



Ancient History

Ayurveda: "The science of Life"
(Ayur means life and Veda means science).

Picture the magnificence of the great Himalayas, timeless in its form, providing inspiration and succor to one of the greatest Indian sages, Sri Maharishi Vyasa. From here, over five thousand years ago, the sacred Vedas were transcribed, one branch of which was Ayurveda – literally translated as **"the science of life"** – 'Ayur' = Life and 'Veda' = Science.

Whilst the original findings included in these ancient texts were never altered, they were, over centuries, studied and

further expanded and developed by other great sages and their disciples. Translated into the popular vernaculars, Sanskrit, copies were placed in various temples and libraries throughout India.

The Vedic sages took excerpts from the Vedic scriptures and compiled manuscripts dealing only with Ayurveda. One of these books, Charaka Samhita, is the oldest book on medicine in the world!



Understanding Ayurveda

Ayurvedic therapies are based on the fundamental principles of nature.

The basic principles of Ayurveda deals with the natural way of living a healthy life. Every human being is a unique combination of the five elements - earth, water, fire, air and space and there are three vital forces of life - they are "**Vata**" meaning ether and air, "**Pita**" meaning fire and "**Kapha**" meaning water & earth. Maintaining a balance of these forces assures one of a prolonged and healthy existence.

The balance of all these forces is said to be the answer to keeping one self fit and healthy!

KAIRALI'S TREATMENTS AND MEDICINES

Ayurvedic treatments are the perfect remedy for modern day maladies, which are mostly lifestyle related.

Ayurveda, in its application, has great relevance today as the change in eating habits and modern life styles have made even the very young prone to ailments like Obesity, Spondylitis, Diabetes, Arthritis, and Premature Ageing, to name a few. *Ayurvedic treatment relaxes, revives and rejuvenates by detoxifying the body.*

Ayurvedic beauty care packages are also by far the best way to acquire a perfect complexion and to enjoy a firm and healthy body. It is not surprising that women are increasingly relying on Ayurveda to maintain and enhance their looks.

Regular treatments have been known to result in both the physiological and psychological well being of the individual. The natural ingredients used in the treatments also multiply the body's immunity by tenfold. Our Ayurvedic therapies are based on the traditional, fundamental principles of nature and the Ayurvedic medicines and oils. All products used for the therapies are 100% natural and are prepared from herbs, flowers, fruits, bark of trees and minerals.

Kairali's Ayurvedic products do not contain chemicals or toxic materials hence they are without any side effects.





Preventive and Curative Aspect

A perfect synergy of these vital forces of life results in the healthy state of the human body which constitutes the mind body and soul.

Ayurveda propagates a two way healing process i.e. preventive and curative.

The preventive aspect of Ayurveda works towards raising the immune system efficiency in the body. Within this vertical '**panchkarma**' is the therapy for overall prevention and fitness. It fine-tunes the body and its organs, the mind and its thoughts, the respiratory and nervous systems and purifies the blood. This ultimately results in the human body being free from all possible ailments.

The Curative component of Ayurveda successfully eliminates any ailment. The rejuvenation & detoxification programmes fall into this process. In addition, it also deals with '**sweda karma**' which comprises of varied massages with chosen herbal oils, herbal powders and culminates in the medicated steam's cleansing experience.

Almost all known diseases have been successfully treated, especially paralysis, spondylitis, arthritis, rheumatism, bone and joint disorders, slipped discs, nervous disorders and their related problems, diabetes, hypertension, cardiac related disorders, sinusitis, migraine and many more. It also offers a very effective, weight reduction programme that is diet and exercise free.

In most of these cases there is an improvement, of almost 80%, after Kairali's Ayurvedic treatments were administered. If treated in the initial stage, in almost all cases, 100% permanent cure is possible.

Ayurveda's Prakruti

- UNDERSTANDING INDIVIDUALITY

It is common knowledge that no two people are alike, therefore it would be irresponsible to believe that the same problem affecting two individuals can be solved with just one answer!

Ayurveda's primary function is to perceive each individual as unique and delve deep into its library of personalized analysis and careful physical examination, done meticulously by observation, touch and consultation (Darsana, sparsana & prashna) to ascertain one's true nature and presiding imbalances.

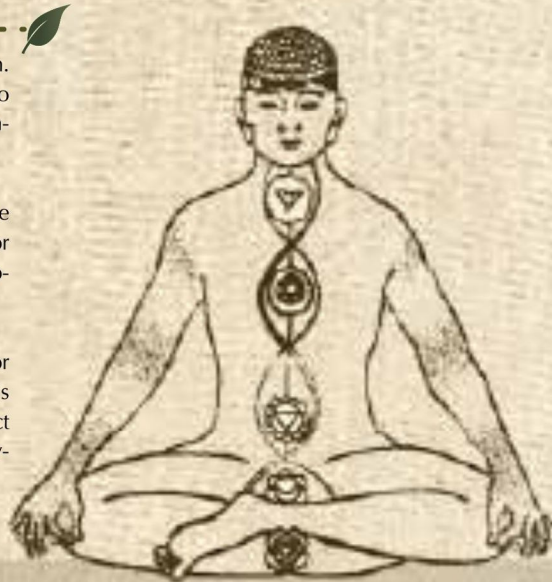
An Ayurvedic prakruti analysis is the first step of a diagnosis and treatment of an individual. It is believed that prakruti of an individual never changes throughout their lives. If it does so it is seen as some mis-fortune that may be faced later in life.

The Five Great Elements

According to Ayurveda, digestion is the foremost component of health. The body thrives when it is nurtured with the correct manna. There are two facets to food and nutrition in Ayurveda. One is the physical food we consume, digest, and absorb. In this, our digestive organs play a major role.

The second is what we take-in through our senses, in the presence of the mind. What we see, hear, taste, smell, feel, and think are all-important for our well-being and overall health. Stress is a major player in the psychological area.

The environment and its impact on our health is another key factor acknowledged in Ayurveda. It believes, everything in our environment is composed of doshas that interact with our own doshas. The ripple effect is Universal. Ayurveda looks at the 'big picture' and offers a 'holistic viewpoint' to deal with each individuals' needs.



Ayurveda defines a human being as the vessel made up of the five great elements plus the 'Inner Self'.

AYURVEDA & DISCOVERING THE SELF

Ayurveda determines the Self as the inner sanctum of every individual; the core of each one of us, controlling our very being – our thoughts, feelings, actions, character, in the midst of our often tumultuous lives. The all-important ability to look within influences not only our behaviour but augments our relationships allowing us the freedom to indulge with clarity and deviate away from negativity.

To discover the Self one must use only truth and honesty – the rewards are bountiful – a generous supply of peace, happiness, sensibility, maturity and love. The effect on our lives is immeasurable.

Agni: Our Digestive Fire

Agni translates as fire in Sanskrit. Agni is the digestive and metabolic force that stimulates various tissues of the body to produce secretions, metabolic reactions, and other processes needed to release energy and maintain and repair the body. Agni is in perpetual evidence, its function allows us greater immunity, efficient digestive powers and a disease-free existence. Well-balanced Agni is a pre-requisite to form Ojas from the food we consume.

Ojas: The Substance That Maintains Life

Ojas is the outcome of successful bodily processes. It is the cream of all metabolic activity and life force in the body which aids in binding together the body, mind and spirit. The presence of Ojas augurs well for a healthy mind and body. When Agni is unbalanced, Ojas falls short in making. This leads to the creation of harmful Ama.

Ama: Toxins

Ama is resultant of an imbalanced digestive system or body metabolism; harmful particles arrest the proper functioning of not only the physical aspect of the human body but also negatively impacts the all-important flow of life energy. Ama seeks out any weakness in the body causing ill-health and disease. Lethargy is a symptom that indicates of Ama. Ayurveda offers Panchakarma as a method of perfect cleansing of the toxins.

Malas: Bodily Secretions

Malas constitutes the body's waste materials - urine, feces, mucus, and sweat. The systemic elimination of waste is paramount to a person's well-being. Dosha imbalances are known to stifle the flow of the malas, creating a toxic internal environment. This translates into the formation of Ama and thus forming a complete vicious circle. Ayurvedic therapies eliminate these toxins from your body.

Prana: The Life Force

Ayurveda prescribes to the theory that at birth, a cosmic life force enters the body and remains till it leaves the body at the time of death. This life force is called Prana. Prana is the supreme and sublime part of one's existence – it assures us of life. The lung and the large intestine have direct link with energizing the pranic force of the body. Ayurveda recognizes the significance of the large intestine and lungs and accords successful therapies to deal with any malfunctioning of these vital organs of the human body.