

Cleanse, Detox and Revitalise through Ayurveda in 2013

By Harshini Wikramanayake, MSc, BSc (Ayurvedic Medicine), MBA & HBA

What is Ayurveda?

Ayurveda originated in fifth century India and is the Sanskrit term for “Science of Life”. Ayurveda is a holistic system of healthcare that diagnoses and treats the underlying causes of disease rather than providing symptomatic relief. Ayurvedic clinical diagnosis assesses symptoms preceding illness - bringing to light potential health issues prior to the full onset of signs and symptoms. Ayurveda is one of the branches of the Vedas, the ancient Indian texts, and is the sister science of Yoga. Ayurveda is considered by many scholars to be the oldest system of healing on our planet.

Be Revitalised

Ayurveda believes that each individual has a unique constitution, which is generally be a combination of the three “dosas”: Vata, Pitta and Kapha. Ayurvedic practitioners will provide a customised program tailor-made for your specific constitution type - with the aim of re-balancing and revitalising your dosas. This program will generally encompass a combination of diet and lifestyle suggestions, the prescription of Ayurvedic herbs and other Ayurvedic treatments such as cleansing and daily routines.

Ayurvedic Lifestyle and Cleansing Routines

Ayurveda believes that for the body, mind and spirit to operate optimally one must follow the natural routine and rhythms of nature.

In this respect, Ayurveda stresses the importance of daily lifestyle regime: waking up at a similar time each day, eating meals at a consistent time, going to bed at similar times and generally trying to have more consistency and balance in one’s daily life. It is all about getting back in tune with nature’s rhythms – something that sounds straightforward but which is all too easy to lose sight of in our busy urban lives.

The daily cleaning routine is called “Dinacarya” – and it blends a number of things: brushing teeth, tongue cleansing, gargling, eye drops, nose drops (Nasya), exercise (ideally the daily practice of Yoga), warm oil massage (Abhyanyga), warm bath/shower and dressing appropriately for the season.

Ayurvedic Deep Detox

“Panchakarma” is Ayurveda’s system of cleansing the body of toxins that build up over time as a result of unsuitable dietary habits and ongoing mental and emotional strains. “Pancha” refers to the five methods of eliminating these toxins from the body and mind.

The aim of Panchakarma is to restore the dosas to a healthy state and in so doing return the body and mind to a state of equilibrium.

Panchakarma involves a deep detox and therefore is generally done in a retreat or resident context over a period of one week or possibly longer depending on the individual’s requirements and preferences.

Ayurveda Today?

If you are interested in having an Ayurvedic consultation, you can book an appointment with Harshini Wikramanayake at her clinic at Triyoga Soho on:

Wednesday 8:30-10:30

Thursday 17:00 – 21:00

Be inspired in 2013 - book an Ayurvedic Consultation today!