



Live Easefully not Stressfully By Ayurveda

Jaya Daptardar B.A.M.S., M.H.A. BCAM
Ayurvedic Doctor

www.ayurbeautyandlifestyle.com

jmdaptardar@hotmail.com

New Ayurveda Certified Training webinars are starting
in 2018



11/28/2017

2nd Annual Integrative Medicine
Conference

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Disclaimer

- Disclaimer

The sole purpose of this presentation is to provide an educational information about Ayurveda. This information is not intended for use in the prevention, treatment, or cure of any disease. If you have any serious acute or chronic health concerns, please consult your family physician or healthcare provider

who can fully assess your individual needs and provide the care you require.

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My Patient's story



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What is Ayurveda

- Ayur : Life
- Veda : Science
- Ayurveda is a Science of Life

It is originated in India 5000 or more years back

Sister Science of Yoga and have many specialties like pediatric, internal medicine, Ob Gyn, ENT etc.

Ayurveda a Way Of Life



Five Element Theory



Air



Fire



Water

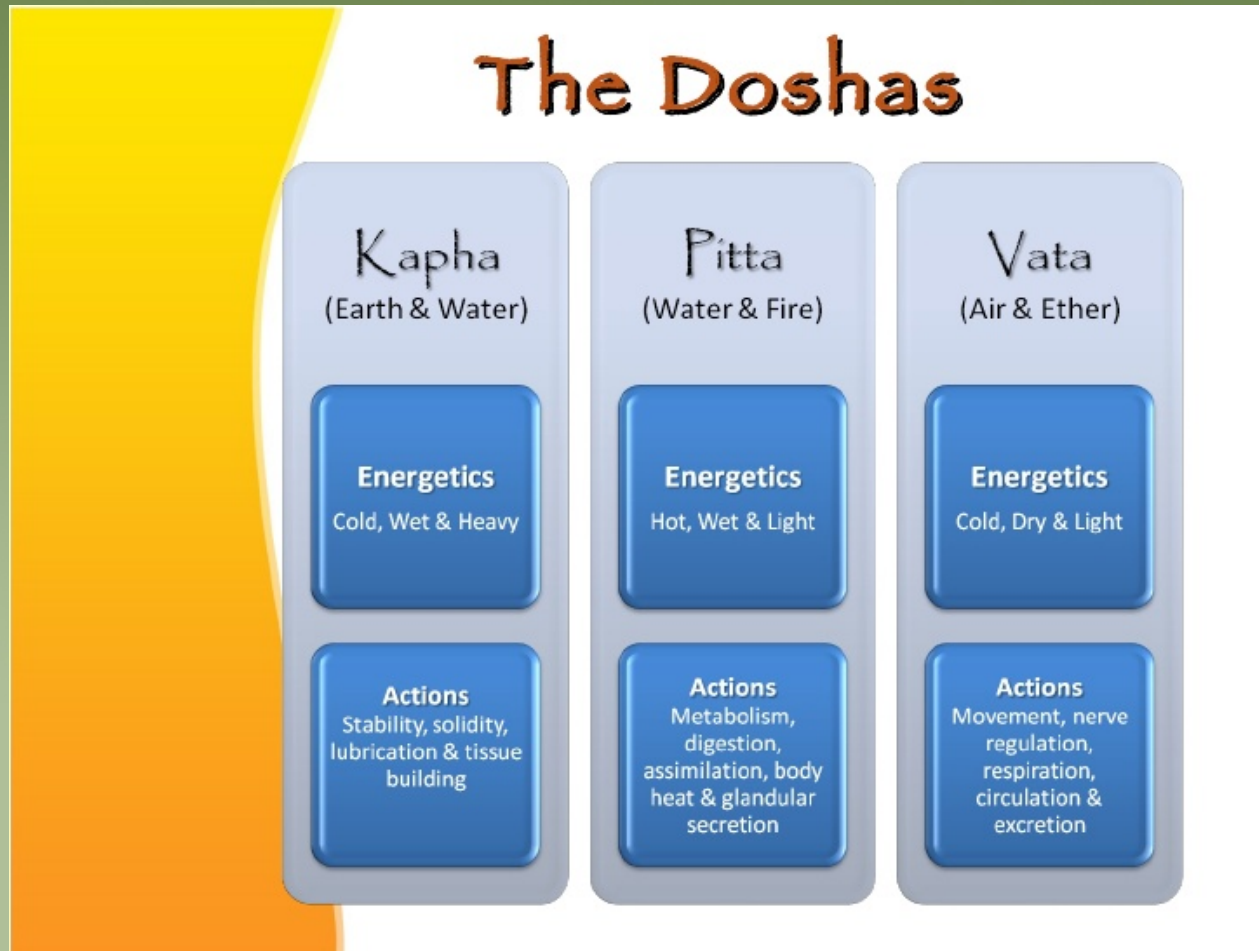


Ether



Earth

Three Body Constitutions



The Three Great Dosha's

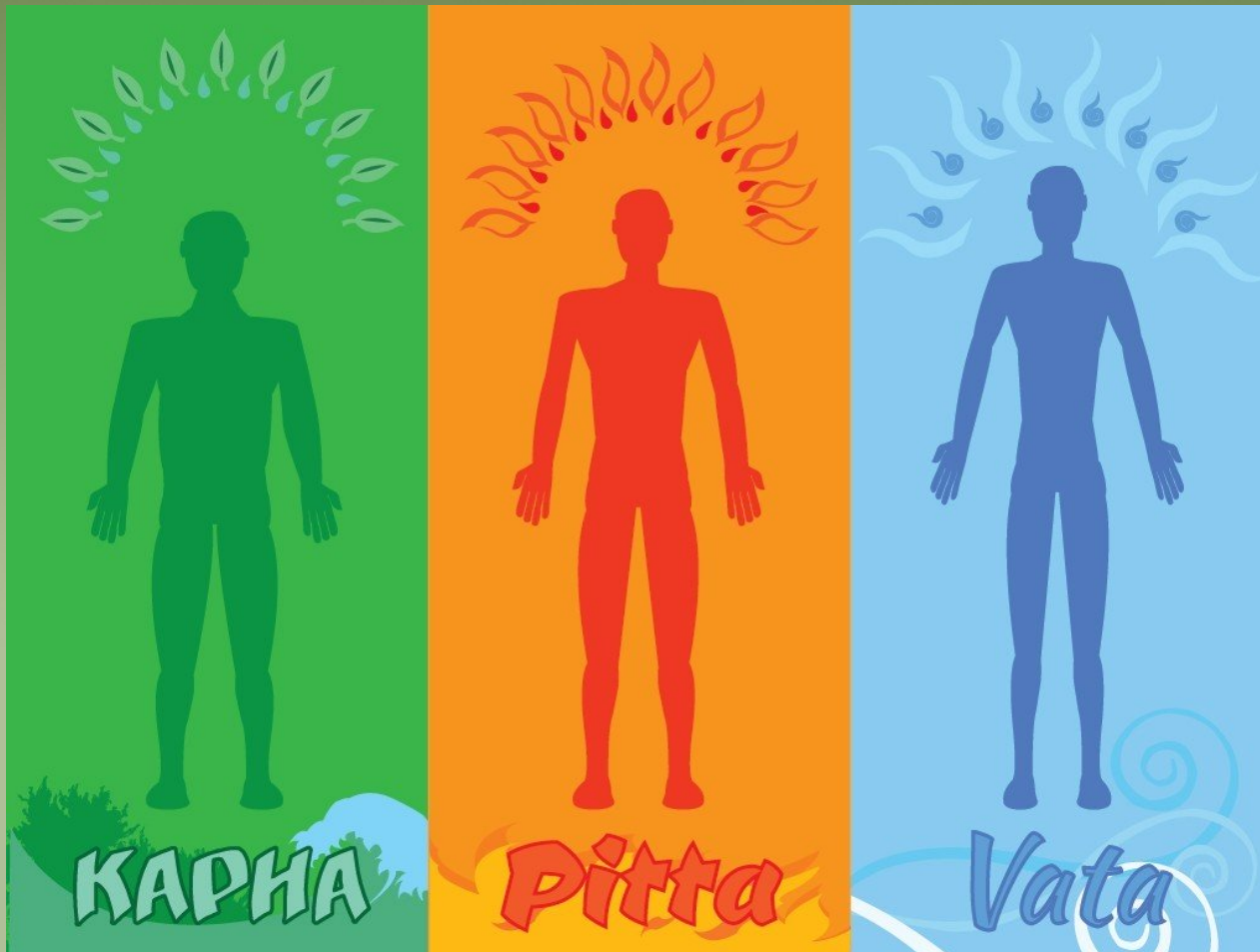
Each dosha has specific expression
in every dimension of human being:

Vata moves ---> body, mind, spirit/ energy

Pitta heats ----> body, mind, spirit/ energy

Kapha binds ---> body, mind, spirit/ energy

Dosha types



Harmonious Balance



balance

Modern Medicine Philosophy

- Body parts get treated if they are ill
- Mind gets treated independently if it is sick
- Body is like a machine
- Treatment is specific to the symptoms
- Treatment is all scientifically passed and by the protocol not by the individual
- Physician and patient relationship has very little to do
- It is all about the insurance coverage

Bunch of lab work and tests



Pain management in modern medicine



"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."

www.cozwecare.org

Ayurvedic Philosophy of Healing

- Body, Mind and Soul in Harmony
- If body is sick, mind gets sick and vice a versa
- Health is living in balance with three basic constitutions
- Illness is living out of balance with the constitution
- Balance your eating habits to tune up with the nature
- Balance with herbs and therapies as needed
- Treatment is individualized
- Patient is connected with the doctor through out his or her healing process.

Our Self Power of Healing

Too often
we underestimate
the power of
a touch,
a smile,
a kind word,
a listening ear...
all of which have the potential
to turn a life around.



Signs Of Healthy Mind

As per Ayurveda signs of healthy mind are

- Taking the proper diet at the proper time according to the body type
- Healthy memory
- Following good values
- Self- awareness and responsibilities
- Maintaining self-hygiene and cleanliness
- Staying active
- Fearlessness
- Doing things enthusiastically

Signs of Unhealthy Mind

- According to Ayurveda : Psychological conditions caused by mental health disorders are anger, greed, jealousy, Sad feeling, anxiety, neurosis, fear, unhappiness.
- According to the theory of Ayurveda : The psychiatric conditions caused by a combination of physical and mental disorders : psychosis, convulsive disorders, hysteria, illusion, drowsiness , alcoholism .

Causes of Mind Imbalance

There are many diverse reasons but here are the important once.

- Emotional stress, occupational stress, trauma, poor upbringing, influence from disturbed individuals, sexual abuse or drug abuse, excess thinking are some reasons.
- All these impure actions cause too much anger, hate, fear, nervousness, worry, apathy, dullness, and sleeplessness.



What is Dosha Imbalances for mind

- According to Ayurveda there is a dosha imbalance.

Dosha's are three mind/body principles in our body which creates our specific Mental and physical characteristics

Vata imbalance : Stress, Anxiety, Insomnia, Depression, Fearfulness
Kapha : Paucity of Speech, Hypersomnia, Low motivation, Not active
Pitta : Anger, Fight, Jealousy, Agitation, Argument, Blaming others.

Balanced versus Imbalanced

Dosha & Qualities	Found in Nature	Balanced	Imbalances
Kapha Energy of lubrication and structure cold, heavy, wet, static, dull, dense	moon/rain  Late winter Early spring	mind love, nurturing, compassion, patience body builds, strengthens, nourishes, lubricates, protects, fat, fluids, reproduction,	mind greed, envy, holds grudges, attachment, body congestion, obesity, allergies, lethargy, sinus problems
Pitta Energy of transformation hot, sharp, oily, light, mobile, smooth	sun/heat  Late spring Summer	mind intelligence, memory, discrimination body metabolism, digestion, eyes, blood, skin, brain & heart	mind anger, hate, controlling, hot temper body acid reflux, heart burn, acne, hypertension, nausea, migraines, endometriosis
Vata Energy of movement dry, cold, light, rough, mobile, subtle	wind  Autumn Early winter	mind creative, spiritual, tranquility, body all movements, blood flow, nerve impulses, fast in actions, emotions	mind fear, anxiety, stress, worry, poor memory body hyperactivity, dry skin, constipation, gas, arthritis, osteoporosis, PMS

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Ayurveda's remedies to live easefully

Self Care/Prevention : balance dosha's and tune up with the nature

Purification or seasonal cleansing for elevated dosha's

Balanced food according to the constitution

Herbal medicine to balance

Herbal Massage to center yourself and balance the mind

Yoga Asanas & Exercise

Pranayama

Meditation

Attention to Nature

- Time of the day
- Season
- Age

Balance



Yoga and Pranayama

Randomized controlled trials/research done in India

- Pranayama + yoga asana reduced symptoms in depressed college students
- Hatha yoga is used equivalent to psychotherapy + in reducing relapse in opiate users
- Yoga breathing improves memory and learning capacity in normal schoolchildren
- Hatha yoga reduces anxiety & depression in normal adults

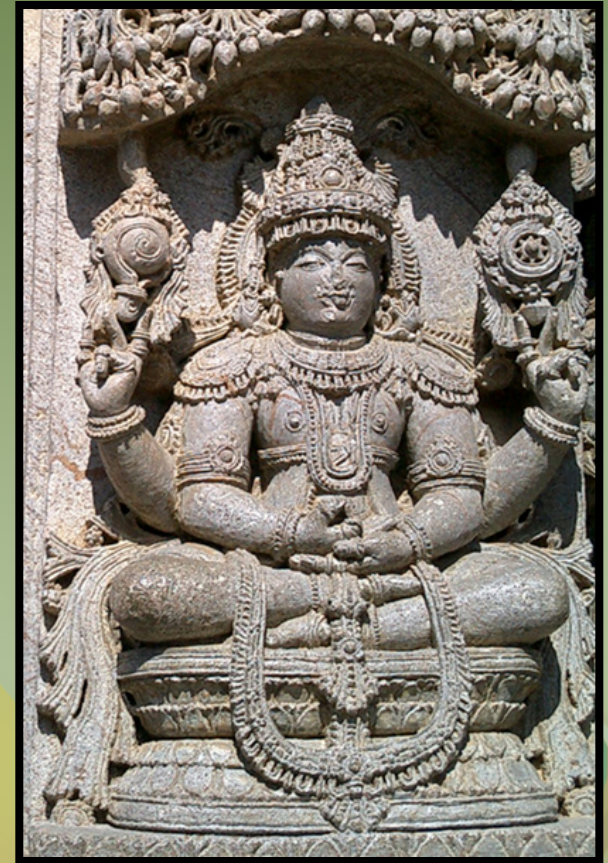


Herbal Massage and Spa for mind balance



Meditation

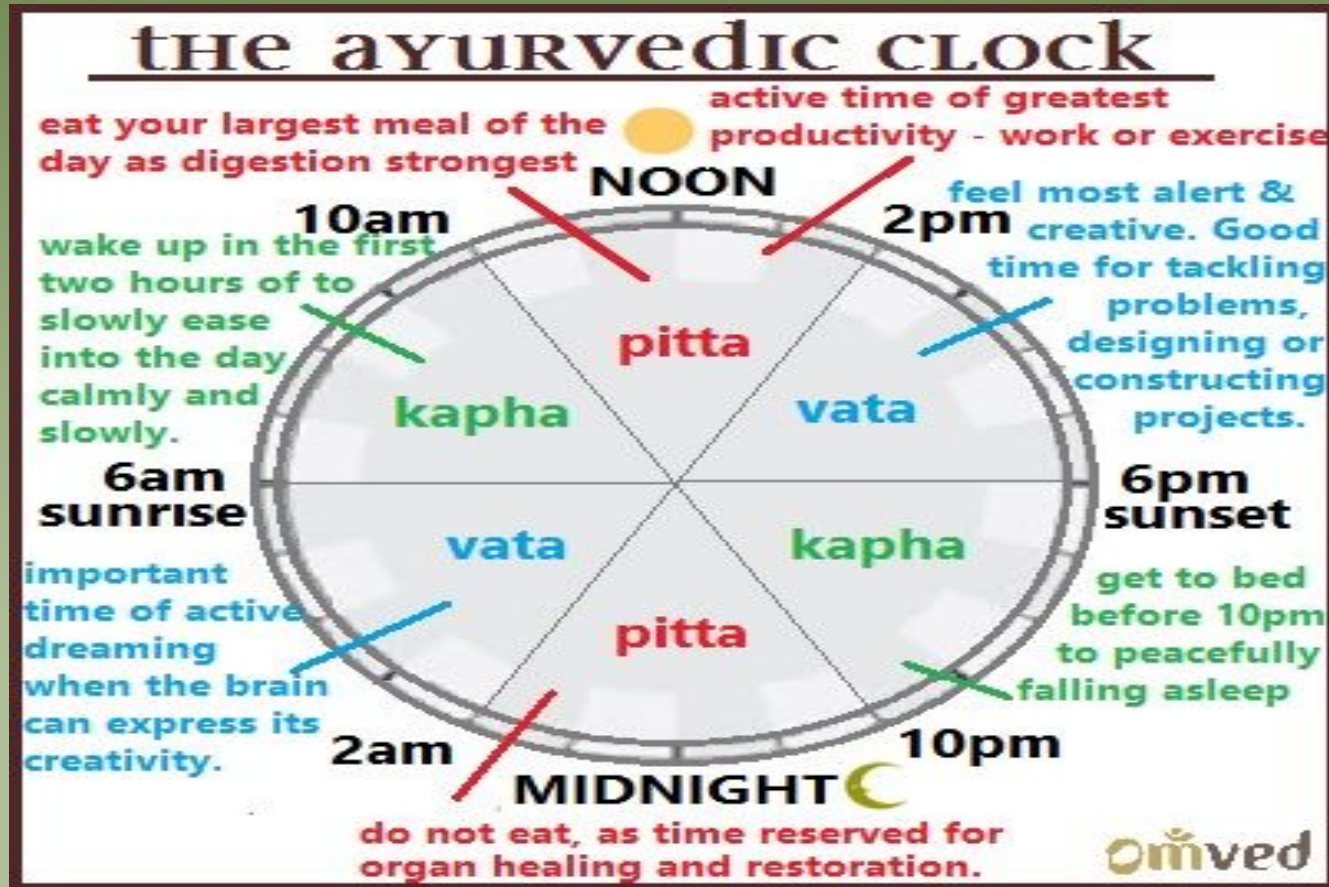
- Chronic anxiety
- Chronic pain
- Chronic insomnia
- Recurrent Depression
- Overall emotional well-being
- Increase the focus or concentration



Ayurveda's Three Season Chart to balance with nature



Ayurveda's Nature Clock.



Simple tips for the Diet by Dosha Types

Diets For The Doshas

Kapha

- Warm, Dry & Light
- Pungent, Bitter & Astringent
- Eat Dry & Astringent Fruits (apples & raisins), Raw Vegetables, Rice Cakes, Hot Spices & Spicy Herbal Teas (ginger)
- Avoid Sweet Fruits, Nuts, Dairy & Oil

Pitta

- Cool, Dry & Heavier
- Sweet, Bitter & Astringent
- Eat Sweet Fruits, Bitter Vegetables (greens), Beans, Natural Sweeteners & Mild Cheeses (cottage cheese)
- Avoid Sour Fruits, Pungent Vegetables (onion), Nuts, Hot Spices, Fermented Dairy (yogurt) & Oils

Vata

- Warm, Moist & Heavier
- Sweet, Sour & Salty
- Eat Sweet Fruits, Cooked Vegetables, Cooked Grains (oatmeal), Nuts, Natural Sweeteners, Mild/Warming Spices (basil) & Dairy in Moderation
- Avoid Dry Fruits, Dry Grains (rice cakes), Raw Vegetables, Cabbage Family (broccoli) & Beans

Research

AYURVEDIC RESEARCH UNIT (CCRAS), NIMHANS, BANGALORE.		
YEAR OF ESTABLISHMENT: JULY 1971		
ACTIVITIES UP TO OCT 15 TH 2003		
1. PILOT STUDIES COMPLETED	—	14
2. CONTROLLED STUDIES COMPLETED	—	4
3. STUDIES ALLOTTED	—	5
4. PUBLICATIONS: PAPERS	—	36
MONOGRAPH	—	2
ESSAY	—	1
5. NO. OF PATIENTS SCREENED:	—	30397
MALE	—	15932
FEMALE	—	14465
6. SEMINARS, CONFERENCES ATTENDED	—	36
7. NO. OF DRUGS FORMULATED	—	22
8. EXHIBITIONS PUT UP	—	8
9. AWARDS WON: GOLD MEDALS)	—	2
10. ARU (CCRAS) ORGANISED A WORK SHOP ON "THE ROLE OF AYURVEDA IN THE MANAGEMENT—	SEPT 13 TH	
OF MENTAL DISORDERS" SPON. BY WHO & NIMHANS.	14 TH	
	2001.	
GOAL: TO STUDY THE EFFICACY OF AYURVEDIC APPROACHES IN UNDERSTANDING & MANAGEMENT OF PSYCHIATRIC & NEUROLOGICAL DISORDERS ON SCIENTIFIC PARAMETERS.		

Ayurveda to Integrate The Healing Paradigm



Psychotropic Herbs in Ayurveda

Rauwolfia serpentina



Valeriana jatamansi



Convolvulus pluricaulis



Centella asiatica



Bacopa Monniera



Withania somnifera



Herbal Effects

Herbs with antidepressant effect

Withania Somnifera (Ashwagandha)

Convolvulus

Herbs with cognitive enhancement effect

Centella Asiatica (Mandukaparni)

Withania

Convolvulus Puricaulis (Shankhapushpi)

Bacopa Moniera (Brahmi)

Herbs with antipsychotic effect

Rauwolfia Serpentina (Sarpagandha)

Centella

Herbs with anti anxiety effect

Valeriana Jatamansi (Jatamansi)

Centella

Withania

Convolvulus

Bacopa

Manage Your Schedule, Manage Your Life

- Ayurveda's Lifestyle Management According to the Season
- Balance Dosha's
- Balance mind with Yoga, Pranayama, Massage and other therapies
- And finally tune up with the nature

Resources

- <http://www.psychhealth.com/ayurveda3.htm>
- http://www.lifepositive.com/body/ayurveda/ayurveda-healing_the_mind_22005.asp
- <http://www.aarogya.com>
- **Dr. Vasant Lad : Complete book of Ayurvedic home remedies.**
- <http://www.nzhealth.net.nz/ayurveda/psychiatry.shtml>

Thank You

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jmdaptardar@hotmail.com

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