



Prana Healing Holidays

AYURVEDA FACT SHEET:

Ayurveda literally means "Knowledge of Life" in Sanskrit and is the science of life, prevention and longevity.

While being treated by Dr. George in his beach front clinic in the paradise resort town of Kovalam, I asked him a question that he is asked by many people from around the world, "**How and why do we get sick?**"

"According to Ayurveda we see that specific disease conditions are symptoms of an underlying imbalance, and perhaps the most important lesson Ayurveda has to teach is that our health is up to us," explains Dr. George. "No matter where you live, every day of our lives, we can, and do, choose either health or illness. When we choose wisely, nature rewards us with health and happiness. When we persistently choose unwisely, nature, in her wisdom, eventually sets us straight: She makes us sick and gives us a chance to rest and rethink our choices."

"Although Ayurvedic treatment looks to give relief of symptoms; its main focus however is on the big picture: which is to restore balance and to help you create a healthy lifestyle so that the imbalance or disease won't occur again," says Dr. George.

Dr George treats all ailments including asthma, allergies, diabetes, digestive disorders, migraines, neurological dysfunctions, obesity, sinusitis, psychological disorders, all skin disorders, insomnia, Irritable Bowel Syndrome. The treatments will leave you free of physical and back pain including sufferers of Sciatic Nerve damage. Ayurvedic treatment is a life miraculous transformation to rejuvenate and restore the body's energy, nutrition and vitality leaving you feeling pain free, healthier and immune to diseases.

"I also teach a patient to become familiar with their own body type, so it is up to them also to bring balance to their body through the food they eat and how they eat them, plus incorporate practices such as daily exercise, rest and massage, and five-sense therapies utilising colour, aroma, taste, touch, and sounds."

Ayurveda – "Knowledge of Life"

Ayurveda is an ancient science that covers many healing systems utilising herbal medicines and herbal oil massage plus considers climatic suitability, colours, diet, yoga, meditation, plus emotional and mental balance.

The Three Primary Life Forces in the Body relate to the three humors of air, fire and water. These three principle elements govern the growth, and decay of the human body. Whenever any of these three go out of ratio, or balance, then diseases start to appear in the body.

The air element governs inhalation, exhalation, movements, discharges, impulses and the human senses. The fire element deals with hunger, thirst, digestion, excretion, body warmth and circulation. It also relates to the body strength, energy, youth, intelligence and executive abilities. The water element controls the stability, lubrication, movements, body luster, digestive tract, glands and fluids of the body.

"With all patients, before treatment I first analyse their constitution to understand the body's balance; it is also helpful if a patient has any previous doctor's findings and scans. We then commence treatment using herbal medicines and 2 therapies a day," says Dr. George.



How does Ayurvedic Treatment work?

Everybody has all three energies, though people experience each of them to a greater or lesser degree. Ayurveda can be a mirror that reflects our true nature and maps out the path for a return to the lives of vitality that we are meant to have.

In order to treat illnesses and disease Dr. George first eliminates toxins from the body using *Panchakarma*, Ayurveda's primary purification and detoxification treatment.

This is a series of five therapies that help remove deep rooted stress and illness causing toxins from the body while balancing the doshas (energies that govern all biological functions), over a period of 14 days. Selection of the purification method depends up on the condition of the patient's health and illness.

Why do you need 14 days for treatment?

Each human body is prone to diseases according to our fast life. We live in a world of experiencing stress, polluted environments, unhealthy food, and also use of medicines. Some people are more genetically prone to diseases; therefore toxins accumulate in the body from birth onwards. We may even experience toxins as early as through our mother's milk due to her consumption of chemical medicines.

According to Ayurveda, there are many channels in the body. When toxins accumulate in these channels, the flow of healthy nutrition to the body tissue is blocked. Certain parts of the body may not get enough circulation due to diminished flow. Some parts of the body may need more nutritive factors for the tissues to function, and as a result they become over functioning or less functioning.

This happens over a long period of time and the symptoms will appear in or on the body as diseases; we can cure it by Ayurvedic medicines and massage treatments that eliminate the toxins to make the channels more clear to support the flow of different nutritive tissues.

Toxins are in different parts of the body and to eliminate that first the correct purification technique is chosen according to the disease and the nature of the body type. The body's vessels are dilated by the warming and oiling effect through massage and the use of special herbal massage oils create a flow of nutrition throughout the body.

After several days of treatment the toxins are eliminated out by the Panchakarma purification techniques, and the following days are used to heal where the channels of the body are purified and the tissues are getting more nutrition so they start to function in a healthy way.

Medicines are continued after the treatment to keep the process for longer. Therefore one of the concepts of Ayurveda is that after a minimum of 14 days the body gets its energy back to restore its nutrition and health, and then the healthy process continues.



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