

Diagnosis

Nidana (Diagnosis)

The Vaidya (Ayurvedic Doctor) examines your eyes, hair, skin, tongue, hand & feet and your teeth and feels the Pulse. Meanwhile he/she also listens to the tone of your voice, the pitch & rhythm of speech and how many times you've blinked your eyelids. He/she feels if the palm of your hand is moist, looks at the colour of your skin and condition of your hairs.

The Vaidya uses these observations to determine the unique nature of your constitution known as your Sharir Prakriti. Your Manas Prakriti, the Triguna, the three mental attributes as Satva, Rajas and Tamas is also analysed. This is established by a spiritual bond which comes into being between yourself and your Vaidya, by touch and feel of your Pulse at a subtle level with the Ayurvedic Intuitive powers. The body is considered as one single energy field which is being upset by illness. The illness as such is manifesting itself across the whole body.

Ayurveda says that the human body and mind are formed by 5 elements: Akasha (ether principle), Vayu (air principle), Tejas (fire principle), Jala (water principle) and Prithvi (earth principle). These 5 elements amalgamate into 3 basic bio-energies or head types (dosha): Tridosha. These dosha are called: Vata, Pitta and Kapha.

Vata stands for air and ether (or space). Physically Vata dosha manifests itself in the principle of movement. Vata refers to the subtle energy which controls all movements like breathing, muscle movement and impulses of the nerve cells. Vata also controls certain feelings like nervousness, fear and pain.

Pitta means fire and is composed by the elements fire and water. Physically this dosha is influencing the digestion, body temperature, the colour of the skin, the brilliance of the eyes, intelligence and insight. Psychologically Pitta drives anger, hate and jealousy.

Kapha means water and consists of the elements of water and earth. Physically Kapha influences the structure and the appearance. Kapha controls resistance, oils the joints, moistens the skin and ensures strength and stability. Kapha is responsible for energy in the heart and lungs, but also for traits like greed, affection and long-term envy.