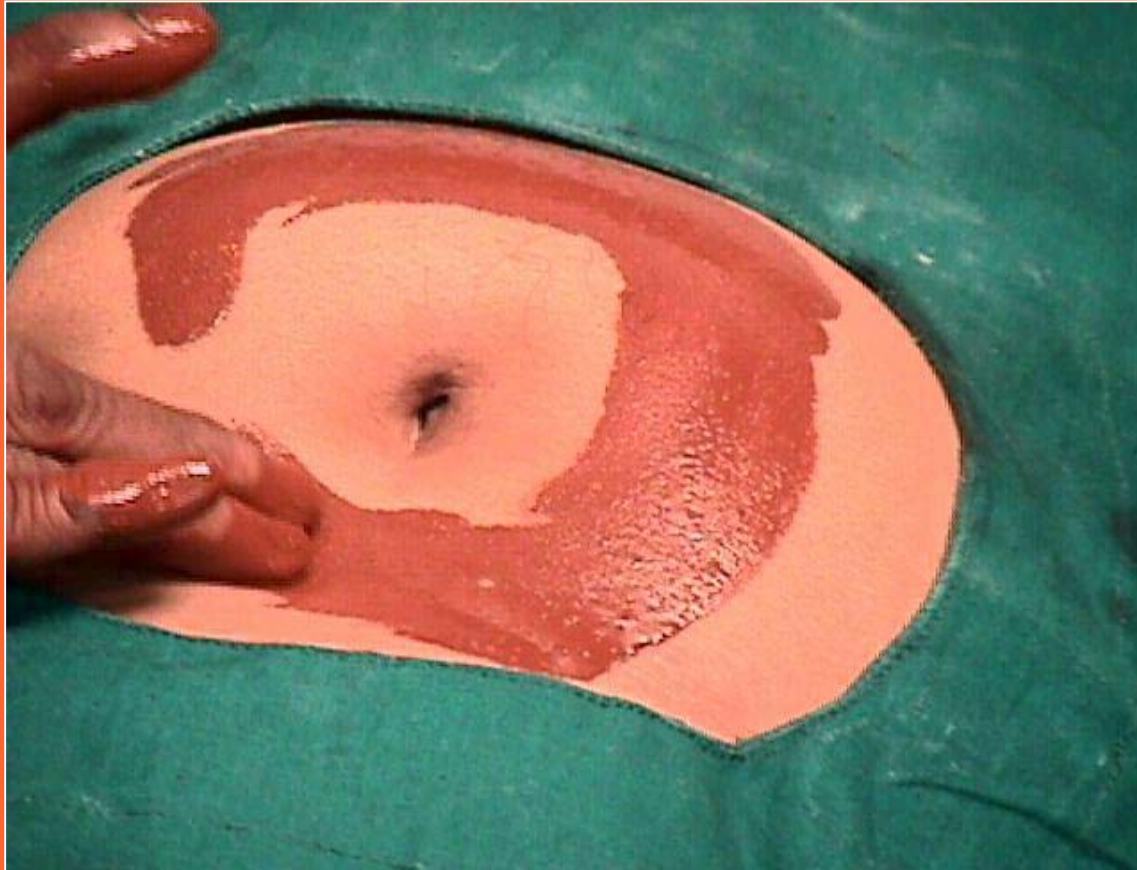


Netra-tarpan



Shirodhara

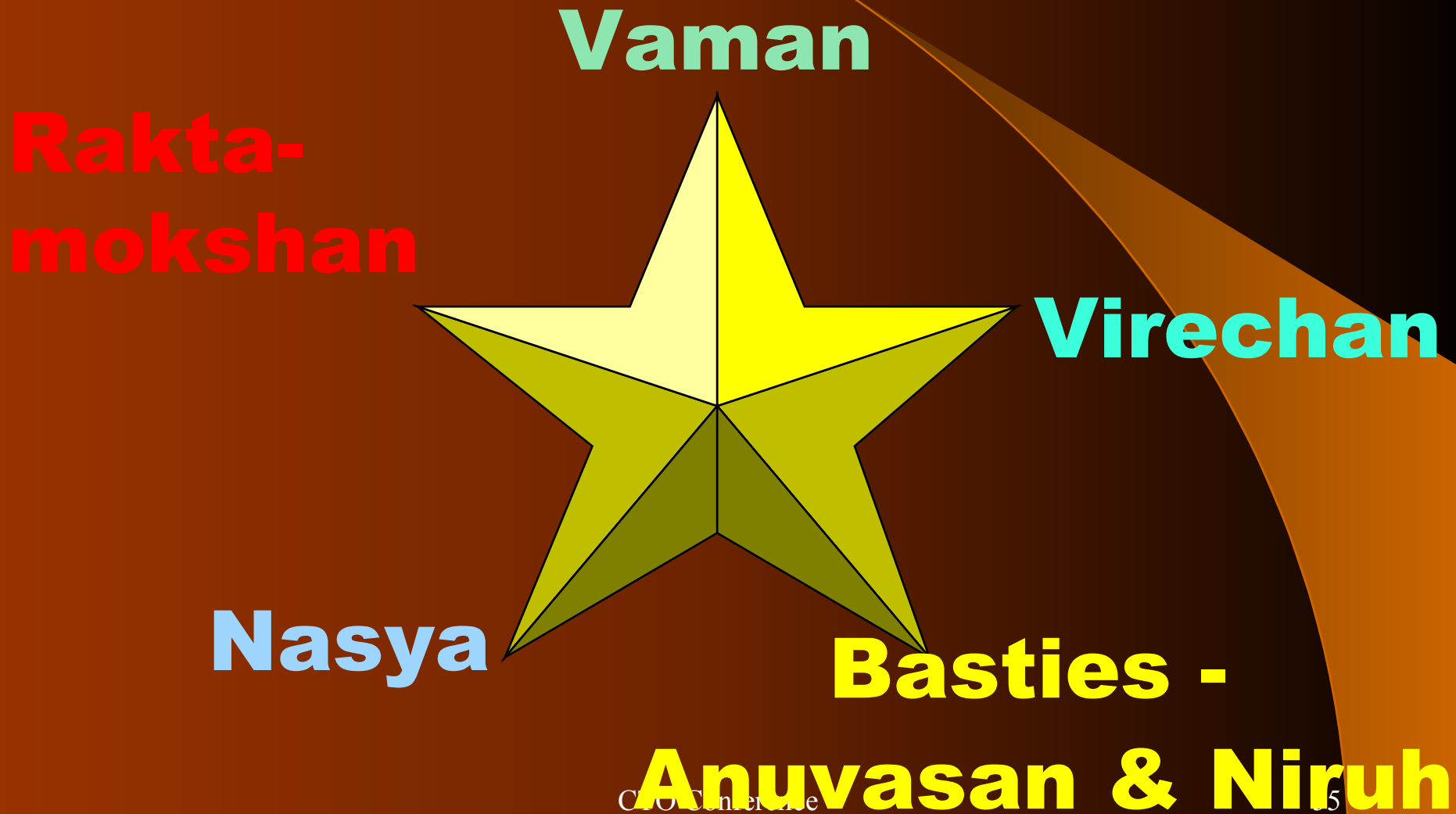
For mental relaxation, stress , sleeplessness, tension, anxiety, anger, hypertension and hair problems

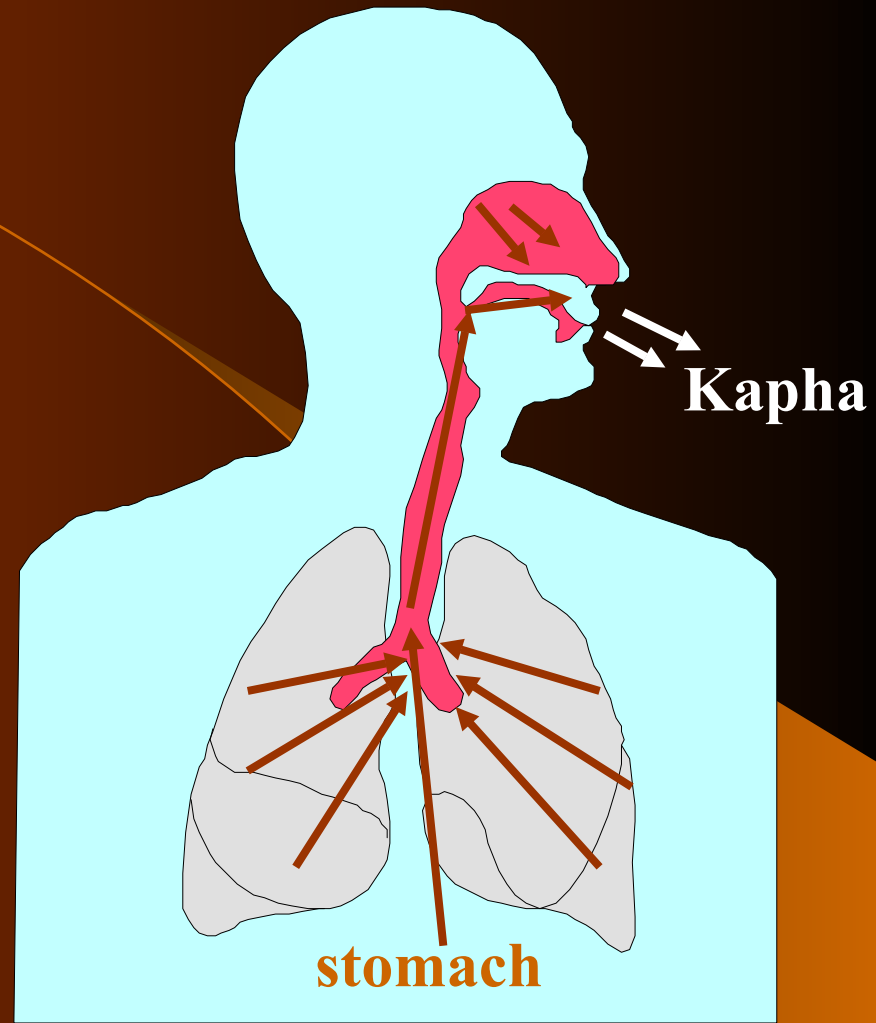
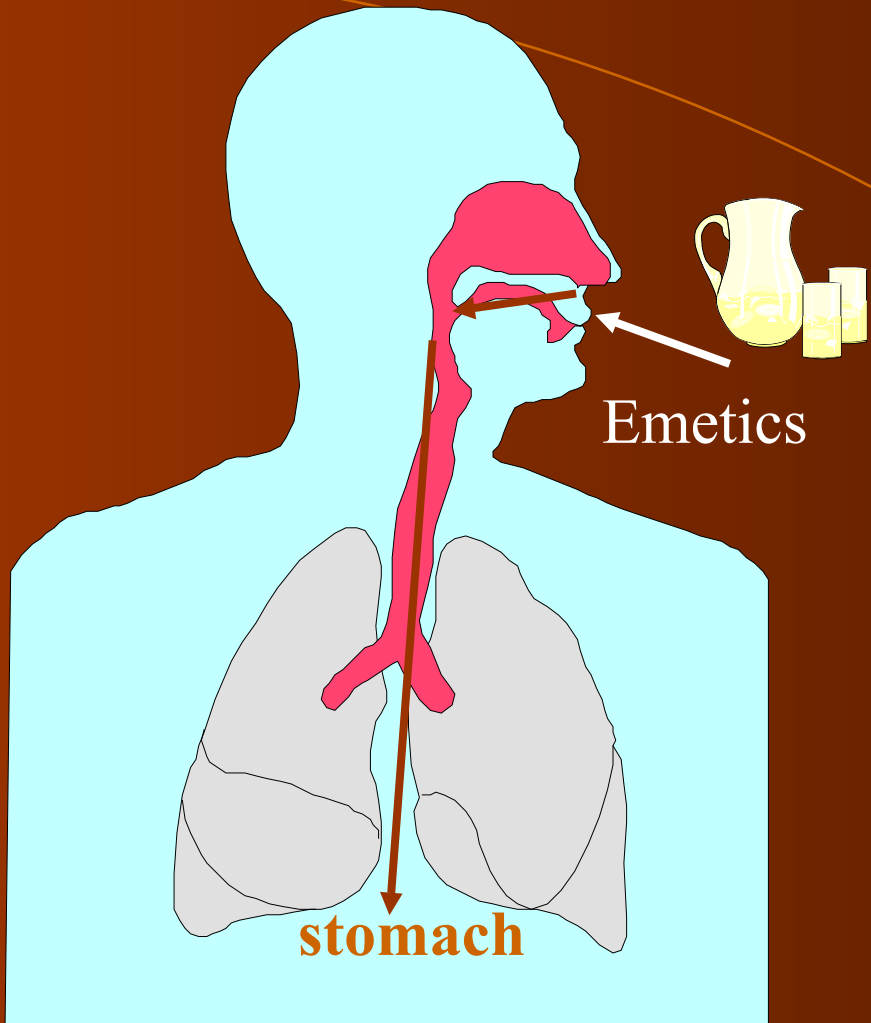


Nabhi-puran for beauty & abdominal problems

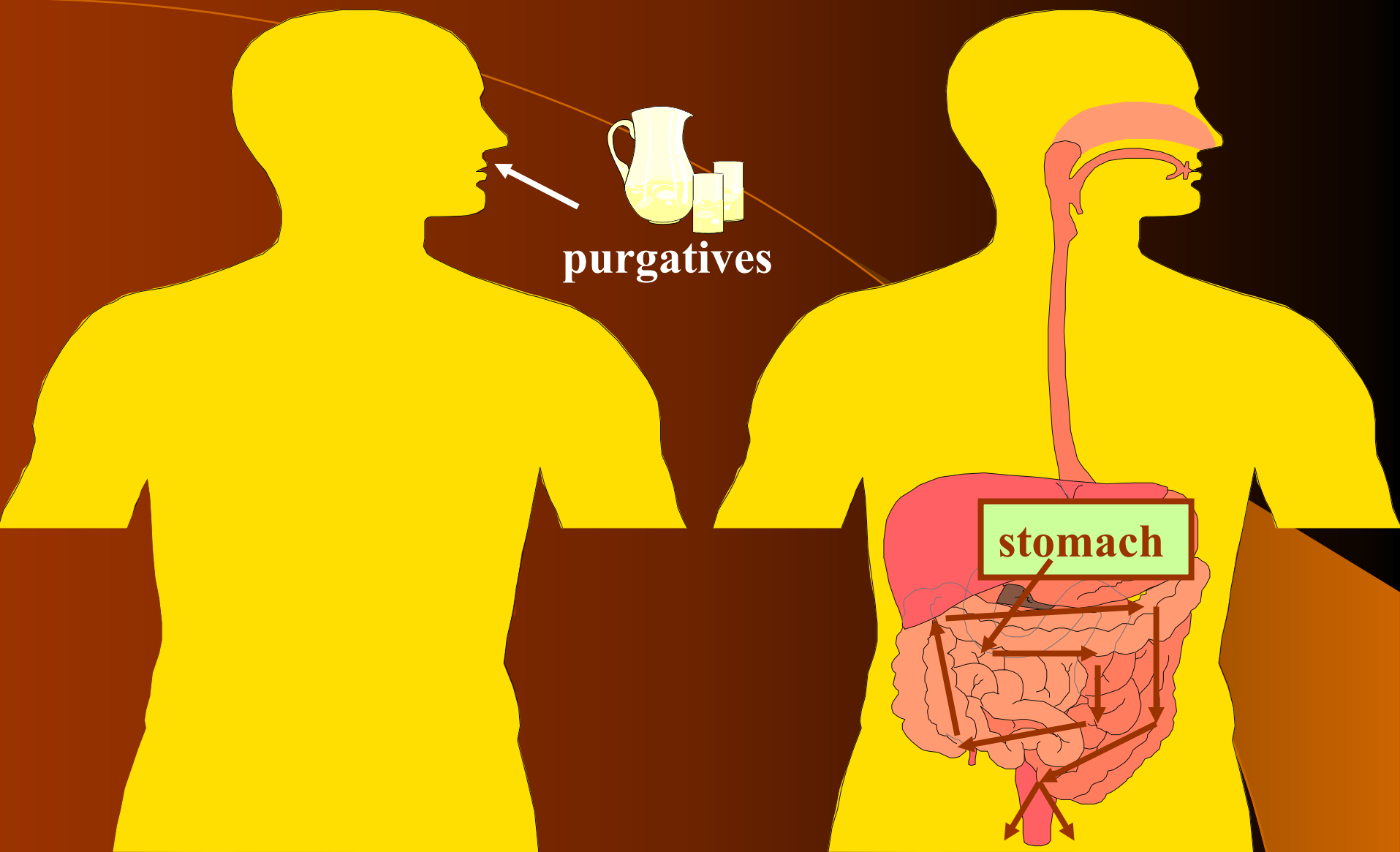
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Panchkarma:
Operative procedures





Vaman

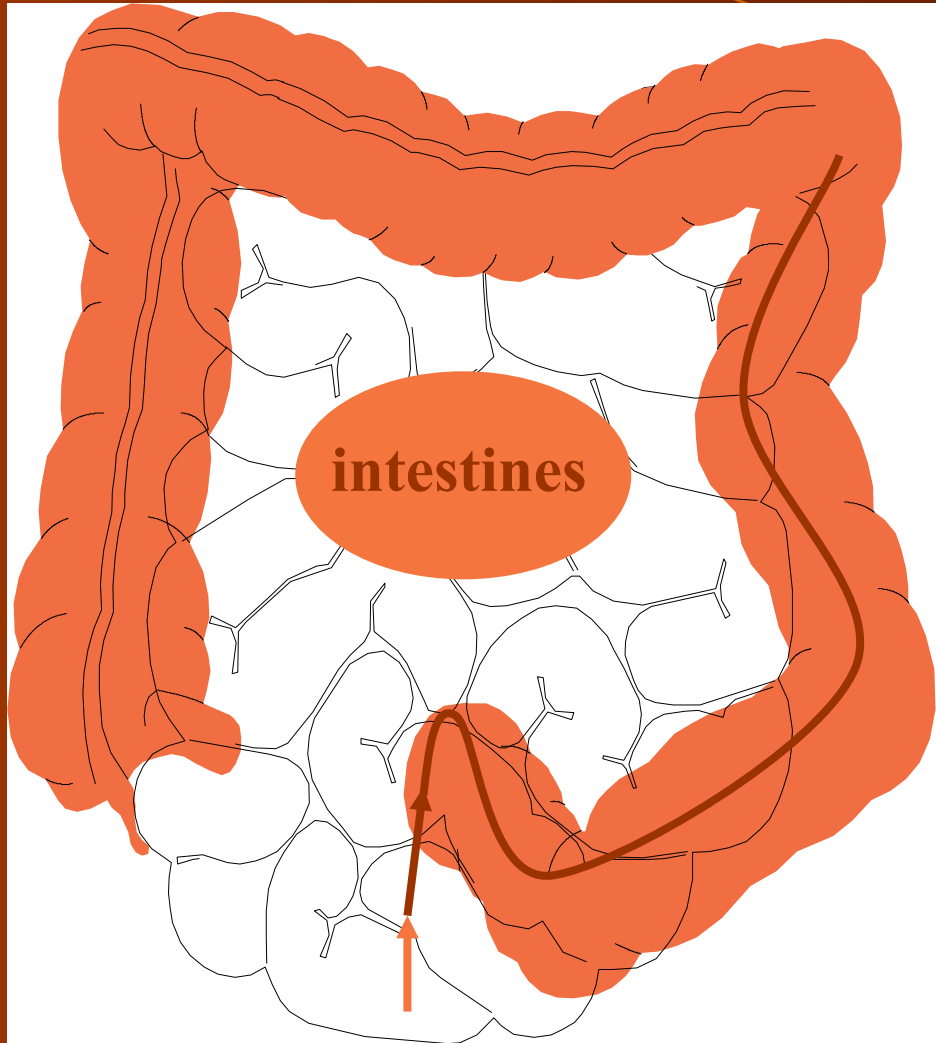


purgatives

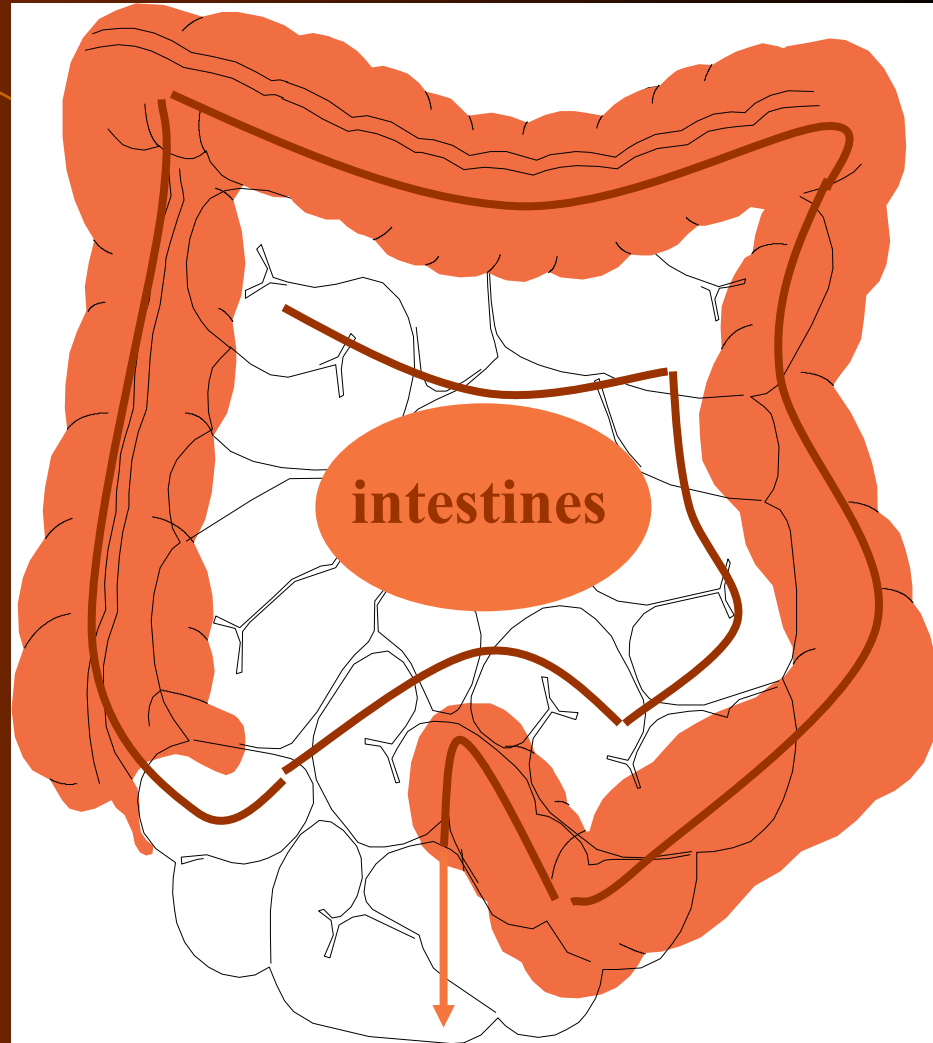
stomach

Virechan

pitta

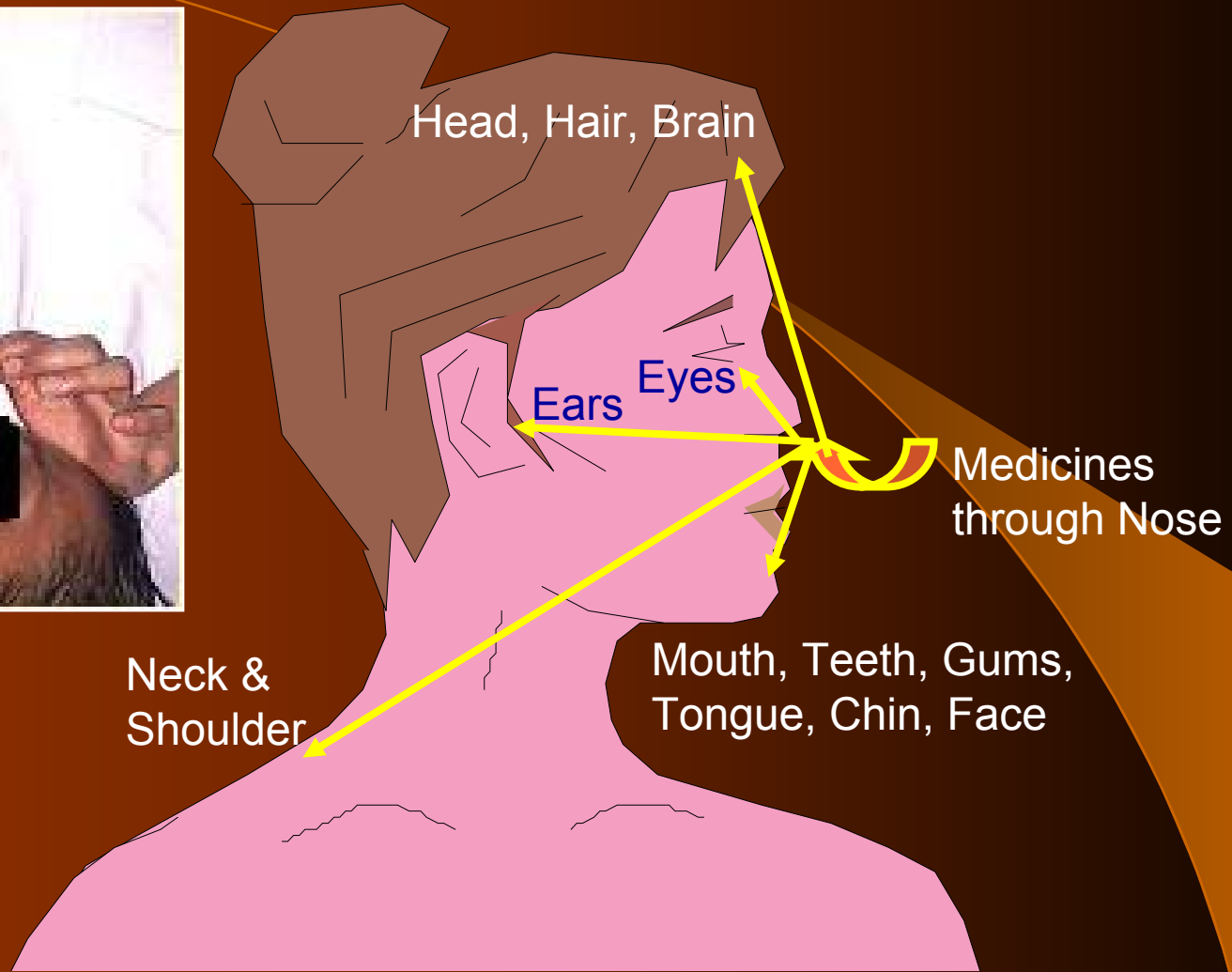


**Medicines
through anus**



Basties

Vata



Nasya

Bhagwan Dhanvantari



God of Ayurveda

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“May all be happy, May all be healthy,
May all experience what is good and
let no one suffer in any way.”
(Traditional prayer)

Thank You

Greetings from India