

What is Ayurveda?

Earlier this year I had the pleasure of attending a course at an Ayurvedic university in Pune, India and I also got to meet patients at the university hospital . A trip full of contrasts and an in-depth study of the herbal medicine.

Apart from all the knowledge that I gained I also came across an extraordinary devotion and hopefulness amongst the poorest of people and I experienced the enormous generosity of the Indian people.

At campus we were met by smiles and rats, by delicious spicy food, cold water showers and by texts in Sanskrit, not to mention the teachers with their unlimited patience who wanted to know everything about us.

We were a group of nine, eight Americans and myself-who were offered a special course in Pancha-Karma, a detox treatment to eliminate waste products which are seen as the cause of many ailments. We got to see everything from stroke to prolapsed discs and autoimmune diseases being treated.

With this type of cleansing a balance is achieved between the doshas/within the body constitution.

There are three main types of doshas but we all have our own unique blend of the three.

"Vata"-the spiritual, nervous

"Pitta"- the fiery, intense

"Kapha"-the slow, persistent

The patients at the Ayurvedic hospital were treated with herbal medicine for their condition and body constitution and was



provided both as medicine and food as well as with massage oil, steam bath, decoction, daily enemas and nose drops.

Apart from herbal therapy some patients (mostly Kapha imbalances) were made to vomit or got blood let with leaches.

It might sound primitive but I witnessed with my own eyes stroke patients starting to walk, patients with prolapsed discs getting pain relief and autoimmune diseases getting an overall relief – just within a week!

We also witnessed infertility treatment in the form of medicated oil enemas into the uterus with a 85% success rate.

I returned home with an even stronger conviction that patients can be rehabilitated in a much more efficient way and to a lower cost if we could offer multiplied but directed treatments for their conditions and in relation to their body constitution.

Apart from Naprapathy and Acupuncture treatment would include medicated oil massage , medicated steam baths, herbs and vegetarian cooking according to body constitution and finally customized yoga and meditation exercises.

The remaining questions are now: Where, when and how?

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