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## How does Ayurveda work?

Posted by James - 2007/08/19 05:50

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I will kick off this forum, and ask how Ayurveda works? No one in any of my wife's clinics seems to practice this and so there doesn't seem to be a big market at least in the UK.

Any way I was curious, are there people who practice Ayurveda?

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## Re:How does Ayurveda work?

Posted by hazephase - 2007/09/09 22:51

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I am studding ayurveda in a school in India and I can tell you that it is very complex but the bottom line is that there are three main types of bodies and also there is the age factor which has to be kept in mind . So the doctor gives you a mixture of herb that can sure you form the sickness you have , it takes time but will surely work .

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## Re:How does Ayurveda work?

Posted by Somnilocus - 2007/09/10 05:58

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I have not heard of Ayurveda but when I did a Google image search, I noticed a few familiar pictures. Is pour warm liquid on the third eye one of the practices of Ayurveda? It's something I've seen at some of the spas here in Ontario. What all is this used for?

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## Re:How does Ayurveda work?

Posted by hazephase - 2007/09/10 13:02

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That is a part of ayurveda . The oil has the medi that goes in the body form the skin . Pour warm liquid on the third eye one is to cure mainly mental related illnesses . I wanted to know do you have lots of neuropathy centers there you live ?

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## Re:How does Ayurveda work?

Posted by Savitha - 2009/04/06 01:10

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Here is a simple picture about how ayurveda works.

- 1.An ayurvedic physician first analyses body constitution through tests described in ayurvedic texts. This is known as constitution analysis.
  - 2.This analysis reveals imbalances that are present in body. These imbalances are cause for diseases.
  3. These imabalances are rectified through herbal preparations, diets, lifestyles and other Panchakarma treatments (like oil massage, steam,purgation, etc ). treatments are framed after analysing cause of the disease and condition of patient.
  4. Pouring warm oil on forehead one of the minor treatment which is highlighted everywhere.
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