

# Intergrading Ayurveda and Modern Medicine

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# Ayurveda? Modern Medicine?



Ayurveda Conference - Budapest, 29.SEP.2007  
Integrating Ayurveda and Modern Medicine

# Ayurveda

- What is it?
- How old is it?
- What does it do?
- Where does it come from?
- Who practices it?
- So many questions...
- ???????????



# Ayurveda

- What is the meaning?
- AYUS = HEALTH
- VEDA = KNOWLEDGE

# Ayurveda

- Another view is...
- AYUS = LIFE
- VEDA = SCIENCE

# Ayurveda

- So, Ayurveda is:
- The SCIENCE OF LIFE

# Ayurveda

- It is not just another  
“therapeutic system”...
- (like homeopathy, allopathy, osteopathy,  
phytotherapy, physiotherapy, aromatherapy,  
reflexology, shiatsu, etc)

# Ayurveda

- It is not a “secret system”  
coming from the East



# Ayurveda

- Ayurveda is called: The  
“Father of Medicine”

# Ayurveda

- Ayurvedic doctors use history-taking, examination and investigation, just as all conventional doctors do.

# Ayurveda

- Prescribing is based on all aspects of a patient's present condition.
- The patient's personality and lifestyle are important.

# Ayurveda

- And most importantly:
- Ayurveda integrates well with conventional medicine.

# Ayurvedic History

- Starting: 6,000 b.C.
- Attachment to Atharva Veda (the 4<sup>th</sup> Veda)
- Charaka (pathology)
- Sushruta (surgery)
- Towards the West (connections with ancient Greece)...
- Towards the East (connections with ancient China)...



# The Five Elements

■ Akasha

■ Vayu

■ Tejas

■ Jala

■ Prthivi

■ Ether

■ Air

■ Fire

■ Water

■ Earth

# Earth

- The 'building material' of the Universe
- Gives shape, stability



# Earth

- Example:
- In an atom,  
Earth forms the  
small particles  
(protons, neutrons,  
electrons)





# Water

- The energy binding all the particles together
- Gives cohesion, unity, love



# Water

- In an atom,  
Water is the  
energy keeping  
all particles  
together, in  
harmony



# Fire

- It is energy, heat, power
- Gives light
- Transforms



# Fire

- In an atom,  
Fire represents  
the 'atomic  
energy'  
released, when  
the atom  
breaks down



# Air

- Moves, changes things and conditions
- Gives support and strength to the Creation



# Air

- In an atom, Air is the energy making the electrons move around the nucleus



# Ether

- Gives space for the existence of all creatures
- It is the 'stage' of the theater where the play begins...



# Ether

- Ether is the space where the atom exists





# The Basic Tridosha

- Vata = Ether + Air
- Pitta = Fire
- Kapha = Water + Earth

# Vata

- 'Movements' in the body  
(muscles, heart, blood circulation,  
peptic contractions, etc)
- 'Movements' in the mind  
(thoughts, fears, etc)

# Pitta

- 'Fire' in the body  
(energy, heat, metabolism, etc)
- 'Fire' in the mind  
(anger, jealousy, organizing)

# Kapha

- 'Balance' in the body, humidity, cohesion, etc
- 'Balance' in the mind, good memory, calmness, sexual attraction, etc

# Personality Types

- Ether - Air type (Vata)
- Fire type (Pitta)
- Water-Earth type (Kapha)

# Vata Type

- Body and mind moving
- Creativity, asks questions
- Mood changes all the time

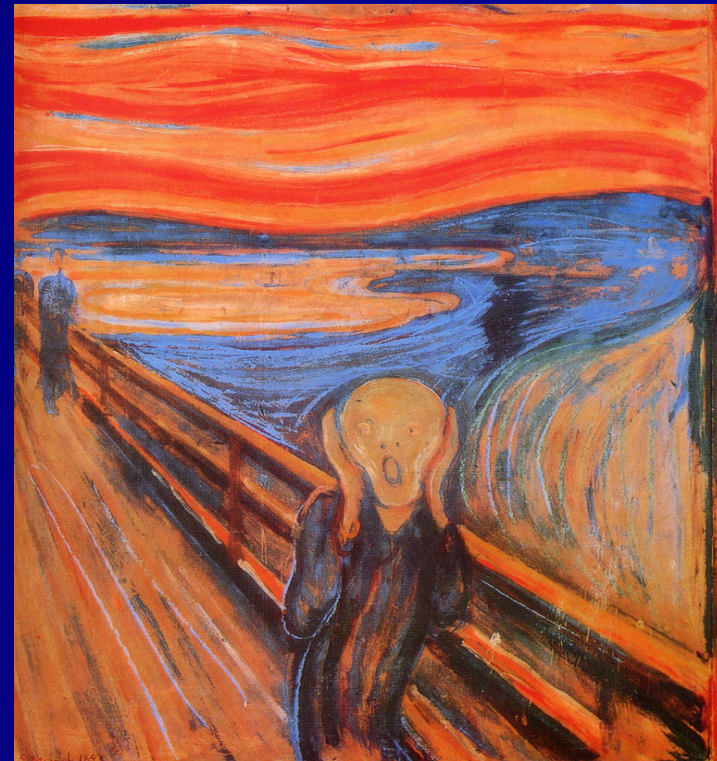
# Vata Type

- All time runner



# Vata Type

- Anxiety
- Stress
- Irritability
- Panic attacks





# Vata Type

- Diseases involving  
'movement' and 'rhythm'
- IBS (constipation/diarrhea)
- Tachycardia
- Menstrual disorders

# Vata Type

- Testing should check for any underlying pathology
- But... usually there is NO pathology
- Only 'stress related signs'

# Pitta Type

- Strong metabolism
- Increased body heat
- Tidy and fastidious mind

# Pitta Type

- Organized
- Loves swimming



# Pitta Type

- Stomach  
problems
- Gastritis
- Ulcer
- Bleeding



# Pitta Type

- Inflammatory diseases
- Anemia
- Skin problems (eczema, psoriasis, acne)

# Pitta Type

- Liver function tests
- SGOT, SGPT,  $\gamma$ -GT
- Alkaline Phosphatase
- Protein profile

# Pitta Type

- Hormonal tests
- Thyroid (T3, T4, TSH)
- Adrenals (DHEA, Cortisone)
- Immune system (IgE, IgA)



# Pitta Type

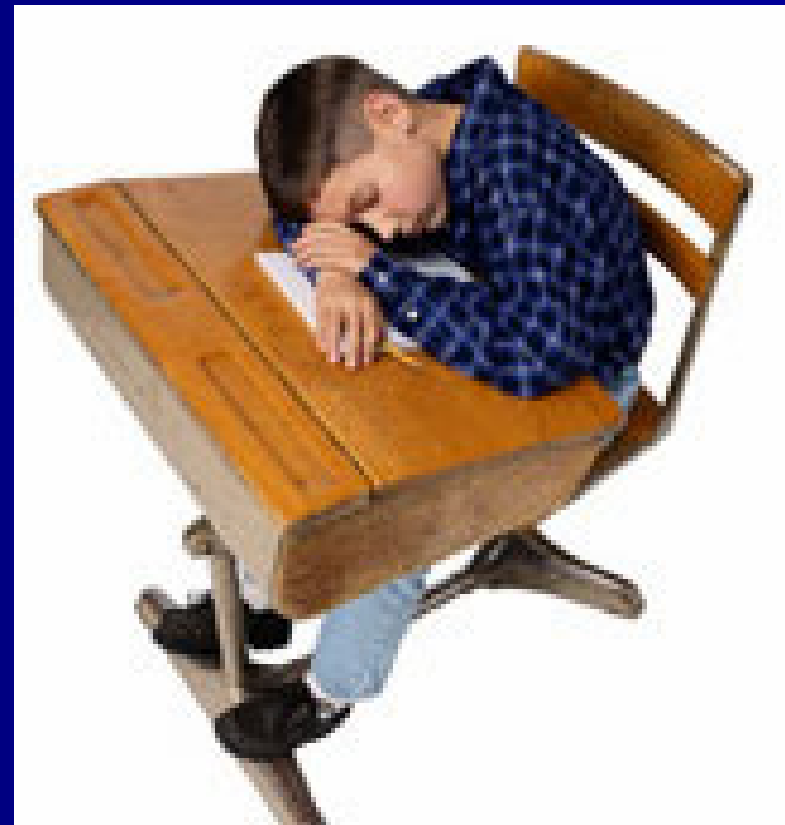
- General Blood Count test
- Hematocrit, Hemoglobin
- Red blood cells count (RBC)
- Iron, Ferritin

# Kapha Type

- Slow metabolism
- Relaxed body
- Calmness of mind

# Kapha Type

- Relaxed and
- ...sleeping



# Kapha Type

- Obesity
- Edemas
- Water retention



# Kapha Type

- Mucous, congestion
- All kinds of infections (otitis, catarrh, bronchitis, etc)
- Joint swellings

# Kapha Type

- Kidney function tests
- Urea
- Creatinine
- Morning urine sample test

# Kapha Type

- Mineral Profile
- K, Na, Cl
- Ca, P, Mg

# Kapha Type

- Ultra sound tests
- Thyroid nodules
- Fibrocystic breasts
- Ovarian cysts



# Holistic Approach

## ■ Prevention

- (what shall I do so as NOT to get sick?)

## ■ Diagnosis

- (IF I get sick what is the cause?)

## ■ Therapy

- (how do I get BACK to health?)

# Prevention

- Daily programme
- Way of breathing
- Food habits
- Sleeping patterns
- Body exercise

# Daily Programme

- Vata - Pitta – Kapha changes during the day
- Observe the natural rhythms everywhere (eat around noon, sleep early, etc)

# Breathing

- How long can we survive without air?
- 3 types of breathing
- Connection with the central nervous system
- (fast rhythm – irritability, slow rhythm – relaxation)

# Food Habits

- What exactly do we eat?
- Is it suitable for us?
- Time during the day?
- How do we chew?

# Food or Poison?

- 'Food' and 'poison' can be so close when it comes to eating habits



# Food or Poison?

- 'Food' and 'poison' can be so close when it comes to eating habits



# Golden Rule

- While eating proper food, you will never need any medication...
- but if your food is wrong and because of that you get sick,
- ...then again you do not need any medication,
- ...but proper food to be healthy!



# Therapy

## ■ Physical approach

- (conventional medicine and surgery, herbs, vitamins, nutrition, massage, osteopathy, shiatsu, reflexology, physiotherapy, etc)

## ■ Energy approach

- (homeopathy, Bach flower remedies, acupuncture, colourtherapy, aromatherapy, relaxation, praying, visualization, etc)

# Some examples

- Each type needs a different approach

# Food

- Vata: More carbohydrates
- Pitta: Less spicy food
- Kapha: Reduce dairy, sugar

# Vitamins

- Vata: B complex,  $\Omega 3$ ,  $\Omega 6$
- Pitta: A, D, E, K
- Kapha: C, Co-Q-10, Zn, Cr

# Exercise

- Vata: Yoga, Tai Chi
- Pitta: Swimming
- Kapha: Weight lifting

# Massage

- Vata: Light (using sesame oil)
- Pitta: Medium (coconut oil)
- Kapha: Strong (sunflower oil)

# Holidays

- Vata: Seaside (warm, humid)
- Pitta: Mountains (cool, dry)
- Kapha: Flat Land (warm, dry)

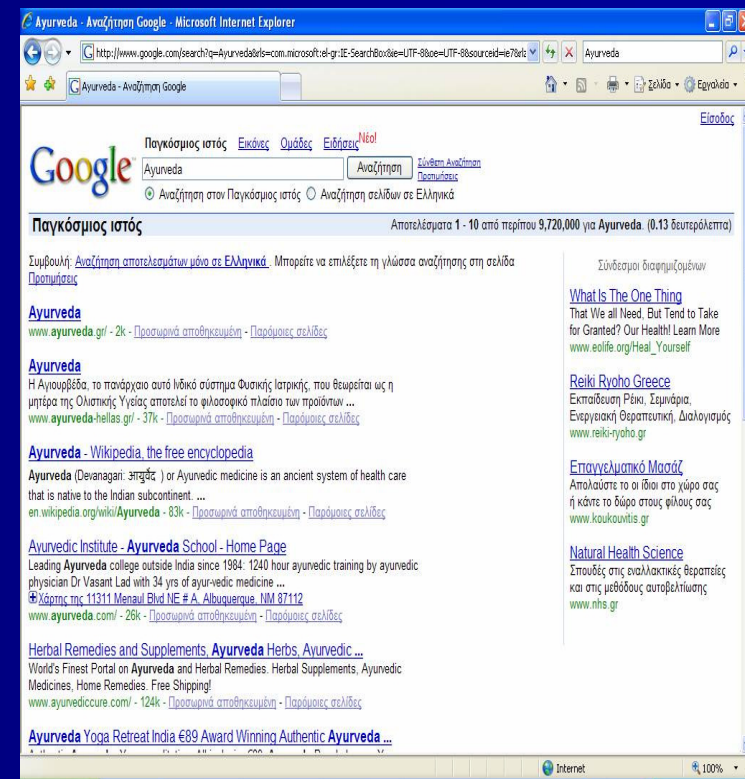
# Further Information

- If I am really interested...
- Where do I get more info?



# Further Information

- Ayurveda
- Google has 9,720,000 addresses!



# Further Information

- Ayurveda
- Medical Schools and Universities...



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# Ayurveda? Modern Medicine?

- COMPLEMENTARY approach...
- ALTERNATIVE approach...
- For the good health of everyone...!



# The End!

■ Thank you for  
your  
attention...

