

Introduction



Shalini Centro Ayurveda



Original traditional methods
from Kerala-India

Ayurveda is knowledge, consciousness, and teaching of a person's healthcare. A holistic approach to the medical science that preserved itself in India through the centuries. The *Caraka Samhitā*, a medical treatment that reached us in the VI and in the II century BC, asserts that *Ayurveda* manifested itself to humanity, but doesn't belong to them or, as it is believed, to a specific population: it has always existed.

Today OMS acknowledges it as alternative medicine subsidiary to the occidental one.

The Ayurvedic therapist was trained in Kerala, India where she practised in various traditional nursing homes. She is experienced in the cure of diseases (diabetes, obesity, anorexia, nervous system, hemicranias, otitis and sinusitis, skin, ear buzzing, breathing and gastro-intestinal apparatus), and in more specialized cures (gynecology, menstrual disorders, addictions, infertility, pre/post pregnancy cures, rejuvenation of the bodily tissues).

Natural remedies need a rather laborious preparation where ingredients have to be dissolved and prepared following precise ways and times to meet efficaciously the individual needs. **Products we use, such as medical vegetable oils, roots, fruits, flowers, leaves and rice are always natural and are directly imported from India.**

These techniques, in case of disorder or disease, have the purpose to "reset" in some ways the precedent state and reconstruct a new neutral balance: the health of a person.

Massages, in accordance with multiple techniques of warm oil, are obviously manual.



Shalini Centro Ayurveda
Via Lugia 44
6914 Carona
Mobile: 076 470 00 24

mail: info@shalini.ch
www.shalini.ch



Vata Pitta Kapha

Prakriti

Inquiry of someone's build

- In *Ayurveda* the concept of "diagnosis" implies a constant control of the interactions between order (health) and disorder (disease) in our body.
- A disease is always connected to the upset of the balance of the *tridosha* (*vata*, *pitta* and *kapha*).
- The Ayurvedic diagnosis is based on the evaluation of the condition of *doshas* and their action/each other's influence into the organism.
- **When we understand the nature of the decompensation**, through an adequate cure, **we can re-establish a balance**.

❖ *Ayurveda* considers:

Physical well-being
 Mental well-being
 Nature of disease or disturbance
 Consistence of tissues
 Will power
 Way of living
 Age

❖ For sportsmen:

It is possible to learn ways to perfect your biophysical energy in order to improve your athletic level.

Methods

Snghana, Svedana, Dhara, Pindasveda, Nasya, Vasti, Kaya-Seka, Karnapurana, Udvartana, Udsadana & altro.

❖ When we are healthy

This medical science considers the body inseparable from mind and soul. A person is considered healthy when physically free from pain, and when the mind, senses and soul are in a state of perfect equilibrium.

Human being, according to the Ayurvedic philosophy, is formed by three *doshas*, i.e. **one's descriptive type**: the physical, the way we act and relate to others, the mind. To the three *doshas* are referred the functions and dysfunctions of the organs, the digestive enzymes and the metabolism; the *dathu* (tissues engaged in the development and nutrition of the entire bodily structure); the *mala* (things to be discarded whose correct elimination is vital). Without the *dosha* there's no life, the body doesn't function; only when they are in balance is one able to enjoy optimal psycho-physical health and be happy as a whole.

Consequently, the achievement and the preservation of good health are obtained by working on a comprehensive project. In this way not only are diseases cured but also the awareness of oneself and others increases, an understanding of the dynamic of receiving and giving, love and happiness.

Pañchakarma

The main method that rejuvenates and cures

Pañchakarma is composed of several different purification techniques that stimulate the elimination from the body, of toxins created by food intoxication, of outer substances.

It is a very efficacious cure, promotes health and prevents the aging of cells.

❖ Benefits & Achievements:

- Beauty of body, brilliance and vigour of skin
- Rejuvenation of the 7 tissues
- Education of correct **nutrition**, hygiene and daily well-being
- Increase of assimilation of positive substances by the tissues and strengthening of immunity system
- Oxygenation and stimulation of circulation
- Stimulation of internal organs
- More permeability and elasticity of the membranes and blood vessels
- Vigorous effects on muscles and flexibility of joints
- Antinflammatory effect
- Removal of excessive fat, such as cellulites
- **Relief from pain**, itching and burning
- Strengthening of memory
- Overcome feelings of heaviness and sleepiness
- Reduction of nervous tensions and stress
- Better sleep