

Health Evaluation

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Ayurveda approaches health as a process not a state. It is not a one time (or an attempt for time being, it is ongoing process and is dependent upon the person taking responsibility for his or her life not just waiting for an expert to fix "it". Health (swastha-swa+stha= to stay in oneself) is a dynamic balance not a stationary balance. This dynamic balance needs to be achieved in all aspects of a person's life, physical, biochemical, intellectual, emotional, behavioral, spiritual, familial, and social. This is done through counselling, coaching and therapies that are customized to suit the individual. This is holistic and comprehensive approach of Ayurveda, considering all aspects of life like nutrition, natural medicine, activities of daily living, respiration techniques, exercise, rest, emotions and lifestyle. All therapies are natural not synthetic allowing for a harmonious integration with the self. Our goal is to heal diseases, reestablish balance, prevent disease, and promote positive health.

Ideally Amrita Ayurveda Health Center begins with a Personal Health Evaluation from a Vaidya (qualified Ayurvedic Doctor). This takes about three quarters of an hour, and enables the Ayurvedic practitioner to assess your health requirements.

The Vaidya Ayurvedic practitioner will examine your Pulse (Nadi), Marma (Vital Points) and Chakras.

Pulse examination is a scientific, systematic method of diagnosis for the evaluation of an individual's state of health, and for an early detection of imbalances which will be based upon evaluation of an individual's body-mind type.

Chakras are the wheel like structures which are centres of energy that will have the ability to assimilate, transmit and receive energy. These chakras reside in the body and are responsible for the mental, spiritual and physical functions.

Marma points are the vital points and structures. Principally there are 107 Marmas yet Ayurveda defines it on a deeper level. Life energy - prana flows through 7,272,000,000 Nadis - channels)

The Vaidya will examine your eyes, tongue, skin, hairs and nails (may be you will be asked to bring first urine for a urine oil drop test at subsequent consultation).

You will be given personal advice on a range of methods for improving your health and on natural measures to rectify any underlying imbalances that are identified and all are tailored according to the individual's need.

These may include:

- Diet - it is very important to eat food that is right for you, producing balance, comfort and harmony. This diet chart is designed especially keeping in mind the status of Dosha and Guna.
- Daily routine - minor changes in activities of daily living (ADL) can sometimes greatly improve your well-being and at times during a sickness period the Vaidya will advise you strict daily regimes.
- Life-style - learn what can maintain and strengthen your health and can bring you back in balance. Also learn what to avoid?
- Dietary supplements – anti oxidants, anti-ageing food supplements and free radical scavengers (as single herbs or complex Ayurvedic preparations) support the body's intelligence and intelligence of mind with the intelligence of nature encapsulated (or syrup based)in sophisticated traditional herbal/mineral formulas.
- Nature based therapies - including the detoxifying Ayurvedic Massages, care of vital points through Marma therapy and Prana - Panchakarma revitalization therapy.
- Education about Ayurveda so that one understands one's own health and physiology.
- Health Evaluation consultations are useful for both those in good health, who are interested in prevention and rejuvenation, and for those who are experiencing health problems and wish to restore health and balance into their lives and relationships.