

6th October, 2013

Ayurveda

a holistic approach to wellness



Agenda

- Ayurveda
- Origin, history and influence
- Basic principles and concepts
- Treatment principles
- Clinical research validating ayurvedic therapies
- Ayurveda in India
- Global trends in CAM
- 2 Ayurveda and wellness

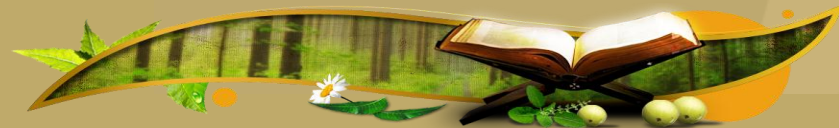


Ayurveda = Ayur + Veda

- ‘Science of Life’
- Emphasis on:
 - ‘Swasthasya swastha rakshanam’ and ‘aturasya vikar prashmanam’
 - Promotion and protection of health in healthy individuals
 - Treatment of diseases, when affected

The Origin and History of Ayurveda

- 5000 years old
- Upaveda of Atharvaveda
- Culminates into Charak and Susruta tradition of ayurvedic medicine and surgery
- Followed by other important texts and documents



Historical External Influences

- India: a rich history of invasions and migration of people
- Greatly influenced the cross-cultural interaction, and also its medical system
- Greeks, Mughals, Portuguese, French and the British

Ayurvedic Concepts

- Doshas
- Prakriti
- Agni
- Ama



Treatment Principles

- Removal of causative factors (Nidan parivarjana)
- Drugs
- Diet
- Lifestyle
- Panchakarma (Kuti pravesika and Vatatapika – intramural and extramural)

Codes for a Healthy Living

- Code for daily life (Dina charya)
- Personal conduct (Sadvrta)
- Code for living in harmony with different seasons
- Unrighteous conduct that can cause diseases
- Unrighteous conduct that can cause epidemics
- Code for a healthy and happy living
- Rules for a well-balanced diet



Panchakarma (five therapies)

- Aimed at the elimination of augmented/vitiated doshas through cleansing and detoxification
- Every step is important and care must be taken to avoid any lapses

**VAMANA
(EMESIS)**
for expelling
vitiated Kapha

**VIRECHNA
(PURGATION)**
for expelling
vitiated Pitta

**VASTI
(ENEMATA)**
for expelling
vitiated Vata

**SHIROVIREC
HANA
(ERRHINE)**

**RAKTA
MOKSHAN
(BLOOD
LETTING)**

Panchakarma Research (NCCAM Study)



- Panchakarma methods of treatment help in adherence to new and healthier behavioural changes
- Long-term follow-up showed that the positive effects achieved during the program were maintained for 3 months after the program was completed and the individuals then returned to their usual life context

Meditation and Structural Changes in the Brain



- An imaging study showed that meditation is associated with increased cortical thickness in the brain (Lazar SW et al)*
- Meditation produces alterations in brain activity; changes in mental functions continue to last even after actual meditation ceases → long term effects
- Meditation may slow down age-related atrophy of certain areas of the brain

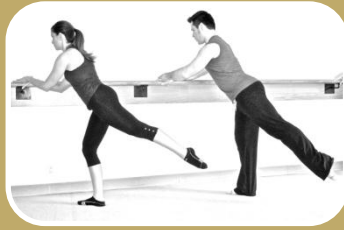
*Neuro Report, 28th November, 2005 | Massachusetts General Hospital

Integration: Diet | Nutrition | Lifestyle

23,000 people were studied for adherence to 4 simple behaviours:



No smoking



Exercising 3.5 hrs / week



A healthy diet

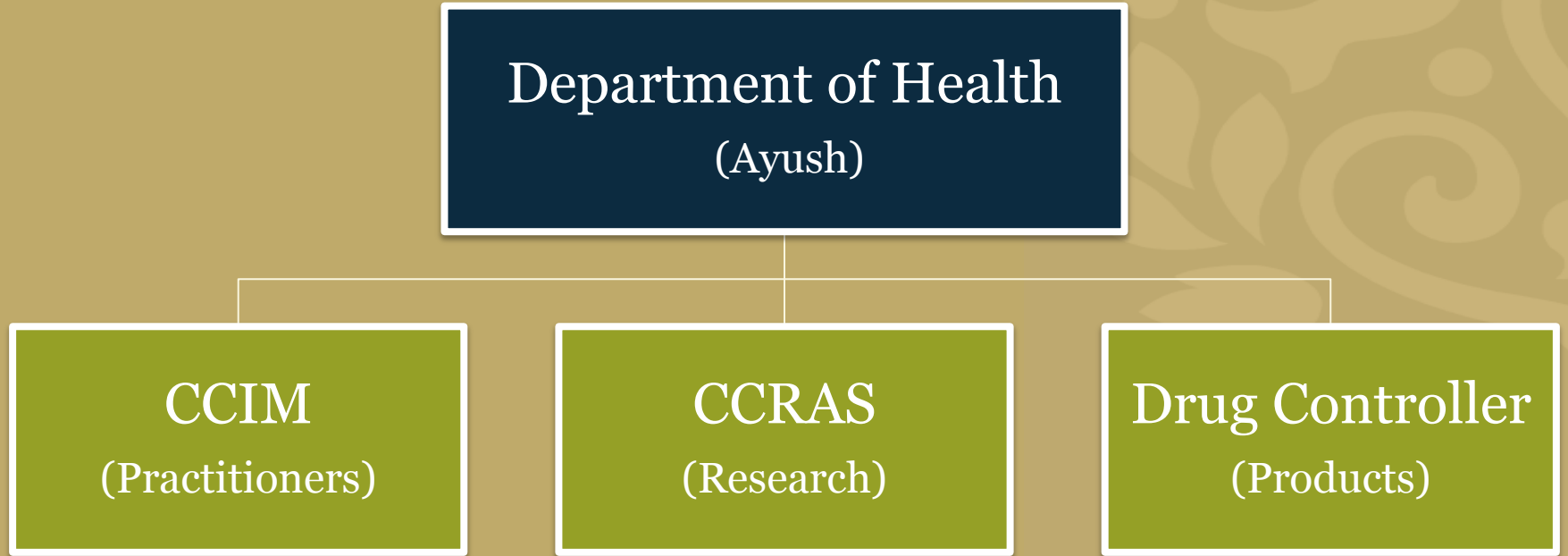


*A healthy weight
(BMI < 30)*

In those adhering to these simple behaviours – **93% of diabetes, 81% of heart attacks, 50% of strokes and 36% of all cancers** were prevented .

Archives of Internal Medicine (JAMA and Archives Journals.) "Healthy Lifestyle Habits May Be Associated With Reduced Risk Of Chronic Disease." August , 2009.

Ayurveda in India



Ayurveda in India

- 250 accredited universities teaching ayurveda
- ~ 4,00,000 registered ayurvedic practitioners
- ~ 1000 ayurvedic hospitals and research centers
- ~ 8000 ayurvedic manufacturing and pharmaceutical units inclusive small, medium and large

Global Trends

- International appeal to our traditional concepts
- One regulation that fits all does not exist
- Absence of uniform global standards has led to each country having its own categorisation and regulations for traditional/complementary and alternative medicine
- CAM, TM, THM, NM, BOTANICALS

The Global Market



Overview of the different sub-sectors of the herbal industry (Adapted from Denzil Phillips International Ltd, UK)

Wellness

- The traditional holistic concepts in a new form
- Wellness is “an active process through which people become aware of, and make choices towards, a more successful existence.”*
- All dimensions of wellness inextricably woven in the concepts of ayurveda
 - Nidan Parivarjanam
 - Rasayana Chikitsa
 - Agni
 - Ritucharya
 - Sattvavajaya
 - Ahara
 - Panchakarma

*US National Wellness Institute (NWI)

Health in Ayurveda (AHS)

- Adding an ethical and moral dimension to health

“ Nityam hitaharavihara sevee,
Samikshyakari vishayetwasakthah
Datha, samah, satyaparah, shamawar
Apto pasevee bhavet arogah ”

- “He alone can remain healthy, who takes regulated diet and exercise, who deliberates all his actions, who controls his sensual pleasures, who is generous, just, truthful and forgiving and who can get along with his kinsmen.”
- Wellness is the state of optimal wellbeing. Not simply absence of illness but an improved quality of life resulting from enhanced health dimensions

Wellness : A Starting Point

- **Sutrasthan | Chapter I**

DIRGHA JIVATIYA ADHYAYA

Chapter on longevity

- **Chikitsasthan | Chapter I**

RASAYANA

The science of rejuvenation, similar to adaptogens/immuno modulators, which help a person to cope with day to day stress

Universal Wellbeing

- ॐ सर्वे भवन्तु सखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥
- May all be happy
May all be without a disease
May all see the good and wellbeing of others
May all be free from misery

Brihadaraanyaka Upanishad: 1.4.14



Thank You

