

Consultation

The working of an Ayurveda consultation

What you Expect?

The Ayurveda consultation with Naveen Gupta – Vaidya Ayurveda Acharya, includes Pulse examination, identification of personal bio-type constitution at physical and mental level.

Based on states of balance or dis-balance the diet and life style preferences are advised.

When stress, disconnection with self, unhealthy eating, bad habits, and wrong lifestyle choices happen our bodies go out of balance, causing dis-ease, if left unchecked for a long period of time it can become chronic or life threatening.

Ayurveda is different from western conventional regula school medicine in that Ayurveda looks at the body/mind system whereas western medicine looks only at the physical body. Ayurveda also knows that at the core of our being is spirit which is always healthy, whole, non-changing, and immortal. Coming from this perspective we are able to gain a more holistic insightful diagnosis of the problem causing the dis-ease or disease process. This allows us to identify the root cause and take care of the cause and not just mask the symptoms, which is what conventional medicine does.

Vaidya Naveen uses multiple approaches to remedy the problem; personalised diet & lifestyle, herbs, eternal Ayurveda meditation, pranayama (breathing techniques), marma (vital points diagnostic evaluation and therapy)panchakarma (detoxifying and rejuvenation therapy), as well as spiritual counseling. This holistic approach takes care of the absolute whole being, body, mind and spirit.

Please feel free to make an appointment to discuss in detail Naveen's offer of Private Coaching.

Consultation time, costs and location:

The first consultation is offered for 40 minutes and costs Euro 80,00 inclusive of VAT.

The duration and cost of other treatments like Ayurvedic detoxifying massage/s, small, medium or complete Panchkarma (detoxifying and rejuvenation therapy to achieve harmony of body, mind and spirit), Marma Massages (care of vital points), Mantra Meditation, Kundalini Jagrana by AyurTherapy and beginner level or deeper understanding of Ayurvedic cooking etc. can be discussed at the time of the advise.

The consultations and other holistic treatments are offered in Belgium, the Netherlands, Germany and Switzerland.

