

About Ayurveda:

Ayurveda is a simple, practical science of life, principles and practices developed through many millennia. Ayurvedic science is based on acquired knowledge through proven experience and currently controlled organized tested activities. The ayurvedic system applies universally to anyone seeking harmony and peace. The classic ayurvedic texts discuss all forms of science such as biology, toxicology and subjects such as philosophy and theology.

The word ayurveda consists of two Sanskrit terms - Ayu means life and Veda means knowledge. Ayurveda = knowledge of life or the science of life. It is defined as science through which one can acquire knowledge of a balanced way of life. Other basic concepts in the ayurvedic system are Saptha Dhathus (body tissues), Srotas (channels), Ama (toxins) and trinity of life - body, mind and inner consciousness.

Ayurveda has its own opinions about principles and philosophy of life. The ayurvedic system describes man as a universe in itself as a part of cosmic forces. The existence is inextricably intertwined with the total cosmic manifestation. The whole universe, like the body, consists of five basic elements. These elements are soil, water, fire, air and what surrounds us.

According to Ayurvedic medicine, the body consists of three primary life forces, such as Vatha, Pitha and Kapha. These three doshas are called tridoshas. A balance between these forces of life is necessary for a balanced health. Any imbalance among tridoshas can cause a state of ill health or disease according to Ayurveda. The Ayurvedic system states that imbalance is the effect of the constant reaction of the internal environment in the body in connection with changes in the external environment. We need to restore neutrality in the balance between the three doshas, in order to restore a healthy and balanced state.

The first step in Ayurvedic method is to determine the constitution of a person. This means that it is the individual diagnose first and not the disease. The same state can occur in different forms for different people because their constitution is not the same. Because of this variation, each individual, based on their own conditions and needs, is balanced with massages, treatments and herbal preparations to achieve a natural balance.