

# Kurunthottikkalla , Vaidyanau Vatam

Ayurvedam oru chikitsa sampradayamano? Atho oru enna thoniye malpittuthamo? Atho pacha marunnukalute samkeerna misrana creamo, soppo Shampooovo? Ini athonnumalla oru vykthikku nischyikkavunnatho, vykthikku vendi orukkunnatho aya sukha chikitsa kendramo?

Is Ayurveda a medical system? Or it is a vigorous and fast forward massage on a wooden table? Or is it a cream, shampoo or soap produced out of a mixture of healing herbs ?

Or else a center where a wellness program can be decided by an individual or a center where a package of wellness program decided for an individual?

What do you think about the above questions?

**Jagdeesh from Saudi Arabia:** since the last 2 years I have some back and neck pain while sitting and working for long hours with computer, I was interested to get some oil massages. One of my friend suggested me a good and clean massage center. I have seen a lot of advertisement in the internet with Ayurveda massages, so I try to locate what is very near to my home town -Trichur. Finally I found a center and got a lot of massages with a very bad smelling oil. He massaged me very strongly on a wooden table that is so hard and hurting for me. The masseuse who is also with strong muscles given all his pressure on my back. He has also done some procedure like pouring oil on my forehead unnecessarily. I do not know for what for all these oils on my whole head. But finally I end up in an orthopedic hospital because of a prolapse of my intervertebral disc resulted from the firm pressure of the Ayurveda therapists. Even the results were negative somehow I enjoyed this oil massages. According to me Ayurveda is a massage therapy with some bad smelling oils with a lot of pressure. May be it was used as a body building massage in olden days!

**Lydia from Germany:** According to me it is a medical system or a complementary medical system. Since I was 11 years of age, I was suffering from multiple joint inflammation. After 3 years, that means Since I was 14 I was completely bed ridden and slowly handicapped. Then completely immobile and sitting on a wheel chair. 5 years before I started doing Ayurveda treatments under the guidance of an Ayurveda doctor. He explained to me the cause of disease, the approach of treatments in Ayurveda for poly arthritis, the nutritional guidelines which reduces the aggravated dosha, panchakarma treatments in every year for removing the toxins, a follow up what I should do at home including the self therapies. Overall I am practising this living style according to the Ayurveda traditional methods with the guidance of the vaidya- the Ayurveda doctor. At present I can move most of my joints again, can talk, think, sleep and also can walk some steps on my tip of the toes with a support. According to me, the ayurveda medical system helped me to come back in my life more than our school medical system.

**Anita Agarwal from New Delhi:** I think that ayurveda is a system which shows us a lot natural things can be used in our daily life as cosmetics instead of applying the chemical creams. For example, I use different kinds of night cream, day cream, hair shampoo, bathing gels, mouth refreshner, mouth wash, tooth paste, hair dyes, waxing cream, foot cream, nail polish, nail strgthner , mascara, eye liner, lip stick, eye water etc.

These products are very essential for me to keep my beauty since I am a top model in mumbai industry. I spend aroud Rs 30000 per month, if I buy these products from Kenzo, Channel, Tommy Hilfiger like western brands. If I buy from Body shop, Weleda or Dr.Haushka products that may be again costly which 100% natural and organic.

But now I am so happy that there is a company called Ayurveda which produces a lot herbal products of the same with our Indian herbs. According to me Ayurveda is a company of cosmetics purely for women.

### **Lucia from Switzerland:**

Ayurveda is very good for removing the stress from our day to day life. I used to go every year in Srilanka or Kerala for a wellness holidays. I am not doing this with travel agencies now a days. I book this directly from the internet and sort which massages are good for me. Some years before I used to go cannarian Islands or carribien islands. What do you do there? Only to lay on the beach and lot of beer and fish. But now a days I prefer to go asia and they have this welness Ayurveda. These are some nice aromatic oil massages, spicy and tasty food, cocktails with coconut water and little bit of Alcohol and a calm beach ! You can book through internet these packages, whether you need a luxus Ayurveda or standrad Ayurveda. Everything is well organised from the airport pickup to the airport drop. During the days we have every day the so called Abhyanga - the oil massage and feet - pada abhyanga. I love the food in Kerala, Goa and Srilanka. You have a lot of choice for the food, from lobsters to king prwans. Moktails to Cocktails. Normal massages to cross massages. After the massage a nice sun bath and swimm in the sea! Wow. I love Ayurveda. According to me Ayurveda is a wellness holidays in some of the resorts where an individual can choose according to the capacity of his pocket.

**Sandra stadik from Portugal.** I agree with Lucia. I had the same experiences. Now a days I am going to Thailand or Srilanka more for Ayurveda holidays. I love to go Kerala, but to reach kerala- India is a lot of stress. First you should apply a visa from your own country and it takes a lot of procedures. And the behaviour of the Indian embassy people in my country is horrible. There is no direct flight to Kerala. You have to always through gulf countries and that is again time consuming. After all these procedures to reach the resort in Kerala, Oh God there is no roads in Kerala, Only holes on the God's own country ! And to return after the holidays is the same hurdles. But to Srilanka and Thailand you get the visa on arrival, travel trip to and fro is easy going. So I prefer my Ayurveda at Thailand and Srilanka.

**Cristina Salzmann from Frankfurt.** I do not agree at all with both of you. It is a medical system of ancient India like Lydia explained. The important one is the Ayurveda doctor and the patient. The ambient or this kind non vegetarian food is not at all important in Ayurveda treatments. There should be a clean atmosphere, clean toilet, hygienic procedures, well experienced therapists, and the basic things what we need for our daily life. This is a detoxifying treatment. It is important to have a good and simple vegetarian food. More than everything a doctor who explains what is the cause and the efficiency of different Ayurveda treatment and herbs. He has to decide what is good for my health and healing, not like Lucia told that it is the decision of the client through internet.

**Dr. Deepti Metha from Mumbai.** Ohh I am sorry. I also thought that it is a cosmetic company. When you open the TV channels you can see a lot of advertisement from the Ayurveda company. Hair oils, hair shampoos and creams etc. Even now a days some capsules for improving sexual power! If it is medicine or medical system why should they advertise? I never seen an advertisement of cortisone or cardiac surgery on televisions. Since I am coming from a modern medical field and specialised in neuro Surgery, I never advertised my treatment methods. If Ayurveda is a medical system like Western medicine, why there is no reimbursement? Even I am an Indian origin but born and brought up in UK, I never heard that Ayurveda is Indian Origin. Then why do not they put as a National system of Medicine? We are always proud of India and Indian origins. We have National Anthem, National flag, bird, animal etc, but Why the Government is not taking a decision Like China to promote this system. So I also believe like Anita Agarwal that this is a cosmetic company.

**Hans Peter from Austria:** I agree with Jagdeesh & Anita. Ayurveda is totally a massage system may be with different cosmetic herbal creams. As I am pilot of Lufthansa and used to travel from Frankfurt to Mumbai usually, I get massages of Ayurveda at Oberoi or Intercontinental hotels. Even sometimes a cross massage from beautiful Indian girls. Now a days Ayurveda is also available in most of the Austrian hotels like holiday inn etc. So I am totally convinced that Ayurveda is a massage system. And I never seen a doctor in such centers.

That is true, Jagdeesh added. I also have not seen any Ayurveda doctor when I had the disc prolapse. Only the massage!

Sorry guys. I have seen a lot of Ayurveda doctors working in some centers and resorts. **Jasmine from Germany** started the conversation. I work for a medical tourism company in Germany since the last 15 years. But any of the Ayurveda doctors were not able to explain me why they are doing sirodhara, why they use a lot of oil in pizhichil and what is the action of pizhichil and Abyangam? What is the food for my individual constitution? What should I avoid when I have a disease? Why there is sneha vasthi, Kashaya vasthi? Kashyams? Arishtams? Lehams? Churnas? What means Tridosha? Basic theory of Ayurveda

etc. I had a lot of questions. I met almost 25 doctors from Kerala and Srilanka from different wellness resorts & hospitals and each person told my Prakruti and Vikruti as different. And they were not ready to clear my doubts. They ignored my questions and when they answered that were not satisfactory. Or they explained the Ayurvedic theory in modern medical way. I do not need this mixture. May be they are not confident with their science, that may be the reason they are explaining through the modern medical terms. I come for Ayurveda and my clients are travelling to India with all the hurdles and burden for getting a help from this medical system. They come because they have no other way in modern medical system or fed up with the ever changing theories of western medical system. Every 10 years we have new theory and new medicines. That is why we approach Ayurveda which is an everlasting theory and still relevant to heal with its traditional components. So that I would like to know the logic of Ayurveda in ayurvedic terms in a simple logic way with a simple understandable language. I found that most of the doctors use the sanskrit words to make the theory more complex or to explain again in the scholol medical way which we are not interested. For a simple example, I asked about the Sirodhrara for its relevance. I asked about why some people do with warm oil and others with cold oils. I never wanted to do a siro dhara any more because the oil was so cold. Only in the beginning it was warm and then it is ice cold. Some doctors explained me of doing with warm oil continuously as siro dhara. And I felt good during that time to reduce my vata- neurological problems.

**Mohanan** the therapist added: Yes madame, Not only in the theory, but even in the treatments there are difference of opinion among Ayurveda doctors. I worked in kerala resort for several years and we were always doing the siro dhara with warm medicinal oils. But after coming to srilanka resort the doctors advised me to do with medicinal oil, but only to make it warm at the beginning. And most of the patients were in discomfort after the treatment. I have an experience of 20 years as therapists. But I do not know still, which one is right?

What? Lucia said. There are ayurveda doctors? What they study? I never come across.

**Andrea schwarz from Germany** : Yes. I also have seen an Ayurveda doctor. He caught my hand without asking a permission and read my pulse. Then he closed his eyes and written something on a paper. He never disclosed what he found from my pulse. He was so serious and unfriendly. For me Ayurveda is a mystic science or a sect. But the treatment was interesting and I had a good relief from my Migraine after a 21 days of Ayurveda treatment!

The whole time I was listening your discussion. Said **Maria Fischbacher from Italy**. It is not Ayurveda. It is Aloe vera. Somebody may be misspelled!

**Ananda Swami** said: No. Ayurveda is Ayurveda. Aloe vera is a plant. Ayurveda is everything. It is a life style. Indians prestigious tradition. I love Ayurveda. Ayurveda is wonderful. Marvellous. Soft medicine. Our culture. Our paitrukam. Our great India' civilization. Vande mataram!

Ok. Maria asked? Tell us what exactly the content of Ayurveda swamiji?

Sorry. I do not know exactly what it is? Swamiji replied with his trembling lips.

Lydia said. Ayurveda is a serious medical system which heals and prevents most of the diseases of our mankind. Sometimes with herbal, metal & mineral preparations. Body cleansing tratments with the so called Panchakarma. Psychological treatments with yogic meditations called dhyana. Nutritional guidelines depends on your constitution -Prakruti or diseaes- Vikruti. In this medical system the person is treated mentally and physically not only the disease symptoms. There is a trust between the Ayurveda doctor and the patient, where the later explains his or her mental and phsical problems and the former understands the imbalances of our functions both physical and mental. The tridoshas & Trigunas. The doctors duty is not only giving a plant or plant product to the patient but reach and touch the conciousness level of the patient and there by balance what is missing in the micocosm from the macocosm. The doctor acts as a mediator between this Pindanda & Brahmanda. This need experience. Well structured study. Theoretical knowledge from the ayurveda texts. Logical thinking for the each and every acute situations. An attitude to understand and listen the patient. The doctor should be a good trustworthy, who explains the patient in a simple logic manner what happened in his or hers body and mind during the past years. The doctor should explain how the birth of disease happened in his body and mind and in which direction the disease is taking the next form. What he should change in his nutritional, behavioural and social aspects to enhance the healing process and to prevent along with medicines. The doctor should be a teacher, a healer, a yogi, a nutritionalist, a social worker, a psychologist, a psychiatrist, a father, a mother, a listener who look deep in to the eyes, a saint, a sage and more over a good FRIEND!

This sounds very nice. Andrea talked with a deep breath. But I have seen only the doctors who are not looking into my eyes. Reading the pulse and writing something on some papers which no body can read again! Talking to the colleagues or assistant doctors or therapist in a language which I can not understand. I am sitting infront of them just like an ignorant person. And the doctor is like the most egoistic one and shows like he knows everything. No communication, no explanation. I never understood what are all these treatments and what for. As I am also a human, I have the Right to understand at least what is it for and how it usually works in my body. There is nothing to be kept as secret in this. May be not the whole information, but atleast the pattern of treatments and plants what the people are using on my body. It is my body and I am responsible for that. Mostly the doctors say if I ask the why and what... Either I am too nervous, I am frustrated, I should be patient and in Ayurveda the results are important not the action. But

according to me a pure action is important not the fruit. Fruit will always follow the action. And finally they say a word that I have a lot of VATA !

But I understand now from Lydia that it is a logical, philosophical and spiritual medical system and not the Ayurveda system has Vata disease but the Vata is for the Ayurvedic doctors community. Andrea added that they should come forward with dignity to explain their medicine in their own logical way. We all come from different fields and we are ignorant about this science. We would like to know this ancient Indian tradition in its true nature. Then only this is acceptable in other countries as a medical system. Otherwise it will be known as Aloe vera, cosmetic company, massages, cross massages etc.

Indeed. Lydia explained again. The people who understand the marma of Ayurveda are from different other fields. They may be engineers, advocates, swamis, business magnets etc who are making the ayurvedic hospitals, resorts, ayurvedic villages and ayurvedic cosmetic industries. The idea of healthy kitchen through ayurveda, ayurvedic restaurants, beauty spas, organic cultivation, green health campaigns are all their contributions. Whether it is having a negative or positive impact on Ayurveda it is not the issue of discussion. If it is having a negative impact on ayurveda it is the duty of every Ayurveda physician to advise the panel and make the ideas more successful instead of blaming the business magnets. The word Ayurveda is famous in western countries is only because of some swamis and Chopras who are not from the field of Ayurveda. Of course also from a very few Ayurveda doctors.

My dear Ayurveda doctors, first treat yourself to reduce your ego, anxiety, fear, depression, instability etc which are the common symptoms of Vata and be courageous, dignified, motivated and wake up. There is no need to uplift Ayurveda. It is only that you should wake up and stand in front of that.

**Author: Jeevan**

**After one year :**

The group is sitting on the Varandha of Perumabayil Ayurveda Mana. And Anita Agrawal takes a deep breath and told. Ohh Lydia, you remember last year, you were explaining about medical Ayurveda? Now we all are here. We are really convinced with medical approach of Ayurvedic doctor. The Ayurveda team with therapists, kitchen staff, reception etc. Etc. And their combined approach for healing our diseases. And also the bitter herbal preparations for the detoxification. Thank you very much Lydia. Without your explanation we might have not reached in to this Authentic Ayurveda Mana. Once again thank you.

**Bhishak Dravyani Upasthata  
Rogi Pada Chathushtayam  
Chikitsitam tasya Nirdishtam**

Wife told. They served me coconut water. But I didnt like the taste. So i insisted to get my soda water every day. They told me to switchvoff the air condition. But i do not want change my habbits for a panchakarma. I need AC and my television serials for my relaxation .