

Your doshas can become imbalanced for many reasons, but two crucial areas that can make significant improvements to your mental and physical wellbeing are:

A diet of fresh unprocessed foods, ideally prepared daily, and suitable to your dosha type. Following practical, daily routines for cleansing, elimination, water intake, sleep and exercise. Ayurveda can show us how to restore balance in ALL areas of our lives.

When should an Ayurvedic Practitioner be consulted?

You can consult a practitioner at any time whether sick or not. If you are in a state of imbalance, a customised Ayurvedic treatment plan can be advised. If you feel basically healthy then you can be advised on how to keep your body in a balanced and optimised state and according to your prakriti be told in what ways your body may react if the balance is not kept.

How much time does it take to feel the effects of Ayurvedic preparations, dietary advice and life style changes?

Typically it takes one week to six weeks according to the individual body type to feel the effect of Ayurvedic preparations, dietary advice and life style changes. In chronic cases it takes longer to balance the doshas, but you should feel changes in symptoms, physical and emotional changes or improvement within that timeframe. After every consultation gradually you should feel improvement - the lessening of symptoms and improvements in vitality and energy, texture of skin and appearance.

What are the Ayurvedic remedies made from?

Ayurvedic preparations are made from a combination of many herbs and minerals. Traditional Ayurvedic herbs are those native to the Indian subcontinent. The herbs are formulated and prepared according to your needs after consultation. Generally they are from the whole plant, not an extract, and are in a powdered form for maximum assimilation by the digestive system. They are taken mixed with a suitable anupana - such as honey, milk, water (hot, warm or cold), juice, ghee etc, which helps to activate and assists the absorption of the preparation into the body.

Are there any side effects to Ayurvedic medicine and treatments?

Changing your diet and daily regime to suit your dosha type may take some time to adjust to, if it is quite a bit different to what you have done in the past. With Ayurvedic preparations, generally there are no side effects when they are taken as advised, under the guidance of your practitioner - however occasionally some discomfort or nausea may be felt as the herbs take effect and the body is adjusting. This can be alleviated by taking certain foods or juice after the preparations, or in some instances adjusting the dosage. Often, discomfort is a result of weak digestion and a build up of ama (toxins), hence treatment is also focused on strengthening the digestive system along with any other imbalances. Ayurvedic medicine has many positive effects; it can indirectly help with other conditions apart from the one being treated. This is because the herbs have been chosen due to fundamental principles of your body and its dosha imbalance, which can manifest in a variety of symptoms.

How is Ayurvedic body type dietary advice different from the blood group type diet?

The Ayurvedic diet is based on your body type and your individual needs whereas the blood group type diet is based on your blood type. The Ayurvedic diet can be adjusted according to your state of health, the season, your stage of life, any imbalances due to the fluctuations of the different elements in your body; whereas the blood group diet will always remain the same in any condition. Eg. Your blood group might indicate that eating meat is very good for you. But in the case of an illness such as jaundice, your body is too weak to digest this kind of heavy food. In an Ayurvedic diet this is taken into consideration and the right kind of diet and foods will be prescribed to you to support your digestive system and your wellbeing.

How is Ayurvedic body type dietary advice different from Western nutritional advice?

The Ayurvedic diet is based on your body type and your individual needs whereas Western nutritional advice is based on assessing and correcting the nutritional deficiencies of your body. In Ayurveda, correcting any deficiencies takes into account your constitutional type, the nutritional content of the food and your ability to absorb its nutrients. It stresses that some foods are not suitable for some body types or certain health problems. Eg. Vata types are aggravated by cold foods and drinks and gas producing foods such as kidney beans. They are balanced by warm foods such as soups, warm drinks, spicy foods and ginger. Eg. A person suffering from a skin allergy or eczema would be advised to abstain from citrus, sour, spicy and salty food. Eg. When a person is suffering from diarrhea, the Western nutritional approach may advise the patient to eat more meat to recover from the iron deficiency, whereas in Ayurveda we understand that in such a weak state, the body's system would not cope digesting a heavy food such as meat. Instead foods with the same nutritional values to the body but which are easier to digest, would be advised.

How does Ayurveda work for beauty and skin care?

We have formulated a number of Ayurvedic products and preparations for internal consumption as well as for external application, which are beneficial for both men and women in promoting radiance in the skin, hair and nails. For dry skin, I have preparations which help to increase the production of mucilaginous substances in the body, balance the lubricants of the skin, and detoxify the internal channels, resulting in softer more supple skin. Vata balancing oils are also helpful for dry skin. According to the Ayurvedic concept, dry skin conditions are due to vata imbalance in the digestive tract. So all the internal preparations given are primarily for balancing vata.

Often your beauty is enhanced through the taking of Ayurvedic preparations which were prescribed for another condition but have an indirect effect on the skin, hair and nails.

Can Ayurvedic medicine be taken at the same time as orthodox prescribed medicine?

In my experience to date I have not seen side effects occurring as a result of taking Ayurvedic medicine alongside orthodox medicine. You may find over time you are able to gradually reduce the dosage of your pharmaceutical medicine, as your body comes back into balance through Ayurvedic treatment. This would need to be done under the guidance of your Medical Practitioner, and depends on the specific condition being treated.

Can Ayurvedic medicine help after a course of orthodox medicine has been taken?

According to individual needs Ayurvedic medicine can help to alleviate the after effects of orthodox medicine, in conjunction with Ayurvedic diet and lifestyle changes recommended.

What kinds of health problems can Ayurveda help with?

According to Ayurveda, many diseases arise as a result of dosha imbalance, so bringing your doshas back into balance according to your constitutional type, through the use of dietary and lifestyle modifications and Ayurvedic herbs, can result in reduction or elimination of many disease symptom.

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AYURVEDIC TREATMENTS



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*Closing times vary

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What is Ayurveda?

Ayu means life and Veda means knowledge, therefore Ayurveda means the science of life. Ayurveda is the traditional Indian health system which is more than 5,000 years old and uses a constitution based model (the doshas) for determining your state of health. Good health can be maintained through diet and lifestyle as well as taking Ayurvedic medicine. The principles of Ayurvedic medicine and the harmony between mind and body have been documented and practiced in India for thousands of years.

How does the Ayurvedic system work?

The body has certain rhythms, similar to nature. When these rhythms are balanced the body is healthy; when they are imbalanced the body becomes sick - this system is governed by Dosha, biological force, constitution, Prakriti or nature. Dosha is the "password" of your body, once you understand your unique password you will be able to understand how your body works and how to keep it balanced. Ayurveda describes three fundamental mind/body types, or doshas, called Vata, Pitta and Kapha, which embody different combinations of the five elements: air, ether, fire, water and earth.

Each of us contain all doshas to varying degrees, and their balance can be determined through examination of your eyes, nails, tongue, skin, voice, by pulse diagnosis, and through the insight of the Ayurvedic practitioner. Because the five elements exist in us and in nature, your doshas can become aggravated or imbalanced due to inappropriate or inadequate diet, change of seasons, climate, lifestyle or stress, and result in disease in the body.

Ayurveda also describes three primary qualities of Nature, or gunas, called Sattva (equilibrium, evolution, intelligence), Rajas (activity, agitation) and Tamas (inertia). These inner qualities are essential for the creation of all things in the material universe. They are sometimes referred to as the "mental doshas" as they describe the qualities and activities of the mind. Living in society requires a balance between Sattva, Rajas and Tamas - an imbalance can result in a restless, agitated or dull mind, which can result in imbalance of Vata, Pitta and Kapha, leading to various ailments.

Rather than treating the symptoms of disease directly, Ayurvedic treatment aims to rebalance your doshas according to your constitution (also known as your Prakriti), resulting in a body and mind that is healthy and sound. By becoming familiar with your own unique dosha pattern you can lead a life that is more in harmony with your individual nature.

Ayurvedic Medicine describes a complete system for restoring, maintaining and enhancing health, advocating the use of natural healing methods tailored to the individual - such as life style changes, Ayurvedic Herbal Mineral remedies, and Detoxification treatments.

What are the different types of Doshas?

Dosha is a Sanskrit word meaning the one which can pollute the body, however all three are needed to create balance in the body. If one is too low or too high this produces imbalance. So this aggravation is called Vikriti and the balance is called Prakriti.

There are three main types of dosha:

Vata – the air type which means all movements in the body and mind - for example, breathing, heart beat, elimination, pulsation, blood circulation, and thinking. These are all due to air.

Our body weight is due to air and the pressure it creates on our bodies. When the air element is too high all of the things listed above will increase and the person will become sick or mentally imbalanced.

Pitta – the fire/heat type. This is responsible for the metabolism and digestion in the body. Without adequate heat, your food cannot be properly digested and will become toxic in your system. Pitta is also responsible for keeping the body warm.

Kapha – the water type. Our body is made up of 70% water and this is controlled by Kapha dosha. It is also responsible for lubrication in the body and provides stability. Lubrication is needed in the joints, skin and mouth.

According to this, people are called Vata type, Pitta type or Kapha type. Everybody is composed of all three doshas; if one of them is predominant the person is called mono-doshic. If two are predominant this is bi-doshic and if all three are dominant then this is tri-doshic or mixed.

How do I find out my Dosha type?

To get an accurate assessment you should consult an Ayurvedic practitioner or you can get an idea of your dosha type by filling in the Dosha Test. A dosha test gives you a reasonable assessment, however you may select certain traits that are more a result of dosha imbalance influencing your decision, than your actual constitution. Even if two people have the same dosha they can be different (eg different proportions of Vata, Pitta, Kapha), therefore it is still a good idea to consult with an Ayurvedic practitioner than rely totally on a self assessment.

What Dosha Am I?

The first step in applying Ayurvedic principles and treatments to assist in any health related concerns is to determine your constitutional body type (Prakriti). To attain an accurate constitutional diagnosis it is best to consult with an Ayurvedic practitioner.

Ayurveda FAQs

How Can Ayurveda Help Me? According to Ayurveda, many types of chronic, recurrent and seasonal disorders can result from deficiency or aggravation of the doshas. Ayurveda's aim is to balance the doshas in order to restore health, rather than directly treat the symptoms of disease. Some typical signs of imbalance include:

Pitta – skin disorders, boils, allergies, burning urination, impatience, easily angered.
Vata - headache, aches and pains of the joints, mental instability, confusion, insomnia, anxiety, indigestion.

Kapha - coughs and colds, mucous formation, constipation, lack of energy, wanting to oversleep.

AYURVEDIC TREATMENTS

Shirodhara Ananda - 90 mins \$160

A stream of warm, medicated oil is dripped on your forehead (poured very slowly onto 3rd eye on forehead) via a specially designed copper pot. This treatment is an absolutely blissful experience restoring calmness and balance to the mind.

Especially suited to emotional and mental disorders, extreme hyperactivity of mind, stress related conditions, depression, headaches and insomnia. The whole treatment is very relaxing and includes an Indian head, shoulder and face massage.

Ayurvedic Marma Point "Energy" Massage \$159

90 mins. Experience the ancient art of traditional Indian healing. By stimulating marma (pressure) points, internal organs and systems are stimulated and brought back into balance. A very therapeutic and balancing treatment for the whole body and mind.

Indian Head Massage • 30 min \$69 • 45 min \$79

For stress tension and headaches. Excellent for stress related problems and mental fatigue. A relaxing treatment that promotes a deep sense of calmness and tranquility.

Indian Foot Massage • 30 min \$59 • 40 min \$69

Unique Indian foot treatment using Kasa (Indian vessel) bowl for foot marma point stimulation, relaxation and wellbeing.

Indian Herbal UBTAN Body Purification \$115

60 mins. A delicious and exotic customised ayurvedic herbal powder blend and fresh ingredients is blended and applied to your body in the form of a mask to peel away the old cells so the new ones can grow. In addition to exfoliating and beautifying the skin, the Ubtan mask targets individual skin and body needs such as blood purification and detoxification leaving your skin totally detoxed, smooth and balanced.

AYURVEDIC SPA PACKAGES

◆ THE JEWEL OF INDIA \$240

Approx 2.5 hrs (Value \$347)

A tempting and Luxurious exotic Indian spa journey. Experience feeling like a princess with this very unique beauty spa ritual.

- Ayurvedic Marma Point Energy Balancing Massage
- Om Veda Ultimate Diamond Facial
- Om Veda Eye Enhancer Treatment

◆ AYURVEDIC REVIVAL PACKAGE Approx 2.5 hrs \$269

A Body Decadent treatment with a traditional Indian beauty ritual. The ultimate in ayurvedic de-stressing spa escape. You will feel balanced, relaxed and renewed with this unique spa experience. This treatment is beneficial for you if you are in great need of nurturing, purification and reducing deep seated stress!

- Ubtan Herbal Body Purification Treatment
- Ayurvedic Marma Point Massage (Value \$363)
- Vitamin enriched facial

◆ AYURVEDIC REJUVENATION PACKAGE Approx 2.0 hrs \$220

Ultimate in Ayurvedic rejuvenation program creating a balance between mind and body at deep levels.

- Shirodhara Ananda Oil Pouring Bliss
- Om Veda Signature Facial
- Indian Head Massage (Value \$339)