

*List of Homoeopathic Remedies**Empty page**Boiron Homoeopathic Medicines**Dilutions - Homoeopathy***Dilutions**<http://en.wikipedia.org/wiki/Homeopathy>*Main article: Homoeopathic dilutions*

Three logarithmic potency scales are in regular use in homoeopathy. Hahnemann created the "centesimal" or "C scale", diluting a substance by a factor of 100 at each stage. The centesimal scale was favored by Hahnemann for most of his life. A 2C dilution requires a substance to be diluted to one part in 100, and then some of that diluted solution diluted by a further factor of 100. This works out to one part of the original substance in 10,000 parts of the solution. A 6C dilution repeats this process six times, ending up with the original substance diluted by a factor of $100-6=10-12$ (one part in one trillion or 1/1,000,000,000,000). Higher dilutions follow the same pattern. In homoeopathy, a solution that is more dilute is described as having a higher potency, and more dilute substances are considered by homoeopaths to be stronger and deeper-acting remedies. The end product is often so diluted as to be indistinguishable from the dilutant (pure water, sugar

Hahnemann advocated 30C dilutions for most purposes (that is, dilution by a factor of 10^6). In Hahnemann's time, it was reasonable to assume the remedies could be diluted indefinitely, as the concept of the atom or molecule as the smallest possible unit of a chemical substance was just beginning to be recognized. The greatest dilution reasonably likely to contain even one molecule of the original substance is 12C.

This bottle contains arnica montana (wolf's bane) D6, i.e. the nominal dilution is one part in a million (10⁻⁶).

Some homoeopaths developed a decimal scale (D or X), diluting the substance to ten times its original volume each stage. The D or X dilution is therefore half that of the same value of the C scale; for example, "12X" is the same level of dilution as "6C". Hahnemann never used this scale, but it was very popular throughout the 19th century and still is in Europe. This potency scale appears to have been introduced in the 1830s by an American homoeopath, Constantine Hering. In the last ten years of his life, Hahnemann also developed a quintamillesimal (Q) or LM scale, diluting the drug 1 part in 50,000 parts of diluent. A given dilution on the Q scale is roughly 2.35 times its designation on the C scale. For example, a remedy described as "20Q" has about the same concentration as a "47C" remedy.

X Scale, D Scale C Scale Ratio Note

∅ ∅ 1:1 mother tincture (undiluted)

1X, D1 — 1:10 described as low potency

2X, D2 1C 1:100 called higher potency than 1X by homoeopaths

6X, D6 3C 10–6

8X, D8 4C 10–8 allowable concentration of arsenic in U.S. drinking water

12X, D12 6C 10–12

24X, D24 12C 10–24 Has a 60% probability of containing one molecule of original substance if one mole of the original substance was used.

60X, D60 30C 10–60 Dilution advocated by Hahnemann for most purposes;

the patient would need to consume 1041 pills (a billion times the mass of the Earth), or 1034 gallons of liquid remedy (10 billion times the volume of the Earth) to consume a single molecule of the original substance.

Moreover, since even in a 15C solution, very likely be no molecules of the original substance would be left, the 30C solution would probably contain no molecules of water that had come into contact with the original substance.

400X, D400 200C 10–400 Dilution of popular homoeopathic flu remedy Oscillocoquinum

Note: the "X scale" is also called "D scale". 1X = D1, 2X = D2, etc.

Critics and advocates of homoeopathy alike commonly attempt to illustrate the dilutions involved in homoeopathy with analogies. Hahnemann is reported to have joked that a suitable procedure to deal with an epidemic would be to empty a bottle of poison into Lake Geneva, if it could be succussed 60 times. Another example given by a critic of homoeopathy states that a 12C solution is equivalent to a "pinch of salt in both the North and South Atlantic Oceans", which is approximately correct. One-third of a drop of some original substance diluted into all the water on earth would produce a remedy with a concentration of about 13C. A popular homoeopathic treatment for the flu is a 200C dilution of duck liver, marketed under the name oscillocoquinum. As there are only about 10⁸⁰ atoms in the entire observable universe, a dilution of one molecule in the observable universe would be about 40C. Oscillocoquinum would thus require 10320 more universes to simply have one molecule in the final substance. The high dilutions characteristically used are often considered to be the most controversial and implausible aspect of homoeopathy.

Dilution debate

Not all homoeopaths advocate extremely high dilutions. Many of the early homoeopaths were originally doctors and generally used lower dilutions such as "3X" or "6X", rarely going beyond "12X". The split between lower and higher dilutions followed ideological lines. Those favoring low dilutions stressed pathology and a strong link to conventional medicine, while those favoring high dilutions emphasised vital force, miasms and a spiritual interpretation of disease. Some products with such relatively lower dilutions continue to be sold, but like their counterparts, they have not been conclusively demonstrated to have any effect beyond that of a placebo.

Proving

Hahnemann experimented on himself and others for several years before using remedies on patients. His experiments did not initially consist of giving remedies to the sick, because he thought that the most similar remedy, by virtue of its ability to induce symptoms similar to the disease itself, would make it impossible to determine which symptoms came from the remedy and which from the disease itself. Therefore, sick people were excluded from these experiments. The method used for determining which remedies were suitable for specific diseases was called "proving", after the original German word Prüfung, meaning "test". A homoeopathic proving is the method by which the profile of a homoeopathic remedy is determined. At first Hahnemann used undiluted doses for provings, but he later advocated provings with remedies at a 30C dilution, and most modern provings are carried out using ultra-dilute remedies in which it is highly unlikely that any of the original molecules remain. During the proving process, Hahnemann administered remedies to healthy volunteers, and the resulting symptoms were compiled by observers into a "drug picture". The volunteers were observed for months at a time and made to keep extensive journals detailing all of their symptoms at specific times throughout the day. They were forbidden from consuming coffee, tea, spices, or wine for the duration of the experiment; playing chess was also prohibited because Hahnemann considered it to be "too exciting", though they were allowed to drink beer and encouraged to exercise in moderation. After the experiments were over, Hahnemann made the volunteers take an oath swearing that what they reported in their journals was the truth, at which time he would interrogate them extensively concerning their symptoms.

Provings have been described as important in the development of the clinical trial, due to their early use of simple control groups, systematic and quantitative procedures, and some of the first application of statistics in medicine. The lengthy records of self-experimentation by homoeopaths have occasionally proven useful in the development of modern drugs: For example, evidence that nitroglycerin might be useful as a treatment for angina was discovered by looking through homoeopathic provings, though homoeopaths themselves never used it for that purpose at that time. The first recorded provings were published by Hahnemann in his 1796 *Essay on a New Principle*. His *Fragmenta de Viribus* (1805) contained the results of 27 provings, and his 1810 *Materia Medica Pura* contained 65. For James Tyler Kent's 1905 *Lectures on Homoeopathic Materia Medica* 217 remedies underwent provings and newer substances are continually

Though the proving process has superficial similarities with clinical trials, it is fundamentally different in that the process is subjective, not blinded, and modern provings are unlikely to use pharmacologically active levels of the substance under proving. As early as 1842, Holmes noted the provings were impossibly vague, and the purported effect was not repeatable among different subjects.

Physical, mental, and emotional state examination; Repertories

Homoeopathic repertory by James Tyler Kent

Homoeopaths generally begin with detailed examinations of their patients' histories, including questions regarding their physical, mental and emotional states, their life circumstances and any physical or emotional illnesses. The homoeopath then attempts to translate this information into a complex formula of mental and physical symptoms, including likes, dislikes, innate predispositions and even body type.

From these symptoms, the homoeopath chooses how to treat the patient. A compilation of reports of many homoeopathic provings, supplemented with clinical data, is known as a "homoeopathic materia medica". But because a practitioner first needs to explore the remedies for a particular symptom rather than looking up the symptoms for a particular remedy, the "homoeopathic repertory", which is an index of symptoms, lists after each symptom those remedies that are associated with it. Repertories are often very extensive and may include data extracted from multiple sources of materia medica. There is often lively debate among compilers of repertories and practitioners over the veracity of a particular inclusion

The first symptomatic index of the homoeopathic materia medica was arranged by Hahnemann. Soon after, one of his students, Clemens von Bönninghausen, created the Therapeutic Pocket Book, another homoeopathic repertory. The first such homoeopathic repertory was Georg Jahr's Symptomenkodex, published in German (1835), which was then first translated to English (1838) by Constantine Hering as the Repertory to the more Characteristic Symptoms of Materia Medica. This version was less focused on disease categories and would be the forerunner to Kent's later works. It consisted of three large volumes. Such repertories increased in size and detail as time progressed.

Some diversity in approaches to treatments exists among homoeopaths. "Classical homoeopathy" generally involves detailed examinations of a patient's history and infrequent doses of a single remedy as the patient is monitored for improvements in symptoms, while "clinical homoeopathy" involves combinations of remedies to address the various

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Homoeopathic pills ...

Homoeopathic pills

<http://en.wikipedia.org/wiki/Homeopathy>

Homoeopathic pills, homoeopathic remedy oscillococcinum

Homoeopathic pills are made from an inert substance (often sugars, typically lactose), upon which a drop of liquid homoeopathic preparation is placed.

Active ingredients

The list of ingredients seen on remedies may confuse consumers into believing the product actually contains those ingredients. According to normal homoeopathic practice, remedies are prepared starting with active ingredients that are often serially diluted to the point where the finished product no longer contains any biologically "active ingredients" as

James Randi and the 10:23 campaign groups have demonstrated the lack of active ingredients in homoeopathic products by taking large overdoses. None of the hundreds of demonstrators in the UK, Australia, New Zealand, Canada and the US were injured and "no one was cured of anything, either".

While the lack of active compounds is noted in most homoeopathic products, there are some exceptions such as Zicam Cold Remedy, which is marketed as an "unapproved homoeopathic" product. It contains a number of highly diluted ingredients that are listed as "inactive ingredients" on the label. Some of the homoeopathic ingredients used in the preparation of Zicam are galphimia glauca, histamine dihydrochloride (homoeopathic name, histaminum hydrochloricum), luffa operculata, and sulphur. Although the product is marked "homoeopathic", it does contain two ingredients that are only "slightly" diluted: zinc acetate (2X = 1/100 dilution) and zinc gluconate (1X = 1/10 dilution), which means both are present in a concentration that contains biologically active ingredients. In fact, they are strong enough to have caused some people to lose their sense of smell, a condition termed anosmia. This illustrates why taking a product marked "homoeopathic", especially an overdose, can still be dangerous because it may contain biologically active ingredients, though as discussed previously, most homoeopathic preparations contain no active ingredients. Because the manufacturers

Related practices

Isopathy

Isopathy is a therapy derived from homoeopathy invented by Johann Joseph Wilhelm Lux in the 1830s. Isopathy differs from homoeopathy in general in that the remedies, known as "nosodes", are made up either from things that cause the disease or from products of the disease, such as pus. Many so-called "homoeopathic vaccines" are a form of isopathy.

Flower remedies

Flower remedies can be produced by placing flowers in water and exposing them to sunlight. The most famous of these are the Bach flower remedies, which were developed by the physician and homoeopath Edward Bach. Although the proponents of these remedies share homoeopathy's vitalist world-view and the remedies are claimed to act through the same hypothetical "vital force" as homoeopathy, the method of preparation is different. Bach flower remedies are prepared in "gentler" ways such as placing flowers in bowls of sunlit water, and the remedies are not succussed. There is no convincing scientific or clinical evidence for flower remedies being effective.

Veterinary use

The idea of using homoeopathy as a treatment for other animals, termed "veterinary homoeopathy", dates back to the inception of homoeopathy; Hahnemann himself wrote and spoke of the use of homoeopathy in animals other than humans. The FDA has not approved homoeopathic products as veterinary medicine in the U.S. In the UK, veterinary surgeons who use homoeopathy belong to the Faculty of Homoeopathy and/or to the British Association of Homoeopathic Veterinary Surgeons. Animals may be treated only by qualified veterinary surgeons in the UK and some other countries. Internationally, the body that supports and represents homoeopathic veterinarians is the International Association for Veterinary Homoeopathy. The use of homoeopathy in veterinary medicine is controversial; the little existing research on the subject is not of a high enough scientific standard to provide reliable data on efficacy. Other studies have also found that giving animals placebos can play active roles in influencing pet owners to believe in the effectiveness of the treatment.

Electrohomoeopathy

Electrohomoeopathy was a 19th century practice combining homoeopathy with electric treatment.

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Pros and Cons of Homoeopathic Medicine

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What Are Pros and Cons of Homoeopathic Treatment

What Are Pros and Cons of Homoeopathic Treatment?

<http://pearlyngoodmanherrick.articlealley.com/what-are-pros-and-cons-of-homeopathic-treatment->

Knowing the pros and cons of holistic treatments will help you make an educated decision about which remedies are best for you and your family. Some holistic treatments are actually handed down for years and have developed into a trusted part of natural self-care for many.

Even so, there are many holistic treatments that need to be approached with caution. Not every home therapy is safe for those of all ages, and some are utilized only as a last resort when old-fashioned medicine has been unsuccessful or there aren't any other alternatives. Natural treatments are often very effective, but like any other treatment, there is also potential

The Pros of Holistic Remedies

Homoeopathic remedies are often easily accessible, low-priced, and easy on the body. Many people who utilize homoeopathic cures enjoy not having to visit a doctor and take harsh manufactured medications for well-known conditions like colds, flu, and infections.

Actually, many proponents of homoeopathic treatments state these natural cures are better than conventional medicine's remedies. Homoeopathic therapies are most often gathered from all natural ingredients that are much more in a harmonious relationship with the body's all natural functioning, and do the job by repairing problems at the root instead of only treating symptoms.

The majority of homoeopathic remedies are fairly benign, even if they may not be fully effective, because they are made from natural elements. For instance, if you treat an ache in the ear with a beeswax candle, but later consider the earache was a consequence of seasonal allergies, the homoeopathic treatment can cause no injury to your body's typical

The Disadvantages of Homoeopathic Therapies

However, regardless of the numerous advantages of holistic treatments, there are a few drawbacks. Homoeopathic remedies usually are not regulated by any sort of governing agency, and therefore are not consistent. If you buy a homoeopathic therapy, there's no guarantee that the formula and ingredients are exact, nor is there any proof that the remedy will act as described. A number of scammers take full advantage of consumers' desires to heal the body with all natural medicine by developing false statements and flawed products defined as homoeopathic treatments. Even though holistic remedies are made from nature, it is essential to note that some strong standard medicines (and poisons) are made from nature at the same time. Lots of plants are harmful to humans, and life-changing medicines such as digitalis are created from flower extracts. St. John's Wart is a very common homoeopathic treatment for depression that, if ever taken inappropriately, may result in overdose or adverse reactions that could require urgent medical treatment.

Using homoeopathic treatments is a superb way to take an all natural approach to curing the body and treating ailments without harsh medicines. However, holistic treatments should be used with great care and reverence for the power of natural cures in order to maintain safety.

About the Author:

Holistic treatment focuses on bringing you back into balance. Pearlyn Goodman-Herrick is one of the foremost holistic medical practitioners in the United States and can help you in Mill Valley or down town San Francisco. To learn more about homoeopathic treatment in San Francisco and surrounding areas, contact Pearlyn today at Homeopathy America 2169 Union Street San Francisco, CA 94123 or call 203-856-6100.

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The Way in Which Homoeopathic Medical Therapies Work

The Way in Which Homoeopathic Medical Therapies Work by Pearlyn Goodman-Herrick

<http://homeopathyamerica.wordpress.com/2012/11/05/the-way-in-which-homeopathic-medical->

Homoeopathy typically is associated with caring for the complete individual rather than health problem alone. Your homoeopath is going to look at the person as a whole, both in physical form and emotionally, looking at the person's physical aspect, his or her likes, dislikes as well as temperament. Therefore it's a really personalized kind of remedy, thus patients that apparently suffer from the exact same condition may be offered recommendations for different therapies. Homoeopathy is regarded as a well established variety of healing. These days a number of the top pharmaceutical companies are investigating and mass-producing homoeopathic medicine. Homoeopathic remedies look similar to conventional remedies, are typically consumed in much the same way, though the way they work is really totally

Typically the remedies are not fabricated and generally are obtained from organic sources. Over 60% of homeopathic treatments are generally made out of vegetable or plant elements. Other sorts of remedies are prepared out of naturally occurring mineral elements, like metals, non-metallic substances, and mineral salts. Animal sources of homeopathic therapies can include: Cuttlefish (the ink or juice provides *sepia*) and Honeybee.

Homeopathic remedies usually are prepared as a result of getting the treatment solution in its most concentrated form, and next, through a long technique of dilution, by making a medical treatment whose potency will be sufficient to effect a treatment. The potency represents the measure of the dilution of a remedy and it's denoted by the number which generally follows the specific medication itself.

Homeopathic medications, commonly referred to as remedies, might come from the plant, mineral, or perhaps animal kingdom. A few common remedies may include: *arnica montana*, from a Leopard's bane plant; *belladonna*, from the deadly nightshade plant; *calcareo. calcium carbonate* from ovster shells; *sepia. from cuttlefish ink*; and the element.

In a standard dilution of 1:100, 1 drop of this homeopathic substance is combined with ninety nine drops of water and/or alcohol. The mixture is then potentized by way of a process generally known as "succussion" – repeated tapping upon a hard working surface for a specified period of time. Remedies could be diluted close to 1,000 times, leaving behind only an infinitesimal hint of the substance. Remedies are normally diluted ten, 100, or 1000 times, which result in potencies that will be noted with the Roman numerals X, C, and M. Homeopathic remedies vary from 6X as the least strength to

Remedies tend to be consumed by mouth in tablet, powder, or perhaps drop form, rubbed topically, or injected. Presently there are generally zero unintended side effects with homeopathic solutions, however a patient can experience what is known as a "healing aggravation," a brief accentuation of symptoms. It is seen as a positive sign that the remedy is

Primarily based on the severity of the actual symptoms, your homeopath could decide on an antidote, which generally creates the opposing effect of the remedy. The antidote may be another homeopathic remedy, or maybe a powerful substance, such as perfume, camphor, or coffee, which might be recognized to inhibit the effects of the remedy.

In the US, the Food and Drug Administration (FDA) has accepted homeopathic medications as drugs ever since 1938, cooperating with the Homeopathic Pharmacopoeia Convention to provide and bring up to date the reference book of homeopathic medications. In recent times, the FDA has categorized homeopathic medications as either prescribed or more typically as non-prescription (over-the-counter), depending on potency and efficacy.

Mainly because of the very, minimal dosages made use of in homeopathic treatment solutions, the medications are completely harmless, non-addictive and possess no unwelcome side effects. Typically the medicinal properties connected with the remedies are released even in extremely high dilution and render the medicine totally safe for the treatment of

Definitely consult a practitioner or healthcare provider prior to buying homeopathic remedies, and make certain that they will be secured safe and out of the reach of all little ones. Where dosing directions have most certainly been followed, no circumstance of toxic action has ever been noted in association with homeopathic medicines.

Homeopathic treatment methods are carried out by properly accredited Health Practitioners who comprehend the doctrine regarding homeopathic medicines very well. While many homeopathic medications are readily available within both standard drug stores and health stores, you ought to speak with your homeopathic specialist well before seeking therapy for any specific substantial ailment or illness.

When you are now using medicine for a serious medical related or mental health condition, you must not stop taking your prescription medication in order to start up homeopathic treatment solutions. Your current medical specialist will advise you on your ideal course of treatment, frequently cooperating with your internist or specialist.

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The Australian Register Of Homoeopaths (AROH)

The Australian Register Of Homoeopaths (AROH) is the national register of accredited homoeopaths in Australia. The Board of AROH registers homoeopaths who are qualified to government-endorsed standards. Registered homoeopaths are bound by AROH's code of professional conduct and standards of practice.

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Homoeopathic Medicine as a Lifestyle

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Homoeopathic Medicine to Lower Cholesterol

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Holism - FOODS and Food Groups

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Food Plans

Food Plans

A healthy eating plan will show you how much you need from each food group to stay within your calorie needs and promote good health. A healthy eating plan can also help you learn—

- How many calories you need each day and how to balance your calorie needs.
- How much of each food group you should consume.
- How to make healthy choices in each food group.

Vegetarian Plans can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. MyPlate.gov for Vegetarian Tips

Water: Meeting Your Daily Fluid Needs

Water: Meeting Your Daily Fluid Needs

<http://www.cdc.gov/nutrition/everyone/basics/water.html>

Ever notice how lifeless a house plant looks when you forget to water it? Just a little water and it seems to perk back up.

Water is just as essential for our bodies because it is in every cell, tissue, and organ in your body. That's why getting enough water every day is important for your health.

Healthy people meet their fluid needs by drinking when thirsty and drinking fluids with meals. But, if you're outside in hot weather for most of the day or doing vigorous physical activity, you'll need to make an effort to drink more fluids.

Where do I get the water I need?

Most of your water needs are met through the water and beverages you drink.

You can get some fluid through the foods you eat. For example, broth soups and other foods that are 85% to 95% water such as celery, tomatoes, oranges, and melons.

What does water do in my body?

Water helps your body with the following:

- 1 Keeps its temperature normal.
- 2 Lubricates and cushions your joints.
- 3 Protects your spinal cord and other sensitive tissues.
- 4 Gets rid of wastes through urination, perspiration, and bowel movements.

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Why do I need to drink enough water each day?

You need water to replace what your body loses through normal everyday functions. Of course, you lose water when you go to the bathroom or sweat, but you even lose small amounts of water when you exhale. You need to replace this lost water to prevent dehydration.

Your body also needs more water when you are—

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhoea or vomiting.

To help you stay hydrated during prolonged physical activity or when it is hot outside:

- Drink fluid while doing the activity.
- Drink several glasses of water or other fluid after the physical activity is completed.

Also, when you are participating in vigorous physical activity, it's important to drink before you even feel thirsty. Thirst is a signal that your body is on the way to dehydration.

Some people may have fluid restrictions because of a health problem, such as kidney disease. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

Tips for Increasing Your Fluid Intake by Drinking More Water

Under normal conditions, most people can drink enough fluids to meet their water needs. If you are outside in hot weather for most of the day or doing vigorous activity, you may need to increase your fluid intake. If you think you're not getting enough water each day, the following tips may help:

- 1 Carry a water bottle for easy access when you are at work or running errands.
- 2 Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- 3 Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.
- 4 Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- 5 Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

Do sugar-sweetened beverages count?

Although beverages that are sweetened with sugars do provide water, they usually have more calories than unsweetened beverages. To help with weight control, you should consume beverages and foods that don't have added sugars.

Examples of beverages with added sugars:

Fruit drinks.

Some sports drinks.
Soft drinks and sodas (non-diet).

Sources

U.S. National Library of Medicine & NIH. MedlinePlus Medical Encyclopaedia: Water in Diet.
<http://www.nlm.nih.gov/medlineplus/ency/article/002471.htm>

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Water Meeting Your Daily Fluid Needs

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<http://www.cdc.gov/nutrition/everyone/basics/water.html>

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Some sports drinks.

Soft drinks and sodas (non-diet).

Visit Rethink Your Drink for more information about the calories in beverages and how you can make better drink choices to reduce your calorie intake.

Sources

U.S. National Library of Medicine & NIH. MedlinePlus Medical Encyclopaedia: Water in Diet.

<http://www.nlm.nih.gov/medlineplus/ency/article/002471.htm>

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FOODS

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Food Groups

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Dianetics ...

Dianetics

http://en.wikipedia.org/wiki/Template_talk:Alternative_medical_systems

Dianetics is an alternative medical system. What is the rationale for viewing it as anything else? 06:53, 24 November

Why is NCCAM regarded as the sole source that is acceptable for determining what is and isn't an alternative medicine? -- 74.132.180.62 22:14, 25 November 2006 (UTC)

It isn't. There is a vast difference between an alternative medical "system" and a form of alternative medicine. The template must be kept small, and therefore it sticks to the NCCAM system of classification. If you can provide some kind of proof that Dianetics is an alternative medicine form, then it certainly qualifies to be in [[Category:Alternative medicine]]. It does contain some elements of pseudo-science, quackery, fraud, pseudo-religion, and other characteristics of alternative medicine, so it could certainly be in that category. There is room for plenty of articles there, but not in the template. To illustrate, I'll use a corollary. There is a template for continents, and it would be inappropriate to start adding countries to it. *Continents can be in a small template but not all countries can fit there. You can see the vast difference*

{{ Continents }}{{ Countries }}

I can't activate these templates here, otherwise this talk page would be included, and that wouldn't be too smart! You can copy them to the main sandbox, look at them, and then immediately delete them.

That's why we also have categories. Templates and categories serve different functions. -- Fyslee 00:33, 26 November

Hrm. So I guess this is more of an issue of whether dianetics is an important enough AMS to warrant inclusion in the template, then? Do you think it would be reasonable to say that dianetics may be more important than one of the others currently on the template, such as Unani (which, according to its article, is closely linked with Ayurveda)? 28 November 2006 (UTC)

Unani was influenced by Islam, that is the main difference between it and Ayurveda, which is significant enough to warrant separate articles, and therefore entries in the template. According to the article, Dianetics is "a revolutionary and scientifically developed alternative to conventional psychotherapy and psychiatry", neither of which is considered alternative medicine. Further, "Dianetics is a set of ideas and practices regarding the relationship between mind and body"; I would suggest that if Dianetics is to be considered a form of alternative medicine, it is more of a Mind-body intervention. but would actually be better placed in Category:Mental health. -- 07:17, 28 November 2006 (UTC)

Dianetics is pretty much gibberish, but they do assert that they can cure physical disease through their quasi-psychiatric processes. And the article also quotes L. Ron Hubbard that "Dianetics sets forth the non-germ theory of disease, embracing, it has been estimated by competent physicians, the explanation of some seventy percent of man's pathology." 19:40, 2 December 2006 (UTC)

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Lifestyle Modification

Lifestyle Modification

<http://www.integrativemedicine.co.za/lifestyle-modification.html>

The World Health Organization estimates that, "by 2020 two-thirds of the global burden of disease will be attributable to chronic non-communicable diseases, most of them strongly associated with lifestyle."

We are experiencing an increasing epidemic of life-style related health problems from obesity, metabolic syndrome, Type 2 Diabetes Mellitus, heart disease, high cholesterol, hypertension, osteoporosis, osteoarthritis, stroke, substance abuse and cancer.

Extensive research has shown that many of these chronic diseases associated with aging can be prevented and treated by adopting a healthy lifestyle. For example, 91% of Type 2 Diabetes Mellitus are caused by unhealthy habits over a number of years. Being overweight increases the risk of developing Type 2 Diabetes Mellitus by 300%. The poorer our lifestyle habits the greater our risk of developing a debilitating disease.

Lifestyle changes make it possible to delay the onset of chronic disease by learning to adopt healthy habits that address nutrition, exercise, relaxation and rest, stress, emotional health and relationships. These changes not only prevent disease, but also increase longevity and good health. A healthy lifestyle can be defined as a pattern of positive personal behaviours that promote health and well-being, while preventing chronic disease. A healthy lifestyle is possible to sustain over years and needs to steer away from fad diets, excessive exercise and quick fixes. Consistence and moderation are key components of a healthy lifestyle.

Lifestyle medicine is not restricted to the adult or aging population, and is becoming increasingly more important with the increase of obesity, metabolic syndrome and Type 2 Diabetes Mellitus in children and young adults. Contributing factors like a sedentary lifestyle, with little or no exercise, hours spent in front of computers or television screens and an oversupply of fast food with little nutritional value, are the main reasons for this 21st century phenomenon.

Relatively simple lifestyle changes that include eating more whole foods and less processed foods, staying physically active on a daily basis, losing weight and learning to manage stress better can help patients to avoid medications for hypertension, chronic inflammatory conditions and to reduce risk of strokes and heart attacks.

Eating a diet rich in micro-nutrients with enough healthy proteins provides our cells with the building blocks to make plenty of neurotransmitters including dopamine, serotonin and nor-epinephrine, which help keep us balanced and happy. Addictions to sugar, nicotine and other recreational drugs are all symptoms of a society craving for sustainable solutions to find more happiness and fulfilment.

Physical activity is another key component of a healthy lifestyle. Moving our bodies regularly has all kinds of benefits; from lowering the risk of diabetes and heart disease to improving mood and enhancing libido. Exercise has been shown to be as effective as anti-depressants for mild depression and anxiety, with even longer-lasting effects. A daily form of movement or exercise is a healthy habit that supports bone and muscle health, lower stress levels, improves cellular oxygenation and improves overall circulation.

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Disrupted sleeping patterns prevent natural healing and balancing of many systems in the body. During a healthy sleep cycle, our body releases hormones to accelerate healing, for example melatonin and growth hormone. Inflammation in the body is reduced, detoxification takes place, and damaged tissue is repaired while new cells are being formed. Recent studies have shown that insufficient sleep increases the risk of several common cancers, including breast cancer.

A lifestyle management program also aims to address stress-related disorders that contribute to the development of chronic diseases. Chronic stress stimulates the release of cortisol in the body, also called the stress-hormone. Over a longer period of time cortisol suppresses the immune system with the possible development of immune related problems. Chronic stress also slows down metabolism, increases fat storage in the body with the typical belly fat that is hard to shed. In lifestyle medicine patients are educated, supported and empowered to incorporate stress management techniques that stimulate the relaxation response in the body. This can include deep breathing, visualization, mindfulness and meditation.

Lifestyle changes are an integral part of an integrative approach to health and well-being and should always be part of the prescription for good health.

Information provided by Dr. Lynette Steele www.drlynett Steele.com

Probiotics, Prebiotics and Healthy Whole Dieting

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Eating According to your Body

Eating According to your Body

<http://www.clinictherapy.com/ChineseFoodTherapy.en.html>

In Chinese history, out of the four pillars of health – lifestyle, diet, exercise and mind – diet is the most important because food is considered primary cause of sickness as well as the main reason for living long and healthy.

There are four food groups in Chinese diet – grains, fruits, meats and vegetables. Dairy products, especially cow's milk; are not considered suitable for humans.

It is very important to understand your body constitution and eat foods that are complementary and avoid foods that are not. The body types are classified as: hot, warm, neutral, cool and cold. With neutral in the centre, hot and warm are yang types, and cool and cold are yin types.

Yang Yin

Hot < Warm < Neutral > Cool > Cold

Body type is usually determined by the following characteristics: if you are always hot and have warm hands and feet even in winter and almost restless, underweight by at least 20 pounds, and have a high sex drive, you belong to the hot type. If you prefer summer to winter, are normally not tired, very active and enjoy sex more than food, you are the warm type. On the reverse if you are always cold, with cold hands and feet even in summer, overweight by at least 20 pounds, normally tired, easy going and quite patient and have a low sex drive, you are the cold type. If you prefer winter to summer, just slightly overweight, normally lazy and fairly relaxed and enjoy food more than sex, you belong to the cool type. If you have a combination of cool and warm symptoms you are likely to have a neutral body type.

Ying/Yang and Neutral Foods

Just as they applied constitutions of the body, Yin and Yang are also characteristics applied to the food we eat. Yang foods are believed to increase the body's heat (e.g. raise the metabolism), while Yin foods are believed to decrease the body's heat (e.g. lower the metabolism). Yang foods tend to be dense in food energy, especially energy from fat, while Yin foods tend to have high water content. The Chinese ideal is to eat both types of food to keep the body in balance. A person eating too much Yang food might suffer from acne and bad breath while a person eating too much Yin food might

The Five Tastes

Sweet Foods benefit the Spleen

Spicy Foods benefit the Lungs

Salty Foods benefit the Kidneys

Sour Foods benefit the Liver

Bitter Foods benefit the Heart

Food Chart

Vegetables

Warm

Capers, cilantro, kale, leeks, mustard greens, onions, parsnip, pepper, green onion, squash, sweet potato, watercress

Neutral

Alfalfa sprouts, beet, cabbage, carrot, kohlrabi, olive, potato, pumpkin, shitake mushroom, green beans, turnip, yam

Cool

Artichoke, eggplant, broccoli, cauliflower, celery, zucchini, cucumber, lettuce, mushroom, radish, spinach, swiss chard

Cold

Asparagus, bamboo, dandelion, mug bean sprout, plantain, seaweed, tomato, water chestnut

Herbs, Spices and Flavorings

Hot

Cayenne, garlic, ginger (dry), pepper, mustard, horseradish

Warm

Cumin, caraway, basil, thyme, oregano, bay leaf, black pepper, coriander seed, cinnamon, cloves, vanilla, miso, brown sugar, salt (holds heat)

Neutral

Saffron, licorice, coriander

Cool

Mint, marjoram, nettle, tamarind, curry, turmeric, dill, parsley, hot peppers, coriander leaf, pickles, shoyu, white sugar, salt (holds cold)

Fruit

Warm

Blackberry, cherry, date, lychee, peach, quince

Neutral

Apricot, crabapple, fig, grape, papaya, pineapple, plum, pomegranate, raspberry

Cool

Apple, avocado, black currant, blueberry, orange, pear, strawberry, tangerine

Cold

Banana, cranberry, gooseberry, grapefruit, lemon/lime, mango, melon, mulberry, persimmon, rhubarb, watermelon

Grain

Warm

Oats, quinoa, sorghum, spelt, sweet rice

Neutral

Corn, flax, rice, rye

Cool

Flax, barley, buckwheat, job's tears, millet, wheat, wild rice

Beans most are neutral except

Cool

Limas, mungbean, soybean, tofu

Warm

Black bean

Nuts and Seeds most are neutral except

Warm

Chestnut, coconut, pine nut, walnut

Dairy and Eggs most are neutral except

Warm

Butter, goat milk

Cold

Yoghurt

In general, warm foods help the spleen. Too many cold or cool foods can damage the spleen. Aim to balance foods to warm or at least neutral. Too many hot foods can cause a heat condition.

Nature

related symptoms/effects

examples

cures

dry fire (yang)

causes dryness of skin, chapped lips, nose bleed etc.

chili pepper, deep fried food, beef jerky, lychee.

any yin or cooling food

wet heat (yang)

causes mouth sore, urinary burning etc. probably due to the acidity or alkalinity.

mango, pineapple, cherry.

chrysanthemum, sugar cane, Imperata arundinacea, Prunella vulgaris L.

cold cooling (yin)

causes dizziness, weakness, pale or green face (low oxygen level in blood) etc.

watermelon, cantelope, honeydew and certain kinds of melon-type fruits or vegetables, green tea.

any boosting or dry fire food

blocking

cause indigestion, stomach gas etc.

all fibrous food, e.g. yam, chestnuts

haw (fruit), malt

poisoning

causes pus or swelling in wound, outbreak of acnes, haemorrhoid etc.

duck, goose, bamboo shoot, all shellfish

abstinence at outbreak

greasy

causes gastric upset, runny stool, outbreak of acnes etc.

all greasy food, e.g. bacon etc.

abstinence at outbreak

clear cooling

mild yin type that counteract the dry fire type. Also listed as yin when overused.

beer, lettuce, sugar cane, Imperata arundinacea, American ginseng.

not needed if not overused

nourishing

moisturizing, soothing

apple, pear, fig, winter melon, longan, lotus seed, lily bulb etc.

not needed

boosting

replenishes blood and Qi. Also listed as dry fire when overused.

Mutton, snake, wild games, beef, red dates.

not needed if not overused

vigorating

circulating blood and Qi.

red wine, Korean ginseng.

not needed

Appetite stimulator generating, strengthening

improves various internal functions

various

not needed

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Some common food therapy items and recipes

Some common food therapy items and recipes

http://en.wikipedia.org/wiki/Chinese_food_therapy

Bird nest

Oral secretion of swiftlets, collected from the binding material of their nests.

Alleged effects: promote beautiful skin for women; "strengthen the spleen and open up the stomach" (improve appetite and digestion).

vegetables and fruits are believed to nullify the effect of bird nest if taken within the same day.

The dried material is soaked in water to rehydrate.

The soaked bird nest is cleaned by hand to remove other nest building debris such as grass and feathers.

The cleaned and crumbled bird nest is double steamed with rock sugar as a dessert or with a small amount of pork as a

Korean or Chinese ginseng

Root of a plant that has the Yang properties.

Alleged effects: promote circulation, increase blood supply, revitalize and aid recovery from weakness after illness.

The ginseng root is double steamed with chicken meat as a soup.

American ginseng

Root of a plant similar to Korean ginseng, but it has the Yin properties.

Alleged effects: cleansing of excessive Yang in the body, aphrodisiac.

The ginseng is sliced, a few slices are soaked in hot water to make a tea.

Most American ginseng is produced in Wisconsin, USA.

A Cantonese cough remedy

Dried duck gizzards, watercress, almond kernels:

Alleged effects: relieve both Yin (resulted from cold) or Yang (resulted from dryness) type of coughing.

Watercress is for removing excessive yang in the body.

The sweet almond kernels and bitter almond kernels target the lungs.

The dried duck gizzards are used to balance the yin-yang of the recipe.

Watercress is available in most supermarkets while the rest of the ingredients can be found in most Chinese herb stores.

The ingredients are slow cooked for couple of hours into a soup, a small piece of pork is optional for flavor.

Do not use Yang type meat such as beef or chicken in this recipe because they nullify the effects of the watercress.

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The Benefits of MSM

The Benefits of MSM

<http://www.readobot.com/the-benefits-of-msm>

Methyl Sulphonyl Methane is generally known by its abbreviation that is MSM. It is a naturally occurring compound of sulphur that is present in human bodies. MSM is an important nutrient present in our body and performs a range of important and critical functions. The best thing about the compound is that it is produced naturally in the sulphur cycle.

The Methyl Sulphonyl Methane present in the atmosphere comes down to earth during rainfall and vegetables, grains and fruits that grow on that piece of land get rich in it. Meat, poultry, eggs, fish and other protein containing nutrients contain

The MSM that occurs naturally in protein rich foods is lost in part due to the abundance of processed foods and over cooking. This is the reason, taking supplements of MSM ensures that the body has enough of the nutrient. The compound is found in almost every cell and the supplement strengthens almost every cell in our body. It also helps in treating problems like asthma, arthritis, inflammation, cramps and digestive problems. *Some of the major benefits of MSM are*

Improving Joint Flexibility : MSM greatly helps in increasing joint flexibility and is an important component in the treatment of arthritis and pains in the body. The level of sulphur in cartilages affected by arthritis is usually too low and the supplement increases this level, thus playing a great role in enhancing flexibility and elasticity of joints. The supplement also makes sure that cartilage degeneration does not happen in humans.

Detoxification of Cells: The sulphur present in the compound makes each cell more permeable as the cell walls are strengthened. This makes sure that the cell is able to flush toxins and other foreign particles from inside the cell. Allergens and waste products thus, cannot become a problem. Moreover, the chemical breaks up calcium phosphate that is the chemical responsible for degeneration of cells and tissues.

Reduces Aging Effects on Skin: MSM also strengthens collagen and collagen is essential for the health of cells and tissues of all kinds. This is the reason that taking supplements reduces sagging of skin and other aging impacts on skin. Some people use lotions and creams based on it, but the real benefits of MSM are only experienced if it is allowed to do the

Improving Hair and Nails: Many people face the problem of hair falling out and general hair loss. Collagen strengthened by the compound not only helps in improving joint tissue flexibility, it also helps in making hairs and nails stronger. The benefits of MSM on appearance can be seen by using it for just a few days.

The compound is easily available in the form of over the counter supplements and can be bought from most any health food store. The research on the compound is still being carried out and most of the benefits mentioned above have been observed in researches.

The best ways to start the supplement is in smaller quantities and then gradually increase until the inflammation and pains go away as there is no known toxic level of this substance. The best thing about MSM is that it does not contain any toxic material, which can cause harm to our body.

This article is about the benefits and use of MSM and some ways it can be of use in handling skin, nails and hair and in reducing the effects of pain on the body.

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Quantum Nutrition Is A Natural Way To Live

Quantum Nutrition Is A Natural Way To Live

<http://www.readobot.com/quantum-nutrition-is-a-natural-way-to-live>

There are a lot of companies who produce vitamins and supplements. Most of them claim theirs have all of the most vital ingredients needed for a healthy body. Quantum Nutrition does not claim to be the company that can solve all of your problems like some of them do. They claim they have all natural products that, if taken properly, will assist in keeping you

This company has been working with medical Doctors for more than 30 years to come up with the formulations that assist you in your life. Their products have been used by body builders, competitive racers and runners. Athletes of all stripes have used their products because of the predictability.

They include in their make up some of the best science in the supplement world. All of their items are vegetarian and free of any toxic ingredients. That can not be said about some of the many you see lining the store shelves today. These nutritional items use once living materials to ensure the total absorption by the body.

One of the many reasons that supplements are even needed is because of unbalanced diets. There are certain elements of a balanced nutritional plan that is not being received through the food people normally eat. This has to be made up for in some other way. The supplement is a way to do this and is usually taken while eating.

Busy lives and the need to get a quick bite every once in a while makes all of this necessary. Most of those types of foods have the acids in the soda and fat in the burger, but not the amino acids necessary or the essential fatty acids we all need to live healthily.

Not taking care of yourself, as in not sleeping enough can be problematic. Not getting the right kinds of exercise or not eating at the right times will also cause problems that the proper nutritional supplements can help with. When your body is out of balance, this way, there are medically proven ways to get it back in balance.

Many companies work at making the claims they make. Quantum has been through that and is doing what the others can not. They have the history to back them up and the testimonials to show they know what they are talking about. Take advantage of the natural, safe way to life and check with a medical professional about your vitamin and mineral needs.

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CHAPTER FOUR

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4 Ayurveda and Yoga

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Ayurveda	

Ayurveda "the knowledge for long life in Vedas"; or ayurvedic medicine is a Hindu system of traditional medicine native to India and a form of alternative medicine. The earliest literature on Indian medical practice appeared during the Vedic period in India, in Rigved. The oldest known text are Su ruta Sa hitā and the Charaka Sahitā, encyclopaedias of medicine compiled from various sources from the mid-first millennium BCE to about 500 CE, are among the foundational and formally compiled works of Ayurveda. Over the following centuries, ayurvedic practitioners developed a number of medicinal preparations and surgical procedures for the treatment of various ailments. Current practices derived (or reportedly derived) from Ayurvedic medicine are regarded as part of complementary and alternative medicine.

Safety concerns have been raised about Ayurveda, with two U.S. studies finding about 20 percent of Ayurvedic Indian-manufactured patent medicines contained toxic levels of heavy metals such as lead, mercury and arsenic. Other concerns include the use of herbs containing toxic compounds and the lack of quality control in Ayurvedic facilities.

Approach

The three do as and the 5 elements from which they are composed.

At an early period[when?], Ayurveda adopted the physics of the "five elements"; earth, water, fire, air and space that compose the universe, including the human body. Ayurveda describes seven types of tissues of the body. They are plasma, blood, flesh, adipose, bone, marrow and nervous, and reproductive (semen or female reproductive tissue). Ayurvedic literature deals elaborately with measures of healthful living during the entire span of life and its various phases. Ayurveda stresses a balance of three elemental energies or humors: vāta (air & space - "wind"), pitta (fire "bile") and kapha (water & earth - "phlegm"). According to ayurvedic medical theory, these three substances — do as —are important for health, because when they exist in equal quantities, the body will be healthy, and when they are not in equal amounts, the body will be unhealthy in various ways. One ayurvedic theory asserts that each human possesses a unique combination of do as that define that person's temperament and characteristics.

The practice of panchakarma : is a therapeutic way of eliminating toxic elements from the body.

As early as the Mahābhārata, ayurveda was called "the science of eight components" a classification that became canonical for ayurveda.

They are:

Internal medicine

Paediatrics

Surgery

Ophthalmology and ENT

Psychiatry

Toxicology

Prevention of diseases and improving immunity and rejuvenation

Aphrodisiacs and improving health of progeny

In Hindu scriptures, the origin of ayurvedic medicine is attributed to Dhanvantari, the physician of the gods.

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History - Ayurveda

History

<http://en.wikipedia.org/wiki/Ayurveda>

The mantra Om mani padme hum written on rocks. Chanting mantras has been a feature of ayurveda since the Atharvaveda, the vedic spiritual text.

One view of the early history of ayurveda asserts that around 1500 BC, ayurveda's fundamental and applied principles got organized and enunciated. In this historical construction, Ayurveda traces its origins to the Vedas, Atharvaveda in particular, and is connected to Hindu religion. Atharvaveda (one of the four most ancient books of Indian knowledge, wisdom and culture) contains 114 hymns or formulations for the treatment of diseases. Ayurveda originated in and developed from these hymns. In this sense, ayurveda is considered by some to have divine origin. Indian medicine has a long history, and is one of the oldest organised systems of medicine. Its earliest concepts are set out in the sacred writings called the Vedas, especially in the metrical passages of the Atharvaveda, which may possibly date as far back as the 2nd millennium BC. According to a later writer, the system of medicine was received by Dhanvantari from Brahma, and Dhanvantari was deified as the god of medicine. In later times his status was gradually reduced, until he was credited with

Cataract in human eye – magnified view seen on examination with a slit lamp. Cataract surgery was known to the physician Sushruta in the early centuries of the first millennium AD, and was performed with a special tool called the jabamukhi salaka, a curved needle used to loosen the obstructing phlegm and push it out of the field of vision. The eye would later be soaked with warm butter and then bandaged.

Underwood & Rhodes (2008) hold that this early phase of traditional Indian medicine identified "fever (takman), cough, consumption, diarrhoea, dropsy, abscesses, seizures, tumours, and skin diseases (including leprosy)". Treatment of complex ailments, including angina pectoris, diabetes, hypertension, and stones, also ensued during this period. Plastic surgery, couching (a form of cataract surgery), puncturing to release fluids in the abdomen, extraction of foreign elements, treatment of anal fistulas, treating fractures, amputations, caesarean sections, and stitching of wounds were known. The use of herbs and surgical instruments became widespread. The Charaka Samhita text is arguably the principal classic reference. It gives emphasis to the triune nature of each person: body care, mental regulation, and spiritual/consciousness.

Other early works of ayurveda include the Charaka Samhita, attributed to Charaka. The earliest surviving excavated written material which contains references to the works of Sushruta is the Bower Manuscript, dated to the 6th century AD. The Bower manuscript is of special interest to historians due to the presence of Indian medicine and its concepts in Central Asia. Vagbhata, the son of a senior doctor by the name of Simhagupta, also compiled his works on traditional medicine. Early ayurveda had a school of physicians and a school of surgeons. Tradition holds that the text Agnivesh tantra written by the sage Agnivesh, a student of the sage Bharadwaia, influenced the writings of ayurveda.

The Chinese pilgrim Fa Hsien (ca. 337–422 AD) wrote about the health care system of the Gupta empire (320–550) and described the institutional approach of Indian medicine, also visible in the works of Charaka, who mentions a clinic and how it should be equipped. Madhava (fl. 700), Sarngadhara (fl. 1300), and Bhavamisra (fl. 1500) compiled works on Indian medicine. The medical works of both Sushruta and Charaka were translated into the Arabic language during the Abbasid Caliphate (ca. 750). These Arabic works made their way into Europe via intermediaries. In Italy, the Branca family of Sicily and Gaspare Tagliacozzi (Bologna) became familiar with the techniques of Sushruta.

British physicians traveled to India to see rhinoplasty being performed by native methods. Reports on Indian rhinoplasty were published in the Gentleman's Magazine in 1794. Joseph Constantine Carpue spent 20 years in India studying local plastic surgery methods. Carpue was able to perform the first major surgery in the western world in 1815. Instruments described in the Sushruta Samhita were further modified in the Western World.

Vaidya or Vaidraj or Kabiraj (in West Bengal) Vaidhya, Vaid, Vaidya, Vaidhh or Vaidh (in Gujarat), Vaidyar or Vaidyan (in Kerala) were certain terms used to refer to a person or Doctor who practises Ayurveda. The royal families of India, used to have their personal Vaidhya, who attended to Kings and the royal families. They were referred to as Rai Vaidhya.

Current status

India

According to some sources up to 80 percent of people in India use some form of traditional medicines, a category which includes Ayurveda.

In 1970, the Indian Medical Central Council Act which aims to standardize qualifications for ayurveda and provide accredited institutions for its study and research was passed by the Parliament of India. In India, over 100 colleges offer degrees in traditional ayurvedic medicine. The Indian government supports research and teaching in ayurveda through many channels at both the national and state levels, and helps institutionalize traditional medicine so that it can be studied in major towns and cities. The state-sponsored Central Council for Research in Ayurvedic Sciences (CCRAS) has been set up to research the subject. To fight biopiracy and unethical patents, the Government of India, in 2001, set up the Traditional Knowledge Digital Library as repository of 1200 formulations of various systems of Indian medicine, such as ayurveda, unani and siddha. The library also has 50 traditional ayurveda books digitized and available online.

Central Council of Indian Medicine (CCIM) a statutory body established in 1971, under Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, Government of India, monitors higher education in ayurveda. Many clinics in urban and rural areas are run by professionals who qualify

Sri Lanka

The Sri Lankan tradition of Ayurveda is very similar to the Indian tradition. Practitioners of Ayurveda in Sri Lanka refer to texts on the subject written in Sanskrit, which are common to both countries. However, they do differ in some aspects, particularly in the herbs used.

The Sri Lankan government has established a Ministry of Indigenous Medicine (established in 1980) to revive and regulate the practice within the country. The Institute of Indigenous Medicine (affiliated to the University of Colombo) currently offers undergraduate, postgraduate, and MD degrees in the practice of Ayurveda Medicine and Surgery, and similar degrees in unani medicine.

There are currently 62 Ayurvedic Hospitals and 208 central dispensaries in the public system, and they served almost 3 million people (approximately 11 percent of Sri Lanka's total population) in 2010. In total there are currently approximately 20,000 registered practitioners of Ayurveda in the country.

Many Sri Lankan hotels and resorts offer Ayurveda themed packages, where guests are treated to a wide array of Ayurveda treatments during their stay.

Outside South Asia

Due to different laws and medical regulations in the rest of the world, the unregulated practice and commercialization of ayurvedic medicine has raised ethical and legal issues; in some cases, this damages the reputation of ayurvedic medicine outside India.

Scientific appraisal

In studies in mice, the leaves of *Terminalia arjuna* have been shown to have analgesic and anti-inflammatory properties. As a traditional medicine, many ayurveda products have not been tested in rigorous scientific studies and clinical trials. In India, research in ayurveda is undertaken by the statutory body of the Central Government, the Central Council for Research in Ayurveda and Siddha (CCRAS), through a national network of research institutes. A systematic review of ayurveda treatments for rheumatoid arthritis concluded that there was insufficient evidence, as most of the trials were not done properly, and the one high-quality trial showed no benefits. A review of ayurveda and cardiovascular disease concluded that the evidence for ayurveda was not convincing, though some herbs seemed promising.

Two varieties of *Salvia* have been tested in small trials; one trial provided evidence that *Salvia lavandulifolia* (Spanish sage) may improve word recall in young adults, and another provided evidence that *Salvia officinalis* (Common sage) may improve symptoms in Alzheimer's patients. Many plants used as rasayana (rejuvenation) medications are potent antioxidants. Neem appears to have beneficial pharmacological properties.

Recently, there are some PubMed indexed journals being published in the field of Ayurveda.

Safety

Rasa shastra, the practice of adding metals, minerals or gems to herbs, may have toxic heavy metals such as lead, mercury and arsenic. Adverse reactions to herbs due to their pharmacology are described in traditional ayurvedic texts, but ayurvedic practitioners are reluctant to admit that herbs could be toxic and that reliable information on herbal toxicity is not readily available. And there is communication gap between modern medicine practitioners and *Ayurvedic*

According to a 1990 study on ayurvedic medicines in India, 41 percent of the products tested contained arsenic, and 64 percent contained lead and mercury. A 2004 study found toxic levels of heavy metals in 20 percent of ayurvedic preparations made in South Asia and sold in the Boston area, and concluded that ayurvedic products posed serious health risks and should be tested for heavy-metal contamination. A 2008 study of more than 230 products found that approximately 20 percent of remedies (and 40 percent of rasa shastra medicines) purchased over the Internet from both US and Indian suppliers contained lead, mercury or arsenic. In 2012 Centre for Disease Control and Prevention (CDC) in Washington states in its report that Ayurvedic drugs has links to lead poisoning on the basis of some cases presented where some pregnant woman had taken Ayurvedic drugs toxic materials were found in their blood

Ayurvedic proponents believe that the toxicity of these materials is reduced through purification processes such as samskaras or shodhanas (for metals), similar to the Chinese pao zhi, although the ayurvedic technique is more complex and may involve prayers as well as physical pharmacy techniques. However, these products have nonetheless caused severe lead poisoning and other toxic effects.

Due to these concerns, the Government of India ruled that ayurvedic products must specify their metallic content directly on the labels of the product, but, writing on the subject for *Current Science*, a publication of the Indian Academy of Sciences, M. S. Valiathan noted that "the absence of post-market surveillance and the paucity of test laboratory facilities in India make the quality control of Ayurvedic medicines exceedingly difficult at this time.

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Fundamentals Ayurveda

Fundamentals of Ayurveda

<http://www.amritaveda.com/learning/fundamentals.asp>

Lord Dhanvantari, said to have given the knowledge of Ayurveda to the sages of ancient India.*

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Ayurvedic medicine

Ayurvedic medicine

http://en.wikipedia.org/wiki/History_of_alternative_medicine

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Ayurveda or ayurvedic medicine has more than 4,000 years of history. It is a rational system of medicine based on a humoral interpretation of disease and health. Its prehistory goes back to Vedic and Buddhist cultures. Although the hymns of the Atharvaveda and the *gveda* mention some herbal medicines, protective amulets, and healing prayers that recur in later ayurvedic treatises, the earliest historical mention of the main structural and theoretical categories of ayurvedic medicine occurs in the *Buddhistika*, or *Caraka*. Ayurveda originally started as the name suggests, a science of life. Ayu means life, and veda means science. It was founded on the principles of yama (time) and niyama (regulated). Regularity is not the rule. It directs that habits should be regulated to coincide with the demands of the body rather than the mind or intelligence. Thus, for the follower of ayurvedic medicine, food should only be taken when they are hungry rather than at an arbitrarily set meal-time. Ayurveda teaches that when a person is tired, it is not wise to eat food or drink, but to rest. The same principles of regulated living introduced herbal remedies to begin with and later even started using metals and inorganic chemical compositions in the form of pills or potions to deal with symptoms. Then it became similar to any other medical system. Ayurveda can be defined as the system of medicine described in the great medical encyclopaedias associated with the names Caraka, Suruta, and Bhasya, compiled and re-edited over several centuries from about 200 BC to about AD 500 and written in Sanskrit. These discursive writings were gathered and systematized in about AD600 by Vāgbhata, to produce the *Aṅgahārdayasaṁhitā* ('Heart of Medicine Compendium') that became the most popular and widely used textbook of ayurvedic medicine in history. *Aṅgahārdayasaṁhitā* was translated into many other

Immigration from the Indian sub-continent in the 1850s brought practitioners of Ayurveda ('Science of Life'). A sophisticated medical system dating back over 2,500 years, its adoption outside the Asian communities was limited by its lack of specific exportable skills and English-language reference books until an adapted and modernised form – New Age Ayurveda – came under the umbrella of CAM in the 1970s. In Britain, practitioners are known as hakims. Having its origins in the Ayurveda, Indian Naturopathy incorporates a variety of holistic practices and natural remedies and became increasingly popular after the arrival of the post-Second World War wave of Indian immigrants. Unani medicine uses similar materials but is based on a philosophy which owes as much to Greek and Arab sources as to *Ayurveda*. Exiles fleeing the war between Yemen and Aden in the 1960s settled nearby the ports of Cardiff and Liverpool and today

Chinese culture

Main article: *Traditional Chinese medicine*

Traditional Chinese medicine has more than 4,000 years of history as a system of medicine that is based on a philosophical concept of balance (yin and yang, Qi, Blood, Jing, Bodily fluids, the Five Elements, the emotions, and the spirit) approach to health that is rooted in Taoist philosophy and Chinese culture. As such, the concept of it as an alternative form of therapeutic practise is only found in the Western world.

The arrival into Britain of thousands of Chinese in the 1970s introduced Traditional Chinese Medicine – a system dating back to the Bronze Age or earlier that used acupuncture, herbs, diet and exercise. Today there are more than 2,000 registered practitioners in the UK.

Alternative medicine since the 1970s

The terms ‘alternative’ and ‘complementary’ tend to be used interchangeably to describe a wide diversity of therapies that attempt to use the self-healing powers of the body by amplifying natural recuperative processes to restore health. In ancient Greece the Hippocratic movement, commonly regarded as the fathers of medicine, actually gave rise to modern naturopathy and indeed much of today’s CAM. They placed great emphasis on a good diet and healthy lifestyle to restore equilibrium: drugs were used more to support healing than to cure disease.

Complementary medicines have evolved through history and become formalised from primitive practices; although many were developed during the 19th century as alternatives to the sometimes harmful practices of the time, such as blood-lettings and purgation. In the UK, the medical divide between CAM and conventional medicine has been characterised by conflict, intolerance and prejudice on both sides and during the early 20th century CAM was virtually outlawed in Britain: healers were seen as freaks and hypnotherapists were subject to repeated attempts at legal restriction. The alternative health movement is now accepted as part of modern life, having progressed from a grass-roots revival in the 1960s reacting against environmental degradation, unhealthy diets and rampant consumerism.

Until the arrival of the Romans in AD43, medical practices were limited to a basic use of plant materials, prayers and incantations. Having assimilated the corpus of Hippocrates, the Romans brought with them a vast reparatory of herbal treatments and introduced the concept of the hospital as a centralised treatment centre. In Britain, hydrotherapy (the use of water either internally or externally to maintain health and prevent disease) can be traced back to Roman spas. This was augmented by practices from the Far East and China introduced by traders using the Silk Road.

During the Catholic and Protestant witch-hunts from the 14th to the 17th centuries, the activities of traditional folk-healers were severely curtailed and knowledge was often lost as it existed only as an oral tradition. The widespread emigration from Europe to North America in the 18th and 19th centuries included both the knowledge of herbalism and some of the plants themselves. This was combined with Native American medicine and then re-imported to the UK where it re-integrated with the surviving herbal traditions to evolve as today’s medical herbalism movement.

The natural law of *similia similibus curantur*, or ‘like is cured by like’, was recognised by Hippocrates but was only developed as a practical healing system in the early 19th century by a German, Dr Samuel Hahnemann. Homeopathy was brought to the UK in the 1830s by a Dr Quinn who introduced it to the British aristocracy, whose patronage continues to this day. Despite arousing controversy in conventional medical circles, homeopathy is available under the National Health Service, and in Scotland approximately 25% of GPs hold qualifications in homeopathy or have undergone some. The impact on CAM of mass immigration into the UK is continuing into the 21st century. Originating in Japan, cryotherapy has been developed by Polish researchers into a system that claims to produce lasting relief from a variety of conditions such as rheumatism, psoriasis and muscle pain. Patients spend a few minutes in a chamber cooled to –110 °C, during which skin temperature drops some 12 °C.

The use of CAM is widespread and increasing across the developed world. The British are presented with a wide choice of treatments from the traditional to the innovative and technological. Section 60 of the Health Act 1999 allows for new health professions to be created by Order rather than primary legislation. This raises issues of public health policy which balance regulation, training, research, evidence-base and funding against freedom of choice in a culturally diverse society.

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Ayurvedic Medicine

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Ayurveda gives ginger the status of a virtual medicine chest

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Practices - Ayurveda

Practices

<http://en.wikipedia.org/wiki/Ayurveda>

Several philosophers in India combined religion and traditional medicine—notable examples being that of Hinduism and ayurveda. Shown in the image is the philosopher Nagarjuna—known chiefly for his doctrine of the Madhyamaka (middle path)—who wrote medical works *The Hundred Prescriptions* and *The Precious Collection*, among others.

Balance

Hinduism and Buddhism have been an influence on the development of many of ayurveda's central ideas - particularly its fascination with balance, known in Buddhism as Madhyathmaka (Devanāgarī: Balance is emphasized; suppressing natural urges is seen to be unhealthy, and doing so claimed to lead to illness. However, people are cautioned to stay within the limits of reasonable balance and measure. For example, emphasis is placed on moderation of food intake, sleep, sexual intercourse.

Diagnosis

Ayurvedic practitioners approach diagnosis by using all five senses. Hearing is used to observe the condition of breathing and speech. The study of the lethal points or marman marma is of special importance. Ayurvedic doctors regard physical and mental existence together with personality as a unit, each element having the capacity to influence the others. One of the fundamental aspects of ayurvedic medicine is to take this into account during diagnosis and therapy.

Hygiene

Hygiene is a central practice of ayurvedic medicine. Hygienic living involves regular bathing, cleansing of teeth, skin care, and eye washing.

Treatments

Head massage is used to apply oils.

Ayurveda stresses the use of plant-based medicines and treatments. Hundreds of plant-based medicines are employed, including cardamom and cinnamon. Some animal products may also be used, for example milk, bones, and gallstones. In addition, fats are used both for consumption and for external use. Minerals, including sulphur, arsenic, lead, copper sulphate and gold are also consumed as prescribed. This practice of adding minerals to herbal medicine is known as rasa

In some cases, alcohol was used as a narcotic for the patient undergoing an operation. The advent of Islam introduced opium as a narcotic. Both oil and tar were used to stop bleeding. Traumatic bleeding was said to be stopped by four different methods: ligation of the blood vessel; cauterisation by heat; using different herbal or animal preparations locally which could facilitate clotting; and different medical preparations which could constrict the bleeding or oozing vessels.

Various oils could be used in a number of ways, including regular consumption as a part of food, anointing, smearing, head massage, and prescribed application to infected areas.

Srotas

Ensuring the proper functions of channels (srotas) that transport fluids from one point to another is a vital goal of ayurvedic medicine, because the lack of healthy srotas is thought to cause rheumatism, epilepsy, autism, paralysis, convulsions, and insanity. Practitioners induce sweating and prescribe steam-based treatments as a means to open up the channels and dilute the doshas^[clarification needed] that cause the blockages and lead to disease.

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What Are the Most Useful Ayurvedic Medicinal Plants

What Are the Most Useful Ayurvedic Medicinal Plants

<http://www.wisegeek.com/what-are-the-most-useful-ayurvedic-medicinal-plants.htm>

There are more than 500 useful Ayurvedic medicinal plants. Three of the most commonly utilized are Vatsanabhi, or *Aconitum ferox*, Patha, and Bala. Each of these plants works in tandem with the principles of Ayurvedic medicine, which seeks to heal the body and mind through balancing the system's elemental energies. Plants used for Ayurvedic treatment are normally dried, ground, and taken as supplements.

Vatsanabhi, or *Aconitum ferox*, is one of the most popular and widely utilized Ayurvedic medicinal plants. A member of the aconite genus, Vatsanabhi was one of the first plants used in the practice of Ayurveda upon its inception around 1500 BC. Skin diseases, lower back pain, and respiratory ailments may be aided by use of Vatsanabhi.

This plant is a biennial herb with long blue flowers that grows in many areas around India and throughout the Himalayan peninsula. The root tubers of Vatsanabhi have long been recognized as the most beneficial part of the plant, though their toxicity levels are extremely high. Even in moderate doses, the plant can be lethal. Vatsanabhi should only be consumed under the care of an Ayurvedic physician who can properly monitor dosage and the herb's effects on the body.

Patha is another of the most commonly used Ayurvedic medicinal plants. It is primarily employed for its calming effects on the brain and circulatory system. It can also be used to treat conditions of the reproductive and digestive systems. The leaves of Patha are lustrous and vibrant green, and the plant sprouts small yellow flowers; the fruit of the Patha is red and hairy. This plant is common throughout India.

Among Ayurvedic medicinal plants, none is perhaps more typically prescribed than Bala. It is a popular cure-all and immune system booster and grows as an under-shrub. The roots and leaves are the most commonly used parts of the Bala plant, which is prescribed for a number of conditions, including arthritis, asthma and fevers. It may also be used to treat haemorrhoids and general aches and pains. It grows abundantly as a weed in the hotter regions of India.

Ayurvedic plants in supplement form can be purchased from Ayurvedic pharmacies and certain health food retailers. When used in conjunction with the appropriate energy systems, or doshas, within the body, these plants can help restore health and balance. Ayurvedic medical experts stress the importance of following a professional's advice since the plants in Ayurveda each possess their own unique properties and some, like Vatsanabhi, can be lethal.

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Ayurveda and Yoga A Whole Medical System

Ayurveda and Yoga: A Whole Medical System

<http://www.spiceflair.com/ayurveda-and-yoga-a-whole-medical-system/>

By Dr Maulik Vyas Leave a

Comment

Yoga and Ayurveda studies disclose their great value for the human beings. Both of these exercise and life style plans have been in use by the people for thousands of years. This practice on the whole is advantageous to all of us regarding our mental and physical health and fitness. Following are the most important and widespread vital features of Ayurveda and yoga. Ayurveda deals with the science or knowledge of life while yoga relates to the purification of body, mind and

The Ayurvedic medicine is the holistic medicinal system and deals with the problems of the body that are really beneficial for you in this respect. The medicine belonging to this genre has been considered as the one that will boost your immunity and will directly strengthen your body so that you feel great relief and the body gets more resistant to its future attacks in the coming days. You will find Ayurveda is bringing real satisfaction to your body, mind and soul. The tridoshas including Vata, Kapha and Pitta are there to make your character and traits better. The health of a person is considered better when it has been managed in a better way and this system of medicinal treatment and herbal drugs leads you to a *Ayurveda and Yoga* are excessively important to control our muscle or body pain. Our life style and routines are the hectic ones so it becomes mandatory for us to do yoga to compete the life challenges. In almost all exercises of yoga, the main practice of inhaling and exhaling reduces the pain and relaxes the muscles. Yoga also regulates the pain sensitivity. Many types of yoga are there for pain relief of muscles, neck, back, legs, etc. Ayurveda deals with various medicines that may be used by the people for centuries together. The herbs in use are quite beneficial for the people and have proved to be greatly advantageous in this respect.

1. One major significant feature of these is that they also normalize our body's blood pressure. Patients of hypertension are often advised for different yoga and Ayurvedic meditation exercises. Yogic practice for breathing usually lowers and normalizes our blood pressure.
2. Major Ayurvedic benefits are on brain. It controls our body so that it becomes relaxed and calm. It influences our brain; makes it peaceful and stress-free. It also improves concentration abilities and memory power, relieves the strain, anxiety
3. Different respiratory system troubles like asthma can also be alleviated and prevented by the use of Ayurvedic herbs and therapies.
4. There are a lot of yoga benefits but the chief one is that it slows the aging process. It actually refreshes mental and physical condition, normalizes all body's typical physiological systems and processes. In short, it slows down the aging process. It also adds up to detoxification system of the body.
5. Ayurveda is immensely beneficial for weight reduction. If we do exercises on daily basis, it is obliging for management of weight reducing strategies. It regulates endocrine system of the body. Yoga boosts thyroid hormone levels. This hormone elevates the metabolism process. Breathing patterns during yoga increases body's oxygen causing burning of fat by oxidation process.
6. Main problem of all of us is anger and the Ayurvedic art makes the mind peaceful and gives us power over the anger.
7. Easy yoga poses must be followed in the beginning. *Here are a variety of names of diseases which can be cured by yoga and Ayurveda:*

Hypertension

Diabetes

Arthritis

Back bone pain

Neck pain

Muscle ache

Obesity

Respiratory disorders

Gastrointestinal problems.

Anxiety

Depression, etc.

It is incredibly greatly obvious now that there are countless yoga benefits. In common view every person either diseased or healthy must do yoga for the betterment of his or her life.

The Ayurvedic exercises , medicines and therapies deal with the holistic health of the people. It provides various ways of getting health as a whole. Normal medicines deal with one body part or the other that is showing some malfunction or dysfunction but this type of treatment deals with the whole body and the holistic health of a person. It cures the body as a whole and cures the root cause of a disease. This way, the body immunity is increased and you feel much better.

Meditation is the most important type of yoga and Ayurveda as these are used for making mind peaceful and calm. Every one knows that relaxation is a must for happy life. If our mind is not fresh and calm, we can not get happy even if we are living in the best conditions. There are three main techniques for doing meditation which are contemplation, meditation and visualization. The main benefits of meditation are inner peace and relaxation, reduction in stress, feeling warm and well disposed towards other people. The self-realization comes to a person when he has actually thought over the things with a considerate mind and has been thinking over the matters with full detachment from the worldly affairs. An Ayurvedic treatment requires that you be a man of common sense and the holistic health is your ultimate object

Yoga , its significance and types are countless and the exercising person has to keep in mind that it is not only an exercise rather it is a style of life and the yogic exercises are really a great blessing for the people who have lost in the humdrum of life. The Ayurveda has also its importance for the world and the things the Ayurvedic medicines and meditation are helpful in making our body and mind better. The life can continue only if you give proper attention to your bodily needs through Ayurvedic things. A requirements analysis of the physical needs will show that exercises are needed for it and yoga and Ayurveda are always there to provide us with the exercises and herbs that are really beneficial for the people to

Author: Dr Maulik Vyas is a holistic Doctor with 10 years experience in the medical, health and wellness industry. He is a professional content writer with thousands of articles published across the web and is also available for content writing, natural treatment consultancy and business ideas about the healthcare and wellness industry.

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