



HIGH COMMISSION OF INDIA  
BRUNEI DARUSSALAM



## 10th Ayurveda Day

*Ayurveda for People and Planet*

**Lecture and Presentation by**

✓ **Dr. Lakshmi Suresh Shindhe**  
*Introduction & Home Remedies*

✓ **Dr. Jyoti Anilkumar Jha**  
*Ayurvedic Treatment & Prevention*

Sept 23 2025 | 3 - 4.30PM  
Multi Purpose Hall  
High Commission of India (New Building)  
Diplomatic Enclave, Jalan Duta



➤ **REGISTER NOW**



@HCIBRUNEI



INDIA IN BRUNEI



@HCIBRUNEI



**10th Ayurveda Day**

*Ayurveda for People and Planet*

# Ayurveda Introduction & Home Remedies

**Dr. Lakshmi Suresh Shindhe, PhD, MBA, CAIIB, BSc, BEd, DTIRM, DIPPM, CIPM**  
**Senior Management Consultant**

**23<sup>rd</sup> September 2025**  
**High Commission of India, Brunei Darussalam**

# Ayurveda

THE SCIENCE OF LIFE



Ancient



Natural



Time-Tested



Holistic



No Side Effects

**Every machine  
comes with a  
manual**

**Ayurveda is the  
manual for Human  
Body**



# Introduction

- **Ayu** = life & **Veda** = Knowledge or Science  
Thus literally **Ayurveda** means **Science of Life**
- One of the world's oldest continuously practiced healing system
- Which is more than 5000 years old
- Ayurveda is more than medicine; it is a way of healthy life.
- By embracing its wisdom, we can achieve physical health, mental clarity, and spiritual well-being, and lead a healthier, happier life.

# How is Ayurveda different from conventional Western Medicine?



Western medicine is symptomatic, generally treats based on symptoms whereas Ayurveda looks at the root cause of the disease.



Ayurvedic herbal formulation do not have side effects like western drugs.



Ayurveda complements modern medicine by promoting immunity, mental wellness, and longevity.

## Objective :

- To maintain the health of a healthy person and
- To cure the disease of a diseased person.

## Goals and Focus

- **Disease Prevention:** A primary aim is to promote good health and prevent illness.
- **Health Preservation:** Ayurveda seeks to preserve life and maintain the health of a balanced individual.
- **Disease Cure:** It also provides treatments to cure diseases by restoring balance.

# Core principles

- Holistic Medical System
  - Five Elements
  - Three Doshas/ Energies
  - Personalized healing
- 
- The system understands and treats individuals based on their unique combination of these elements, known as their **Prakriti or dosha.**

# Holistic medical system

- Focusing on the balance of
  - Body
  - Mind
  - Spirit
  - Environment
- Through
  - Aushadha (medication)
  - Ahara (diet)
  - Vihara (lifestyle)
  - Achara (behavior and ethics)



# Five Elements (Panchamahabhutha)

All matter is composed of five elements:

1. Earth
2. Water
3. Fire
4. Air
5. Space

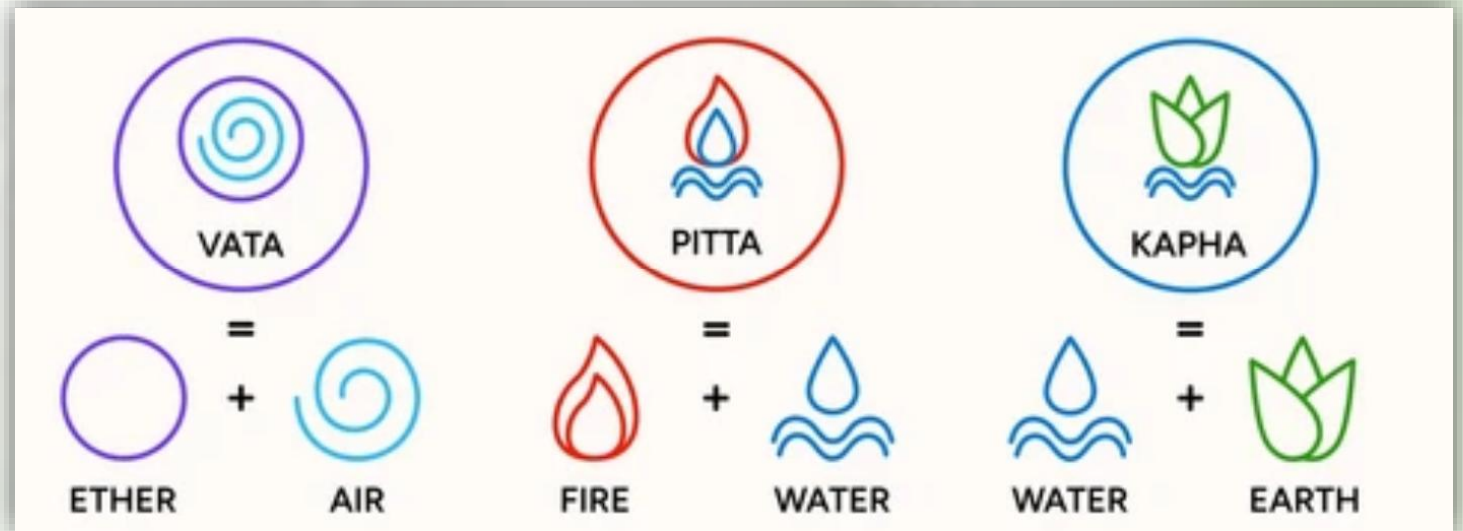


The body has perfect balance of these elements, when the balance is disturbed, unhealthy condition occurs and person falls sick.

# Tri Dosha – Three Energies

- Ayurveda is based on the principles of three doshas/basic energy types

- Vata
- Pitta
- Kapha



- According to Ayurveda, these doshas/energies can be found in everyone and everything

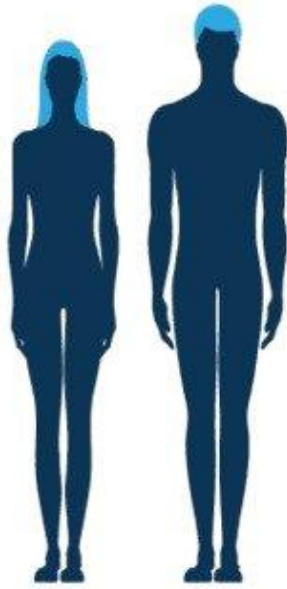
- All the three doshas combine to create
  - Different climates,
  - Different foods,
  - Different species,
  - Different individuals within the same speciesand perform different physiological functions in every individual
- In fact, the ratio of vata, pitta, and kapha within each of us has a significant influence on our individual physical, mental, and emotional characteristics.



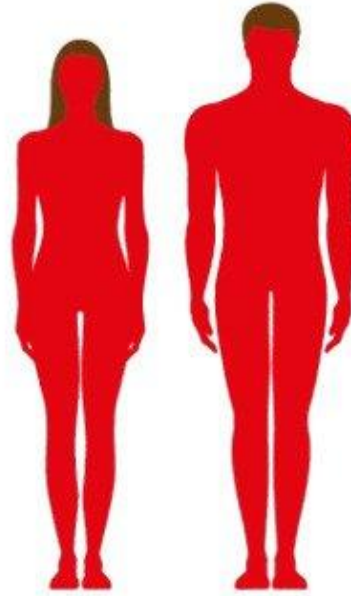
**Which DOSHA  
Dominant are  
you?**



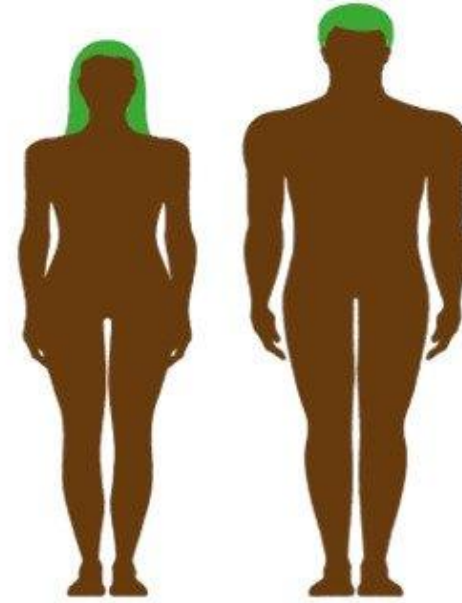
# Body Types as per “Prakriti,”



**VATA** | Ether & Air



**PITTA** | Fire & Water



**KAPHA** | Water & Earth



# AYURVEDA

• BODY TYPES •

ETHER



AIR



• DOSHA •

## VATA

### OUT OF BALANCE

hypertension,  
constipation,  
weight loss,  
weakness,  
arthritis,  
prone to worry,  
insomnia,  
digestive challenges

### IN BALANCE

excellent agility,  
dry skin and hair,  
thin frame,  
creative,  
energetic,  
flexible,  
love excitement  
and new experiences

# Herbs to balance Vata



Sesame  
Oil

## • Vata Tea

Fennel 1 ts  
Cumin 1 ts  
Coriander ½ ts  
Ginger ½ ts  
Lemon juice ½ ts  
Raw sugar to taste  
2 cups boiling water





# AYURVEDA

· BODY TYPES ·

FIRE



WATER



· DOSHA ·

**PITTA**

## OUT OF BALANCE

skin rashes  
in digestion  
excessive body heat  
burning sensations  
short-tempered  
argumentative

## IN BALANCE

perfect digestion  
lustrous complexion  
strong appetite  
precise  
sharp-witted  
direct  
outspoken



# Herbs to balance Pitta



Coconut  
oil

## Cooling Herbs + Spices For Pitta

	Mint		Fennel
	Cardamom		Saffron
	Coriander		Cumin
	Cilantro		Turmeric
	Lime		Fresh Ginger
	Cucumber		Rosewater
	Licorice	<ul style="list-style-type: none"><li>• Pitta Tea</li><li>Hibiscus Tea</li><li>Green Cardamom</li></ul>	



# AYURVEDA

• BODY TYPES •

WATER



EARTH



• DOSHA •

**KAPHA**

## IN BALANCE

excellent stamina  
large and soft eyes  
strong build  
thick hair  
smooth skin  
loyal  
patient  
steady  
supportive

## OUT OF BALANCE

sleep excessively  
overweight  
suffer from asthma,  
depression,  
diabetes;  
resistance  
to change  
stubbornness

# Herbs to balance Kapha



Mustard  
Oil



- **Kapha Tea**
- Cloves 4
- 2" Cinnamon
- Ginger ½ ts
- Honey ½ ts
- 2 Cups boiling water



- A simple list will not capture the full dynamics of doshas.
- Detailed analysis is required. It is common to have mixed type of body.
- Government of India's Ministry of Ayush's Ayusoft Prakriti Analysis website has more details about this. There is official app associated with the "Desh Ka Prakriti Parikshan Abhiyan" which is the national campaign to determine individual Prakriti.
- Citizens of India Complete the Questionnaire with the trained volunteers in the Ayurvedic Centres in India & can receive Personalized Recommendations.



# Practices and Treatments

- **Herbal Medicine:** Uses herbal remedies as part of treatment.
- **Diet and Lifestyle:** Customized diets and lifestyle changes to help individuals to be in balance.
- **Body Therapies:** Includes various forms of bodywork.
- **Body Waste Management:** Addresses the removal of waste products.

# Ayurveda & Yoga

- Ayurveda and Yoga are complementary sciences.
- Yoga can help balance the doshas (Vata, Pitta, Kapha) through selecting specific practices that suit a person's constitution.

- Yoga harmonizes the mind, body & soul
- Yoga is more spiritual/practice oriented

- Ayurveda takes care of a person's physical and mental well-being
- Ayurveda is more medicine/healing oriented

# 3 Pillars of practicing Yoga

## Pranayama



## Meditation



## Asanas



# **Types of treatment in Ayurveda**

1. Shodhana Chikitsa ( Prevention of diseases -  
Purification Therapy)
2. Shamana Chikitsa ( Curing of diseases -  
Alleviating Therapy)



# Ayurveda in Everyday Life

- Take food as medicine or later years you will be taking the medicine as food.
- Respect your body. Mindful eating matters.
- Aging is the natural and continuous process of the body.
- Aging gracefully is possible with the mindful living as per the Ayurveda.
- Ayurveda is not a quick fix. Its living in balance.



- Instead of seeing remedies as separate from meals, think of each spice and herb in Indian cuisine as preventive care.
- By tempering dals with cumin and curry leaves, or sipping ginger-mint tea, you're already practicing Ayurveda daily.

# Lifestyle – Discipline of mind & body

The strength of Ayurveda lies in **preventive care**.

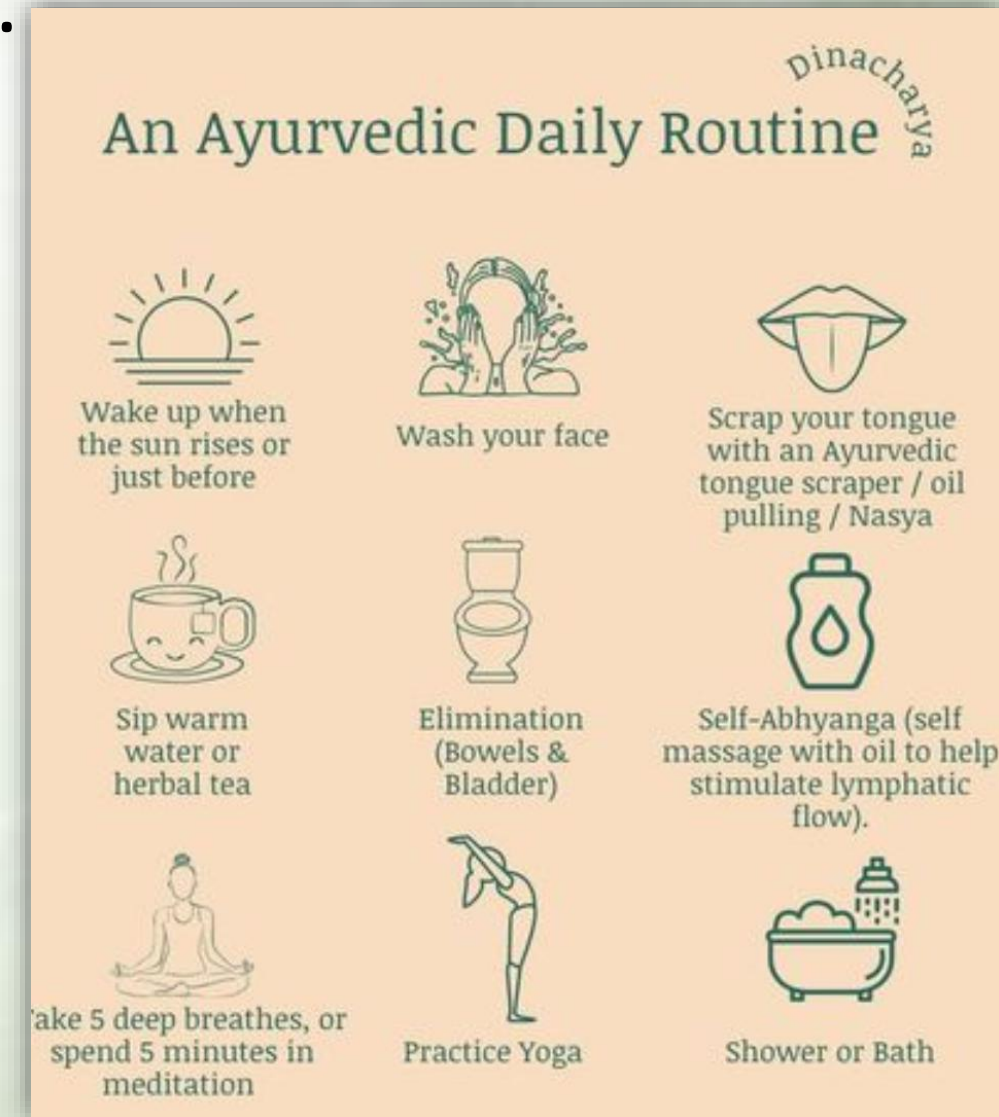
We can prevent many illness

By following

- Daily routines (**Dinacharya**),
- Seasonal routines (**Ritucharya**), and
- Proper nutrition

Simple habits like

- **Herbal teas / diet**
- **Meditation**
- **Yoga**
- **Mindful breathing**

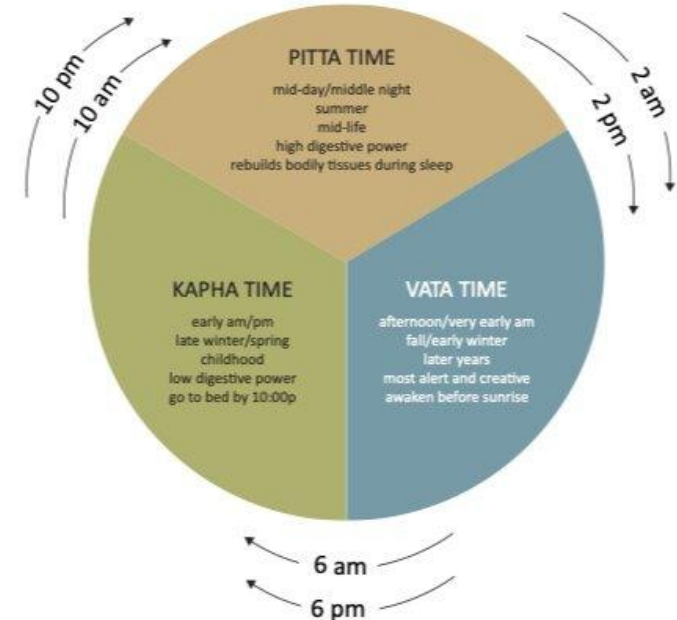




# Diet (Aahaar)

According to ayurveda, ALL good health starts with diet and digestion.

- Eat slowly: chew your food
- The ideal portion in ayurveda – 2/3<sup>rd</sup> of stomach
- Eat freshly cooked food with spices & herbs
- Use cold pressed oils & ghee for cooking
- Complete meal must constitute all 6 tastes  
sweet, sour, salty, bitter, pungent, and astringent





# Incompatible Foods as per Ayurveda

Milk + Fish



Sour fruits + Milk



Chicken + Yogurt



Banana + Curd/Buttermilk



Ghee + Honey  
not in equal proportions



Do not drink milk immediately  
after eating leafy vegetables



Lemon + Milk



Hot drinks + Fish / Meat /  
Cheese / Alcohol



Do not mix hot water  
with cold/plain water



- Most mild Ayurvedic **kitchen-style remedies**—like turmeric milk, tulsi tea, or ginger water—are usually safe, generally well tolerated by healthy adults in small amounts.
- Always introduce one new remedy at a time and watch how your body responds.
- But Ayurveda tailors care to each person's constitution (Vata–Pitta–Kapha), so the same remedy may not suit everyone.
- People who are pregnant, on medication, or have chronic conditions should check with a healthcare professional before regular use.

# 1. Digestive Issues (Indigestion, Bloating)

- **Ginger Tea:** Boil a few slices of fresh ginger in water with a pinch of rock salt. Drink warm to stimulate digestion.
- **Ajwain & Cumin Mix:** Roast equal parts ajwain (carom seeds) and cumin. Take ½ teaspoon with warm water after meals.



## 2. Cough & Cold

- **Tulsi–Honey Mix:** Crush 4–5 tulsi (holy basil) leaves and mix with 1 teaspoon honey. Take twice daily.
- **Turmeric Milk:** ½ teaspoon turmeric in a cup of warm milk helps reduce throat irritation and supports immunity.





### 3. Headache

- **Peppermint or Eucalyptus Oil**  
**Massage:** Apply a few drops to the temples and gently massage.
- **Ginger Paste:** Make a paste of dry ginger powder (soonth) with a little water and apply to the forehead.



## 4. Acidity/Heartburn

- **Fennel Seeds Water:** Soak 1 teaspoon fennel seeds overnight in a glass of water and sip in the morning.



- **Coriander Seed Tea:** Boil 1 teaspoon coriander seeds in water, strain, and drink warm.



## 5. Minor Skin Irritations

- **Aloe Vera Gel:** Fresh aloe gel directly on rashes or minor burns soothes and cools.
- **Neem Paste:** Crushed neem leaves applied to small acne spots or itching areas.



## 6. Insomnia or Restless Sleep

- **Warm Milk with Nutmeg:** A pinch of nutmeg in warm milk at bedtime calms the mind.
- **Foot Massage:** Massage feet with warm sesame oil before bed to promote relaxation





## 7. Joint or Muscle Pain

- **Turmeric & Ginger Tea:** Anti-inflammatory; sip twice daily.



- **Warm Sesame Oil Massage:** Gently massage sore joints to improve circulation.



- **Turmeric Milk (Golden Milk)**

- ½ tsp turmeric powder in 1 cup warm milk; add a pinch of black pepper for better absorption.
- Anti-inflammatory and antioxidant.



- **Tulsi (Holy Basil) Tea**

- Boil 4–5 fresh leaves or 1 tsp dried tulsi in water; drink warm. Supports respiratory health and fights infection.



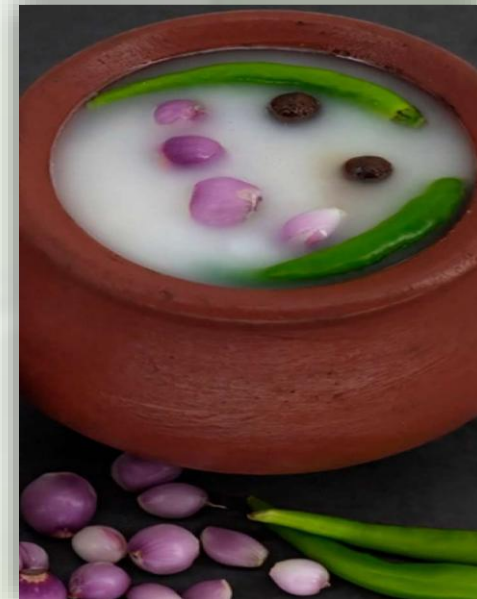
- **Ginger-Lemon-Honey Drink**

- Warm water with grated ginger, few drops lemon juice, and 1 tsp honey (add honey after water cools to lukewarm).
- Boosts digestion and immunity.



- **Energy drink**

- Cooked rice soak in water over night, Mix with yogurt, ginger powder, salt, (onion & coriander leaves are optional)
- Best homemade probiotic drink for your gut



We believe in

- “Vasudeiva Kutumbakam”

( World is one family)

- “Sarve jana sukhino bhavantu”

(May all people be happy)

- Let us celebrate and promote this invaluable gift of ancient Indian knowledge.





