

AYURVEDA

Ayur = life, *Veda* = Knowledge/Science
The Knowledge/Science of Life



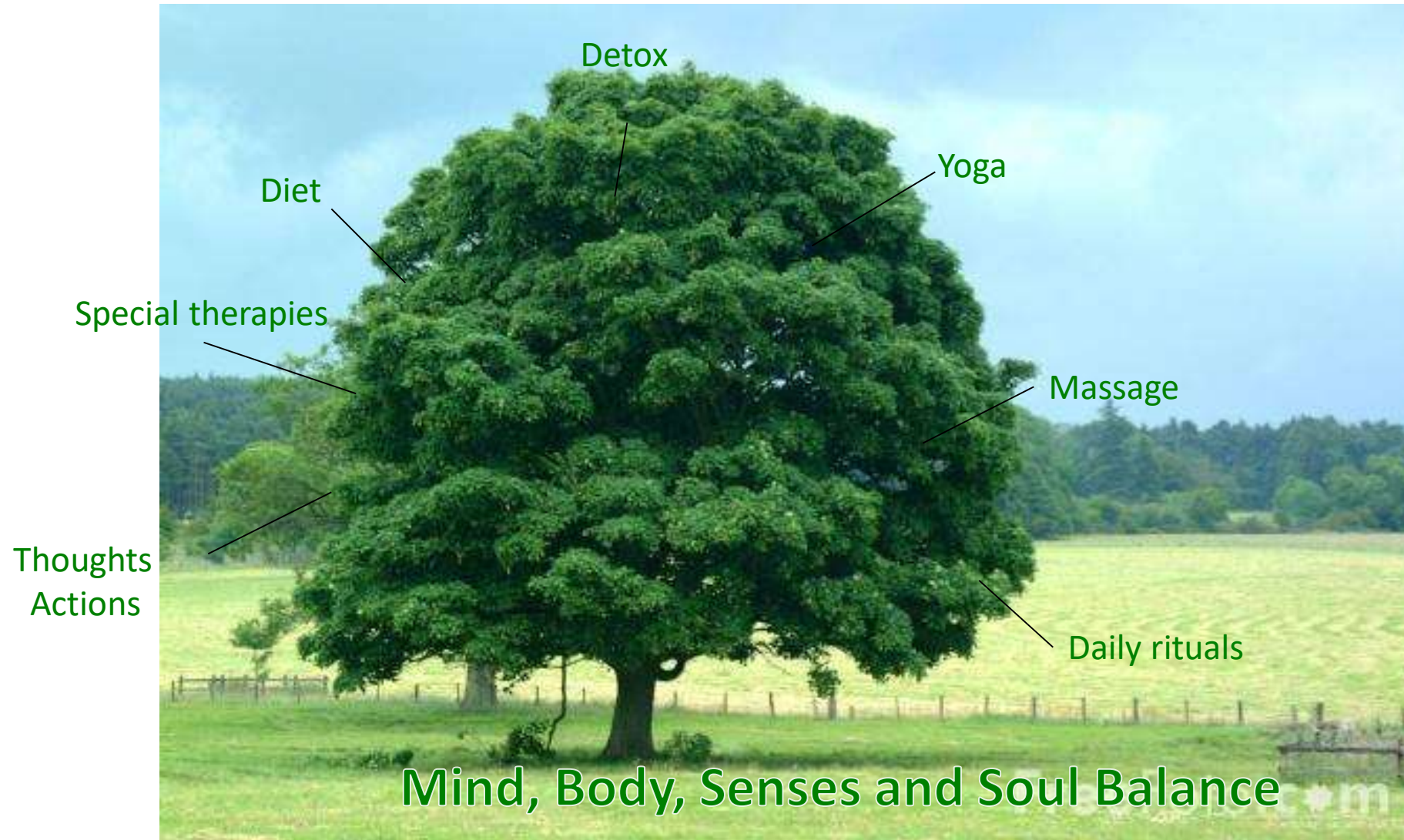
Practiced for over 5000 years in India

Ayurveda

- Ayurveda is a 5000 yeas-old Traditional Indian Holistic “Medical” Knowledge and Science advocating natural methods to promote healing.
- To promote and maintain health of normal people
- To treat and cure ailments and diseases of modern lifestyles
- To Restore Balance: Physical, psychological, spiritual
- To Improve quality of life and living
- To prolong longevity

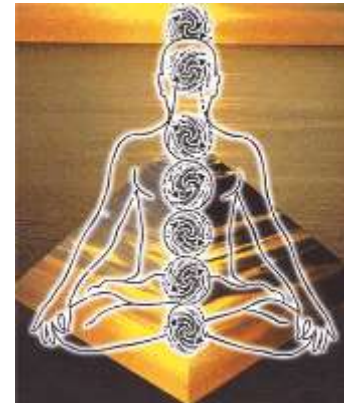


Branches of Ayurveda



AYURVEDA

- Ayurveda incorporates all aspects of life whether environmental, psychological, spiritual or social. What is beneficial and what is harmful to life, what is happy life and what is sorrowful life; all these four questions and life span allied issues are elaborately and emphatically discussed in Ayurveda.
- The goal of Ayurveda is to identify a person's ideal state of balance, determine where they are out of balance, and offer interventions using diet, herbs, aromatherapy, panchakarma, massage(4 Hand) treatments, yoga, meditation and music to re-establish balance.





AYURVEDA, YOGA, MEDITATION, PRANAYAMA

FOUR MAJOR GROUPS OF HEALING MODALITIES?

Touch Therapies – stimulates the production of healing promoting chemicals by the immune or limbic system.

Mind-Body Therapies – Individuals focus on realigning or creating balance in mental processes to bring about healing. It focuses in bringing balance to thoughts, emotions, breath for its own sake.

Aromatherapy – controlled use of essential oils to promote a possible number of outcomes including improvement of mood, edema, acne, allergies, bruising and stress

Transpersonal Therapies – therapies that effect healing between persons

TRANSPERSONAL THERAPIES?

Therapeutic Touch – a process by which practitioners believe they can transmit energy to a person who is ill or injured to potentiate the healing process.

Intercessory Prayer- refers to prayer offered in favor of another.
The praying people are referred to as intercessors





Ayurveda Massage, Dosha, Diet

- Improved the circulation of the blood and assist in relaxation.
- Relaxes muscles and releases lactic acid that accumulates during exercise.
- Improve the flow of blood and lymph, stretch joints, and relieve pain and congestion.
- Release body toxins and stimulate the immune system, thereby helping the body combat disease.
- Relieve anxiety
- Provide sense of relaxation and well-being
- Provide a sense of harmony and balance

SHIRODHARA



Shirodhara is a wonderful relaxation process in which the scalp and forehead receive a gentle caressing massage by a thin stream of medicated lukewarm oil.

ABHYANGA & UZHICHIL

- This massage is deeply relaxing.
- It harmonizes, detoxifies, strengthens and revitalizes the entire body.
- Abhyanga is a very effective treatment for disorders of joints, muscles, nervous system.
- It is advised for rejuvenation and relaxation.



UDVARTANA



- This is a herb based, dry powder massage.
- The whole body is massaged with medicated powders.
- This improves peripheral circulation and thereby improves complexion.
- Helps in weight reduction.

SHIRO LEPA

This is a treatment done on the scalp, in which medicinal powders and herbs are made in to a paste and applied on the scalp and then covered and tied with certain leaves.



NASYA



- Nasya involves the administration of medicated oils through the nostrils.
- This improves brain functioning by improving the flow of "prana" - the life force - to the head through cleansing and opening the channels of the head.
- Thus, Nasya stimulates the tissues and glands in the brain and gives quick relief to many health problems.

SHIROVASTI

- This is a very effective treatment in which medicated oils are used on the head for treating various ailments of the neck and head.
- A well like fixture is fitted on the head and tied with a belt.
- Medicated oil is then filled in this and kept for a specific period.



KATI VASTI & URO VASTI



- **KATI VASTI:** A special treatment for treating chronic back problems and slip disc. Kati vasti involves in immersing the affected area of the back in luke warm medicated oil.
- **URO VASTI** is the same kind of treatment done on the chest. This helps in the treatment for Asthma, other respiratory problems and muscular chest pain.

KIZHI & NJAVARA KIZHI

- A bolus of heated herbs and other medicinal preparations tied in a muslin bag is called Kizhi.
- This bag is then dipped luke warm oil and applied on the body with lite massages.
- The process is, the whole body or any specific part is made to sweat by the application of kizhi externally.



FACIAL MARMA



- It releases stress from the facial muscles.
- It is very good for fatigued eyes and gives good rest to the mind.

FOOT MASSAGE

- It is the technique by which light pressure or massage is applied on these points.
- This is a very relaxing technique.



Five Universal Elements



Space



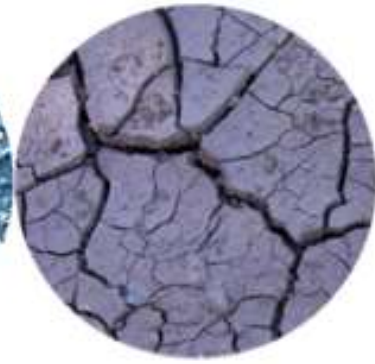
Air



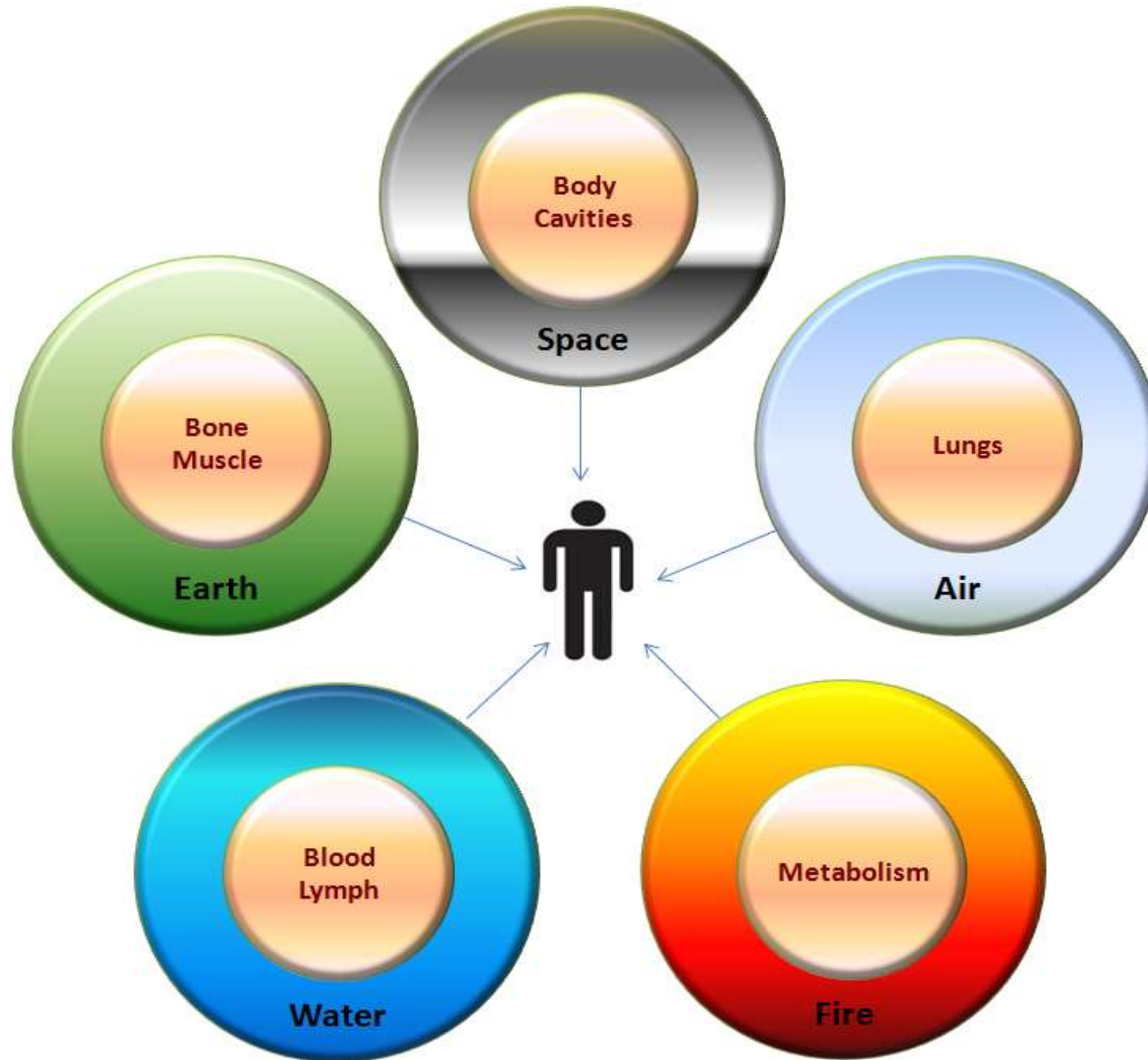
Fire



Water



Earth



Tridosha Theory

- In Ayurvedic philosophy , the five elements combine in pairs to form dynamic forces or interaction called Doshas



What are Doshas ?

- Doshas are defined as energetic principles that govern physiological and psychological functions of the body.
- There are 3 doshas: **Vata**, **Pitta** and **Kapha**

Health exists when there is a balance
between these three fundamental body doshas.



The Ayurvedic Body

- Each person is made up of combination of these elements. People fall into Prakriti categories.
- 1. Vata 4. Vata Pitta 7. Tridosic
- 2. Pitta 5. Pitta Kapha
- 3. kapha 6. Vata Kapha

Vata Characteristics

Mind	Creative, quick, imaginative
Body	Thin, light frame
Skin	Dry
Hair	Dry
Appetite	Delicate, spontaneous, often miss meals
Routine	Variable, spontaneous
Temperament	Welcomes new experiences, excitable, friendly, energetic
Conversation Style	Loves to talk!!
Shopping Style	Buy, buy, buy.
Stress Response	What did I do wrong? Tendency to blame oneself



Pitta Characteristics

Mind	Sharp, intellectual, direct, precise
Body	Medium build, warm, muscular
Skin	Sensitive, flush, acne-prone
Hair	Tendency towards early graying or thinning
Appetite	Strong, can eat just about anything, anytime
Routine	Very precise and organized
Temperament	Passionate, driven, courageous, strong sex drive, good leader
Conversation Style	Speaks to convey a point
Shopping Style	Spends on luxury items
Stress Response	Irritable, tendency to blame others

Kapha Characteristics

Mind	Detail orientated, steady, consistent
Body	Sturdy, gains weight easily, has trouble losing it
Skin	Smooth & oily
Hair	Thick, oily
Appetite	Loves to eat but has a slow digestion
Routine	Methodical and sturdy, resistant to change
Temperament	Thoughtful, forgiving, sweet, patient, loving, slow moving
Conversation Style	Simple and profound
Shopping Style	Saves
Stress Response	I don't want to deal with it! Withdrawn

VATA

headaches

dry skin

constipation

nervous
anxiety

hyper
sensitivity

insomnia

premature
aging

PITTA

ulcers

fevers

acne

acidity

agitation

anger

burns easily

KAPHA

respiratory
ailments

weight gain

fluid
retention

allergies

mucous &
congestion

How do we get sick ???

- Improper Diet
- Improper Life style
 - Environment
- Genetic Predisposition
- Improper use of sensory organs
- Going against natural intelligence and wisdom

Assessment

Dosha Questionnaire

- Physical Profile
- Diet and Fitness Profile
 - Mental Profile
 - Behavioral Profile
 - Emotional Profile



Balance your Dosha at Zen

- **Ayurvedic Therapy**

- Yogic Asanas
- Pranayama
- Meditation

- **Dosha Balance**

- Dosha Powders
- Dosha Food

WELLNESS IS A JOURNEY NOT A DESTINATION





Zen Open Chakra Massage

Zen Open Chakra Balancing Massage integrates deep-tissue massage, foot reflexology and energy enhancing therapy, including utilization of essential oils, breathing exercises, aromatic steam towels, scalp massage etc. This massage over some 2 hours in a serene, spiritual and private environment focuses on energizing the seven chakras in the body towards balancing the mind, body and spirit in a holistic healing and wellness context. At the end of the chakra treatment, relaxing meditation enhancing peace and joy is practiced

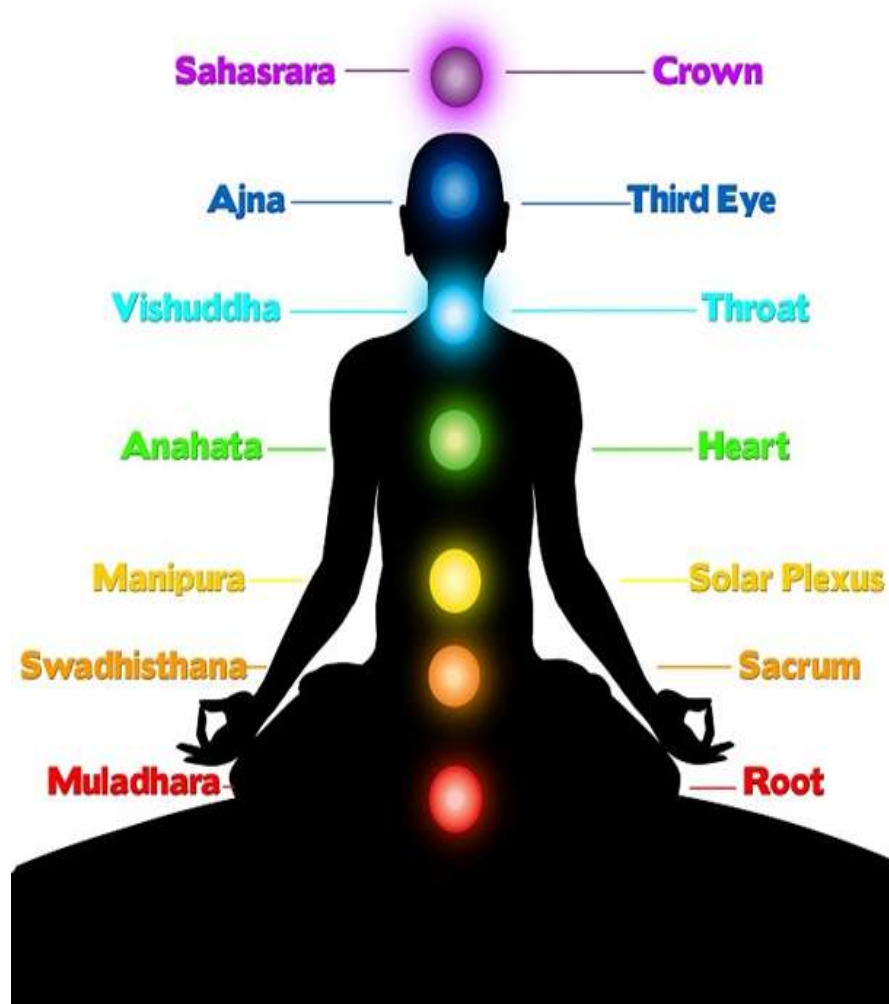


Zen Massage Preparation and Process

- Shower half an hour before chakra treatment, put on your Zen kimono and sit it in a chair in your room for 20 minutes in meditation with closed eyes and sitting opposite a blank wall.
- Five minutes before your scheduled massage time, slowly walk to Spa avoiding any eye contact or conversation with anyone on the way. At the Spa greet the therapist with Namaste hands, avoiding any eye contact and conversation.
- Following a foot flower bath and Sanskrit prayers for your wellbeing, the therapist will begin the two- hour massage. During the massage let your emotions come out freely and without any inhibitions. Avoid any communication with the therapist throughout the massage schedule.

- After the massage and prayers, the therapist will guide you to your room, again no speaking and no eye contact with anyone on the way to your room. The therapist will place you in a chair against a blank wall. Sit in this position with eyes closed for 20 to 30 minutes allowing free flow of your emotions and tears.
- Take a shower and relax for 10 minutes before venturing out of your room. In due course the therapist will meet with you and explain the status of your chakras; which are open and which are still blocked. Based on this additional ayurveda treatment in combination with yoga and meditation will be advised towards opening the specific blocked chakra.

The Seven Chakras

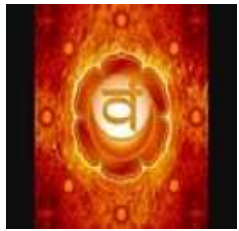


Chakras control specific parts of the body, energizing particular organs and bringing harmony within the body; if any of the seven chakras are blocked then energy cannot flow freely. A "Closed" or "imbalanced" chakra is indicative of a health and well-being issue whereas an "open" or "balanced" chakra represents balanced health and wellbeing. Thus an open chakra, for example, indicates our wellness with high energy and feeling very positive whereas a blocked chakra indicates low energy and unable to concentrate.

CHAKRAS are the energy centers in our body. There are seven main chakras, located in a channel encompassing the spine and stretching from the tailbone to the crown of the head. This channel is called the *sushumnanadi* and the energy, namely Kundalini, flows back and forth from the first chakra at the sacrum up the spine and out the seventh chakra at the crown of the head.



Muladhara Chakra at the root of the spine at the sacrum is the foundation of the entire system. It relates to our basic needs and our sense of security and survival and is affected by stress and worry. Blocked root chakra makes us insecure, scared and anxious



Swadhisthana Chakra just below the navel is the seat of nourishment and vitality enhancing pleasure of learning, exploring and experiencing. This chakra stands for sexuality feeling, wellbeing and pressure. Blocked sacral chakra relates to feeling guilty, numb and lacking emotions.



Manipura Chakra located in the solar plexus above the navel is the center of our identity, confidence and drive of life and living. This chakra stands for confidence and power. When this chakra is blocked we feel insecure, frustrated and fearful of being rejected.



Anahata is located in our heart center relates to love, compassion, sympathy, empathy, and relationships. Complicated relationships, tragedy and loneliness often block our heart chakra.



VisuddhiChakra is, located in the neck behind the throat, is the center of expression, creativity and communication. Blocked throat chakra is usually with problems of self-expression, deception & manipulative communication.



Ajna Chakra, the third eye chakra found between the eyebrows is the center of imagination, intuition and perception. Blocked third eye chakra is usually related to poor concentration, remembering things, suffering from nightmares and lack of clarity.



Sahasrara Chakra located at the crown of the head relates to wisdom, spirituality and enlightenment. Blocked crown chakra relates to indecisiveness, meaningless existence and depression.