

7th International Conference & Exhibition on

TRADITIONAL & ALTERNATIVE MEDICINE

October 24-26, 2017 | Dubai, UAE

Ayurveda dosha healing - identify, understand and take care

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Introduction and Purpose: We do not have similar physique and mentality or the same health issues, or else even our needs & tastes vary from one another. Consequently, it actually seems impossible to derive health and happiness following the same rules of wellness.

Body Paragraph: We therefore need to understand and acknowledge the five Element foundation i.e. - Aakasha (Sky), Vayu (Air), Agni (Fire), Jala (Water) And Prithvi (Earth). The Indian traditional and ancient wisdom science of Ayurveda makes us aware about the varied proportion of these basic building blocks within every single body. And once we are able to identify and understand our Prakrithi (Mind – Body Constitution), we can also take charge of the self – care guide by following the relevant diet and lifestyle pattern to remain holistically healthy, fit and Vibrant.

Conclusion of The Abstract: As the final verdict for the three dosha types viz. Vata, Pitta and Kapha types; we need to focus on the basic foundation that encompasses our individual being. This is because vata types need to remain organized & to keep control, while the pitta types would be healthy and happy if they could teach themselves to take it easy; and yet the kapha types would need to use their energy more often so as to keep fit. Finally, we need to remember that human body is designed to remain in a state of life long health and wellbeing and the human mind is intended to always be in a state of life long happiness.

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