Intergrading Ayurveda and Modern Medicine

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Ayurveda? Modern Medicine?
Ayurveda

- What is it?
- How old is it?
- What does it do?
- Where does it come from?
- Who practices it?
- So many questions...
- ???????????
Ayurveda

- What is the meaning?
- AYUS = HEALTH
- VEDA = KNOWLEDGE
Another view is...

- **AYUS** = **LIFE**
- **VEDA** = **SCIENCE**
Ayurveda

■ So, Ayurveda is:
■ The SCIENCE OF LIFE
Ayurveda

- It is not just another “therapeutic system”...
  - (like homeopathy, allopathy, osteopathy, phytotherapy, physiotherapy, aromatherapy, reflexology, shiatsu, etc)
Ayurveda

- *It is not* a “secret system” coming from the East
Ayurveda

- Ayurveda is called: The “Father of Medicine”
Ayurveda

- Ayurvedic doctors use history-taking, examination and investigation, just as all conventional doctors do.
Ayurveda

- Prescribing is based on all aspects of a patient's present condition.
- The patient's personality and lifestyle are important.
And most importantly:

- Ayurveda integrates well with conventional medicine.
Ayurvedic History

- Starting: 6,000 b.C.
- Attachment to Atharva Veda (the 4th Veda)
- Charaka (pathology)
- Sushruta (surgery)
- Towards the West (connections with ancient Greece)...
- Towards the East (connections with ancient China)...

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## The Five Elements

- **Akasha**
- **Vayu**
- **Tejas**
- **Jala**
- **Prthivi**

- **Ether**
- **Air**
- **Fire**
- **Water**
- **Earth**
Earth

- The ‘building material’ of the Universe
- Gives shape, stability
Earth

- Example:
- In an atom, Earth forms the small particles (protons, neutrons, electrons)
Water

- The energy binding all the particles together
- Gives cohesion, unity, love
Water

- In an atom, Water is the energy keeping all particles together, in harmony.
Fire

- It is energy, heat, power
- Gives light
- Transforms
Fire

- In an atom, Fire represents the ‘atomic energy’ released, when the atom breaks down.
Air

- Moves, changes things and conditions
- Gives support and strength to the Creation
Air

- In an atom, *Air* is the energy making the electrons move around the nucleus
Ether

- Gives space for the existence of all creatures
- It is the ‘stage’ of the theater where the play begins...
Ether

- Ether is the space where the atom exists
The Basic Tridosha

- **Vata** = Ether + Air
- **Pitta** = Fire
- **Kapha** = Water + Earth
Vata

- ‘Movements’ in the body
  (muscles, heart, blood circulation, peptic contractions, etc)
- ‘Movements’ in the mind
  (thoughts, fears, etc)
Pitta

- ‘Fire’ in the body
  (energy, heat, metabolism, etc)
- ‘Fire’ in the mind
  (anger, jealousy, organizing)
Kapha

- ‘Balance' in the body, humidity, cohesion, etc
- ‘Balance' in the mind, good memory, calmness, sexual attraction, etc
Personality Types

- Ether - Air type (Vata)
- Fire type (Pitta)
- Water-Earth type (Kapha)
Vata Type

- Body and mind moving
- Creativity, asks questions
- Mood changes all the time
Vata Type

- All time runner
Vata Type

- Anxiety
- Stress
- Irritability
- Panic attacks
Vata Type

- Diseases involving ‘movement’ and ‘rhythm’
- IBS (constipation/diarrhea)
- Tachycardia
- Menstrual disorders
Vata Type

- Testing should check for any underlying pathology
- But... usually there is NO pathology
- Only ‘stress related signs’
Pitta Type

- Strong metabolism
- Increased body heat
- Tidy and fastidious mind
Pitta Type

- Organized
- Loves swimming
Pitta Type

- Stomach problems
- Gastritis
- Ulcer
- Bleeding
Pitta Type

- Inflammatory diseases
- Anemia
- Skin problems (eczema, psoriasis, acne)
Pitta Type

- Liver function tests
- SGOT, SGPT, γ-GT
- Alkaline Phosphatase
- Protein profile
Pitta Type

- **Hormonal tests**
- **Thyroid** (T3, T4, TSH)
- **Adrenals** (DHEA, Cortisone)
- **Immune system** (IgE, IgA)
Pitta Type

- General Blood Count test
- Hematocrit, Hemoglobin
- Red blood cells count (RBC)
- Iron, Ferritin
Kapha Type

- Slow metabolism
- Relaxed body
- Calmness of mind
Kapha Type

- Relaxed and
- ...sleeping
Kapha Type

- Obesity
- Edemas
- Water retention
Kapha Type

- Mucous, congestion
- All kinds of infections (otitis, catarrh, bronchitis, etc)
- Joint swellings
Kapha Type

- Kidney function tests
- Urea
- Creatinine
- Morning urine sample test
Kapha Type

- Mineral Profile
- K, Na, Cl
- Ca, P, Mg
Kapha Type

- Ultra sound tests
- Thyroid nodules
- Fibrocystic breasts
- Ovarian cysts
Holistic Approach

- **Prevention**
  - (what shall I do so as **NOT** to get sick?)

- **Diagnosis**
  - *(IF I get sick what is the cause?)*

- **Therapy**
  - *(how do I get **BACK** to health?)*
Prevention

- Daily programme
- Way of breathing
- Food habits
- Sleeping patterns
- Body exercise
Daily Programme

- Vata - Pitta – Kapha changes during the day
- Observe the natural rhythms everywhere
  (eat around noon, sleep early, etc)
Breathing

- How long can we survive without air?
- 3 types of breathing
- Connection with the central nervous system
- (fast rhythm – irritability, slow rhythm – relaxation)
Food Habits

- What exactly do we eat?
- Is it suitable for us?
- Time during the day?
- How do we chew?
Food or Poison?

‘Food’ and ‘poison’ can be so close when it comes to eating habits.
Food or Poison?

- ‘Food’ and ‘poison’ can be so close when it comes to eating habits
Golden Rule

- While eating proper food, you will never need any medication...
- but if your food is wrong and because of that you get sick,
- ...then again you do not need any medication,
- ...but proper food to be healthy!
Therapy

- **Physical approach**
  - (conventional medicine and surgery, herbs, vitamins, nutrition, massage, osteopathy, shiatsu, reflexology, physiotherapy, etc)

- **Energy approach**
  - (homeopathy, Bach flower remedies, acupuncture, colourtherapy, aromatherapy, relaxation, praying, visualization, etc)
Some examples

- Each type needs a different approach
Food

- Vata: More carbohydrates
- Pitta: Less spicy food
- Kapha: Reduce dairy, sugar
Vitamins

- Vata: B complex, \( \Omega 3, \Omega 6 \)
- Pitta: A, D, E, K
- Kapha: C, Co-Q-10, Zn, Cr
Exercise

- Vata: Yoga, Tai Chi
- Pitta: Swimming
- Kapha: Weight lifting
Massage

- **Vata: Light**  (using sesame oil)
- **Pitta: Medium**  (coconut oil)
- **Kapha: Strong**  (sunflower oil)
Holidays

- **Vata**: Seaside (warm, humid)
- **Pitta**: Mountains (cool, dry)
- **Kapha**: Flat Land (warm, dry)
Further Information

- If I am really interested...
- Where do I get more info?
Further Information

- Ayurveda
- Google has 9,720,000 addresses!
Further Information

- Ayurveda
- Medical Schools and Universities...
Ayurveda? Modern Medicine?
Ayurveda? Modern Medicine?

- COMPLEMENTARY approach...
- ALTERNATIVE approach...
- For the good health of everyone...!
The End!

- Thank you for your attention...