



Prana Healing Holidays

Ayurveda treatments are gentle, yet powerful, drug-free cleansing therapies that remove the toxins and impurities from your tissues and help open the channels of circulation and elimination. Purifying to the body and deeply relaxing to the nervous system, Ayurveda treatments help remove imbalances that are at the basis of your condition. These treatments also strengthen and enliven the main systems the body uses to heal itself.

Scientific research verifies that Ayurveda treatments cleanse the body of toxins. There are also published case studies showing that these treatments have been able to significantly lessen symptoms of long standing chronic conditions.

Why do you need 14 days for treatment?

According to Ayurveda there are of 2 types of treatments:

1. Suppressive treatment - by using medicines for short term diseases such as a cough, fever or pain.
2. Purification treatment - each human body is prone to diseases according to our fast life. We live in a world of experiencing stress, polluted environments, unhealthy food, and also use of medicines. Some people are more genetically prone to diseases.

So due to the consumption of the above, the toxins are accumulated in the body from birth onwards.

We may even experience toxins as early as through our mother's milk due to her consumption of chemical medicines.

According to Ayurveda, there are many channels in the body and these channels accumulate toxins which will block the flow of the body tissue. Certain parts of the body may not get enough circulation so there will be less flow. Some parts of the body may need more nutritive factors for the tissues to function, and as a result they become over functioning or less functioning.

This happens over a long period of time. The symptoms will appear in or on the body as diseases; we can cure it by Ayurvedic medicines and also by eliminating the toxins to make the channels more clear to support the flow of different nutritive tissues.

Toxins are in different parts of body and to eliminate that first we do different massages according to the patients needs. By this the vessels are dilated and the warming and oiling effect through massage and using special massage oils, create the flow of nutrition throughout the body.

After several days of treatment the toxins are eliminated out by the purification techniques, i.e. Panchakarma. The correct purification technique is chosen according to the disease and the nature of the body type.

The following days of the 14 day treatment is used to heal where the channels of the body are purified and the tissues are getting more nutrition so they start to function in a healthy way.

Medicines are continued after the treatment to keep the process for longer. Therefore one of the concepts of Ayurveda is that after minimum 14 days, the body gets its energy back to restore its nutrition and health, and then the healthy process continues.

For further information contact Alison Jose on 0414 289 778 or info@pranahealingholidays.com
and read below the "Six Stages of Disease"

Hello, in the spirit of self-empowerment I'm sending you this information from two amazing Ayurveda practitioners to give you further information on the goal of Ayurveda and how, by balancing your doshas, you will return to your natural healthy self.

So once you have received your Health Assessment from Dr George (after sending me your Q&A and photo), you will then know what kind of Dosha types you are, and if any imbalances occur for you to be aware of.

From there I also send you a wealth of information on diet and lifestyle tips particular to your Dosha type for you to integrate into your life before and after your treatment to continue the anti-aging and disease prevention principles of Ayurveda.

As Deepak Chopra said "The hidden you that wants to emerge is in perfect balance. Every person achieves balance in his or her personal way. Most people have no idea who they really are – or at best a very limited idea – because they have no way to see their true nature. It is hidden from them by their imbalances, like a lake bottom hidden by muddy water. Like hunger and thirst, the instinct for balance is built into the human body.

In the practice of Ayurveda we try to bring people back into balance and at the same time let their true nature shine through. The two processes are really the same."

SIX STAGES OF DISEASE

"Putting patients back in touch with their own nature has been the aim of medicine for thousands of years – it is not unique to Ayurveda. In the West, however, we have been spellbound by scientific medicine, with its strictly physical explanation of disease. Now Western medicine is conceding that illness can originate in either the body or the mind. With the advent of mind body medicine, it is no longer clear that these two can even be separated.

The interaction of the mind and the immune system is so fluid that doctors cannot actually pinpoint the critical moment when negative thoughts compromise the body's white cells.

In Ayurveda, we are able to be much more precise. According to the ancient texts, the disease process has six distinct phases or steps. The first three are invisible and can be tied in to either the body or the mind, the last three carry overt symptoms that can be detected by both the patient and his doctor. Each stage represents a loss of balance (of the doshas), but its appearance changes as the process continues." By Deepak Chopra



Understanding the Six Stages of Disease

This information has been sourced from Stuart Rothenberg, M.D., Director of Maharishi Ayurveda Association of America.

Consider the following scenario. A middle-aged woman complains to her doctor that she "just doesn't feel well." She says she's more tired than usual, a little depressed. The doctor does a physical exam, but doesn't find anything unusual. She also orders blood tests, but these too come back normal. The doctor reassures the patient that she is well, and perhaps encourages her to get more exercise and to "come again in six months." A year later the patient is diagnosed with Type II diabetes.

Unfortunately, this is a common experience in conventional medicine—that the disease cannot be diagnosed until the patient complains of specific symptoms or lab tests demonstrate specific findings. And by the time the findings are manifest, it's too late to prevent the disease.

"The great advantage of the Ayurvedic approach is to identify imbalances before they actually manifest as a disease," says Stuart Rothenberg, M.D., Director of Maharishi Ayurveda Association of America. "This can allow the Ayurvedic practitioner to take remedial action and reverse the imbalances at an earlier stage of development, thus preventing the emergence of the full-blown disease."

Prevention is the Key

Prevention has always been the first and major goal of Ayurveda. According to the most ancient Ayurvedic text, *Charaka Samhita*, only when the physician has failed in that first goal does he or she need to resort to the second goal—which is cure.

"How disease develops, the field called pathogenesis, is an important area of Ayurveda," says Dr. Rothenberg. "Ayurveda identifies six stages in the development of disease. In the first two of the six stages, there are no symptoms. In the third stage there may be vague, non-specific symptoms, such as fatigue and general malaise, which become more pronounced in the fourth stage. Only in the fifth stage do symptoms manifest that are specific to a particular disease."

While conventional medicine uses valuable diagnostic tools to detect disease in an early stage, such as blood tests and X-rays, they are able to detect disease only after it has become physically manifest—for example, a small tumor or an elevated blood sugar. According to Ayurveda, this would be in the fourth or fifth stage of pathogenesis. **Ayurveda aims to detect disease at an earlier stage, before it becomes clinically manifest, when the disease process is easier to reverse.**

The Six Stages of Disease

Stage One: Accumulation

Disease begins with the accumulation of one or more *doshas*. The three doshas, *Vata*, *Pitta*, and *Kapha*, are three mind-body operators that govern the body's functioning. Though at the basis of the physical body, the doshas themselves are not physical—they are principles of intelligence. When the three doshas are in balance, the person enjoys good health. However, through imbalanced diet, lifestyle, and exposure to stress and environmental factors, one or more of the doshas can begin to become imbalanced. The first stage of this imbalance is that the dosha increases in quantity or "accumulates."

In Stage One, the dosha accumulates in its natural "seat" or "home." For example, Vata dosha may accumulate in the colon, nerves, or in empty spaces and channels of the body. Pitta dosha may accumulate in the digestive tract, eyes or skin. Kapha may accumulate in the chest and the fluid substances of the body, such as the joint fluids and circulatory system.

Stage Two: Aggravation

While Stage One involves a *quantitative* change in the doshas, this stage involves a *qualitative* change in the doshas. In Stage Two the dosha acquires the tendency to spread beyond its normal seat. This internal, qualitative change is sometimes called "vitiating," which can be translated as "becoming abnormal" or "spoiled."

Stage Three: Dissemination

Now the dosha moves out of its home seat and begins to circulate in the body. There are still no specific symptoms. However, in Stage Three there can be vague, low-grade non-specific symptoms, such as transient aches and pains or mild malaise. The patient may complain of fatigue or mild depression, or say "I just don't feel well."

Stage Four: Localization

In this stage the dosha now localizes in a tissue outside of its main seat and begins to disrupt the function of that tissue (*dhatu*) or organ.

There are several factors that determine where the disseminating dosha will localize. One is an abnormality in the microcirculatory channels (*srotas*) in that tissue. For example, if there is a narrowing of the blood vessels or lymph channels in an area of the body, the dosha may settle there and begin to disrupt the functioning of the surrounding tissues.

The second factor is the digestive toxins called *ama*. In Ayurveda, it is understood that imbalanced digestion is almost always associated with chronic disease. *Ama* is the product of imbalanced digestion, and is described as a sticky substance which can easily clog the microcirculatory channels of the body. The disseminating dosha carries *ama* along with it, and the sticky *ama* becomes "stuck" at a site where the *srotas* are narrowed. Then that sticky *ama*, together with the vitiating dosha, becomes a breeding ground for disease in that area.

For example, if Kapha dosha, which is heavy and cold, has accumulated and disseminated, it may localize, together with *ama*, in the channels of the head and neck. In Stage Four, this will start to be experienced as a scratchy throat or a feeling heaviness in the head.

Stage Five: Manifestation

In this stage the disease manifests in its full-blown, clearly identifiable form. The functioning of the tissues is disrupted by the complex of *ama* mixed with the imbalanced dosha. In the example of Kapha dosha and *ama* localizing in the head and neck, the scratchy throat and heaviness in the head is now experienced as the full-blown syndrome of congestion in the form of a common cold, sore throat, sinusitis, or an allergy attack.

Stage Six: Chronicity (also called Disruption)

At this stage, the disease becomes so embedded in the tissues that the body's natural repair mechanisms are not able to reverse it. Then the disruption of functioning becomes a long-term or permanent disorder. For example, the Kapha disorder could become chronic or perennial sinusitis or rhinitis.

Diagnosing the Patient, Not Just the Disease

Dr. Rothenberg notes that Ayurveda supplements the diagnostic approach of conventional medicine by emphasizing two phases of diagnosis: diagnosis of the patient (*rogi pariksha*) and diagnosis of the disease (*roga pariksha*).

"Before attempting to diagnose the disease, the first step is to determine the patient's 'nature' or *prakriti*—the constitutional type of the patient," says Dr. Rothenberg.

Constitutional type provides a diagnostic framework completely overlooked in modern medicine. It includes attention to details such as complexion and quality of skin, prominence and shape of joints, body build, shape of the eyes, color undertones of the whites of the eyes and tongue, prominence of tendons and veins, the patient's speed of walking and talking, personality traits, preferences for weather, types of dreams, and many other features.

"The constitutional type tells the Ayurvedic expert the kinds of diseases and risk factors that the patient would likely be vulnerable to," says Dr. Rothenberg. "For example, if we diagnose the individual as a *Pitta prakriti*, which is the constitutional type that is characterized by more heat in the body, we know that individual will be more likely to develop diseases involving excessive heat. These kinds of diseases might include inflammatory conditions, such as gastritis, colitis, ulcers, acid reflux, and inflammation of joints, eyes, and other organs."

Dr. Rothenberg explains that the common root cause of these seemingly different diseases is excessive heat, or Pitta. He says, "By knowing this, it allows us to prescribe preventive measures to cool Pitta, to prevent the manifestation of these inflammatory conditions. These preventive measures would include a Pitta-balancing diet, cooling herbal preparations, mind-body techniques including the Transcendental Meditation® program, and daily and seasonal behavioral routines to balance Pitta."

Pulse diagnosis (*nadi vigyan*) is another special feature of the diagnostic repertoire of the Ayurveda practitioner. The Ayurvedic expert places his or her fingers on the radial pulse of the patient (the pulse at the wrist) and, through this technique, is able to detect imbalances in the doshas, the tissues (*dhatu*s), and the microcirculatory channels of the body (*srotas*).

"This sophisticated procedure is a remarkable tool in detecting imbalances in the first stages of disease, before clinical signs and symptoms occur, when the disease can still be prevented," says Dr. Rothenberg.

The Importance of Early Detection

"The earlier the stage that the disorder can be diagnosed, the easier it is to reverse the underlying imbalance," says Dr. Rothenberg. "For example, in Stages One and Two, simple dietary measures or adjustments to the daily and seasonal routine are often sufficient to reverse the imbalances and prevent the manifestation of disease."

In Stage Three and Four, additional approaches, such as herbal therapies, and cleansing procedures can help. By purifying the toxins and accumulated doshas from the body at each season, the build-up of the doshas can be avoided.

"In Stages Five and Six, typically multi-modality approaches are needed, including physical, mental and environmental approaches," says Dr. Rothenberg. "These could include purification therapies (14 day *Panchakarma*), herbal therapeutics, Meditation and Yoga exercise."

"And of course if anyone is suffering from significant symptoms, they should see their family physician for conventional diagnosis as well," says Dr. Rothenberg. "Ayurveda is complementary to conventional medicine and is not a replacement for it, especially in the case of serious diseases." <http://www.mapi.com>

By receiving a Health Assessment from Prana Healing Holidays and Dr George you will discover what your constitutional Dosha type is, and Dr George can identify any underlying imbalances, and make recommendations for Ayurveda and herbal treatments, plus dietary and lifestyle tips for your body type and imbalances.

We look forward to hearing from you - take care, Alison

Alison Jose

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