

AYURVEDA IS AN ANCIENT HEALING TRADITION OF INDIA

Presentation # 3 by Ed Noyes, MD

1. It is a 3500-year old system of healing, formed as integral part of Hinduism.
2. Sages, “holy men”, met to develop Hinduism and healing system.
3. Ayurveda has its basis in astrological concepts. The sun and moon are of paramount influence in its concepts. Dualism is a part of this belief system.
4. It embraces the belief that the wisdom of the universe is found within **self**.
5. Illness and disease are explained as an imbalance of **prana**, universal energy, which is divided into “doshas”.
6. All treatment modalities are for the purpose of balancing life forces, energy, and prana.
7. Treatment methods: Most important of all is **meditation**. Other methods are yoga, yoga exercises of various styles, massage, diet, herbs, minerals, aromas, and cleansing routines.
8. Ayurveda spread throughout the world and has strong influence on many alternative healing methods today. For this reason we are studying its teachings.
9. Meditation is the primary and fundamental treatment method in the Ayurveda system; some other methods of Ayurveda are of no value without meditation.
10. Four basics of meditation, all used to bring about **passivity of mind**:
 - (a) Positions of the body, yoga
 - (b) Relaxation of the muscles
 - (c) Rhythmic breathing
 - (d) Mantra use
11. Sun energy is breathed in the right nostril, moon energy through the left.
12. The goal is to unite with the chief god of Hinduism, Brahman, to become a spirit being, and escape this life and the re-incarnation cycle, to attain the state of immortality.
13. Massage of marma points is used to raise consciousness (elevate level/planes of energy) — body/mind therapy (soma therapy).
14. Herbs are used to connect inside energies of the body with the outside energy of the cosmos. They have taken the place of mercury ingestion.
15. Breath brings prana (universal energy) to the body, food also gives universal energy.
16. Purification of body systems of supposed toxins is done to balance energy. Purification is done by cleansing sinuses, lungs, stomach, bowels, and use of medicated enemas. Blood letting is not done anymore but was done to balance and cleanse. Urine therapy, as a cleansing modality, is popular and continues.
17. The core concepts of this system (Ayurveda) permeate most alternative health practices.

TRADITIONAL CHINESE MEDICINE

1. Taoism has three main tenets:
 - (a) Man is a microcosm of the universe (astrology basis of TMC).
 - (b) Energy (ch'i) has two parts **yin** and **yang**
 - (c) Basic elements of the universe: metal, fire, water, earth, wood.
2. Illness is an imbalance of yin or yang and too little or too much ch'i.
3. Treatment is to balance the energies by Chinese methods.

4. Methods: Meditation in silence or in action such as qi gong, tai ch'i tuan,
5. Martial arts were the precursor of traditional Chinese medicine.
6. Acupuncture use on specific points of skin is believed to influence the flow of energy traveling through meridians (channels running up and down the body). It is supposed to facilitate good flow of ch'i.
7. Herbs of great variety are taken to bring balance.
8. Like cures like, is a method of cure based on the correspondence, association and or sympathetic concept of the microcosm—macrocosm relationship.
9. Chinese physiology: The day is divided into 12 parts not 24, so the Chinese hour is two of our hours. It is based on astrology and the zodiac. Ch'i, the universal energy, is said to flow to the 12 organs in the Chinese anatomy concept. One organ has a concentration of energy flow for one Chinese hour each day and then the next organ receives the emphasis for the next hour till all 12 organs have been infused over the full day.
10. Pulse diagnosis is used to determine the balance and flow of ch'i and where the imbalance is in the body. It is not to check rhythm or blood pressure as we do in the West.