

Ayurvedic Treatment & Prevention

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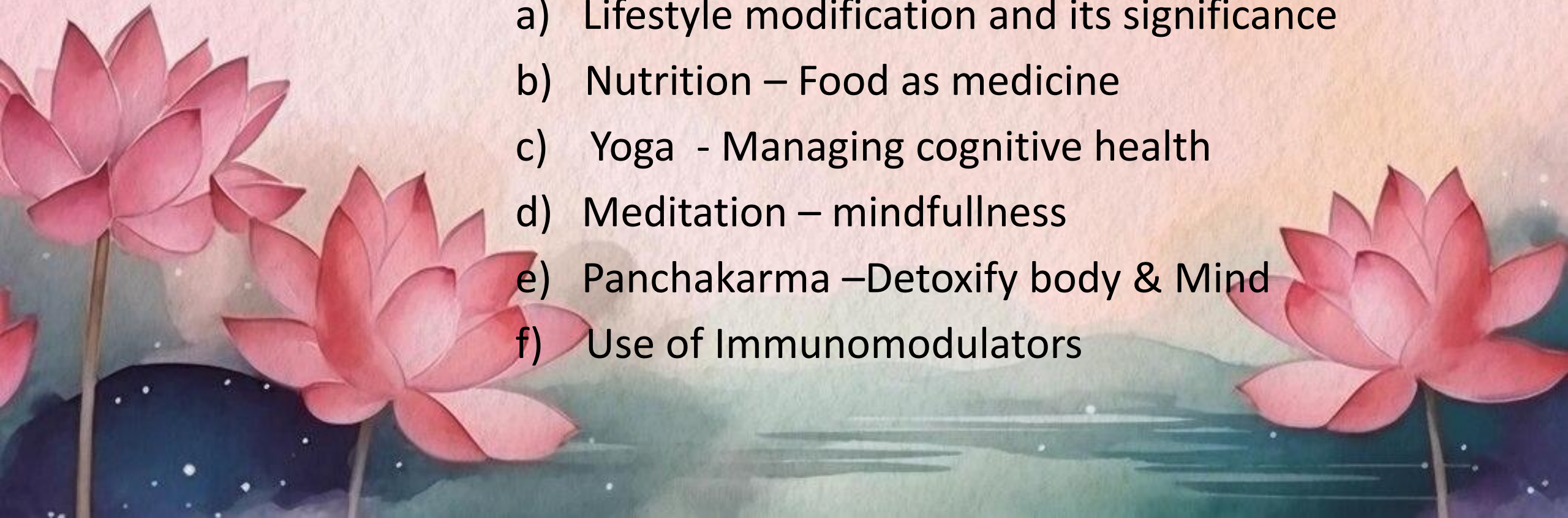
Bachelor of Ayurvedic Medicine & Surgery (Bangalore, India)

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Overview of presentation:-

1. **Functioning of Tridoshas**
2. **Health vs Disease state**
3. **Preventive & Treatment strategies -**
 - a) Lifestyle modification and its significance
 - b) Nutrition – Food as medicine
 - c) Yoga - Managing cognitive health
 - d) Meditation – mindfulness
 - e) Panchakarma –Detoxify body & Mind
 - f) Use of Immunomodulators



Vata Dosha



vata
the energy of movement

- Influences any **movement in the body**.
- **Ex:-** Activities like respiration, muscle and tissue movement, your heartbeat, and cellular activity, among other things.
- Imbalances will **increase vulnerability** conditions like **anxiety, sleep disorders, arthritis, Insomnia and joint disease**

Pitta Dosha



pitta
the energy of transformation

- Influences **digestion or metabolic processes**
- Ex. Activities like digestion & metabolic function, including the breakdown and absorption of nutrients, regulation of body temperature, and so on
- Imbalances with pitta constitution - makes susceptible to **intense bouts of anger**, **specially when hungry, feel stressed**, **gastritis, peptic or intestinal ulcers, Endocrinal disorders as well as inflammatory skin conditions like eczema and others**.

Kapha Dosha



kapha
the energy of lubrication & structure

- Influences as the **glue or binding force that holds cells together**.
- Ex. Activities like lubrication of the joints, skin moisture, immune function & development of physical structures.
- Imbalance with kapha constitution can **exacerbate unhealthy behaviors, increasing the risk for depression and metabolic syndrome disorders like obesity, heart disease, and diabetes**.

Health vs Disease

Health -represents the balance between three biological energies (vata, pitta, kapha) bodily tissues and their functions, sensory organs, the mind and psychic consciousness.

Disease

External of Internal factors



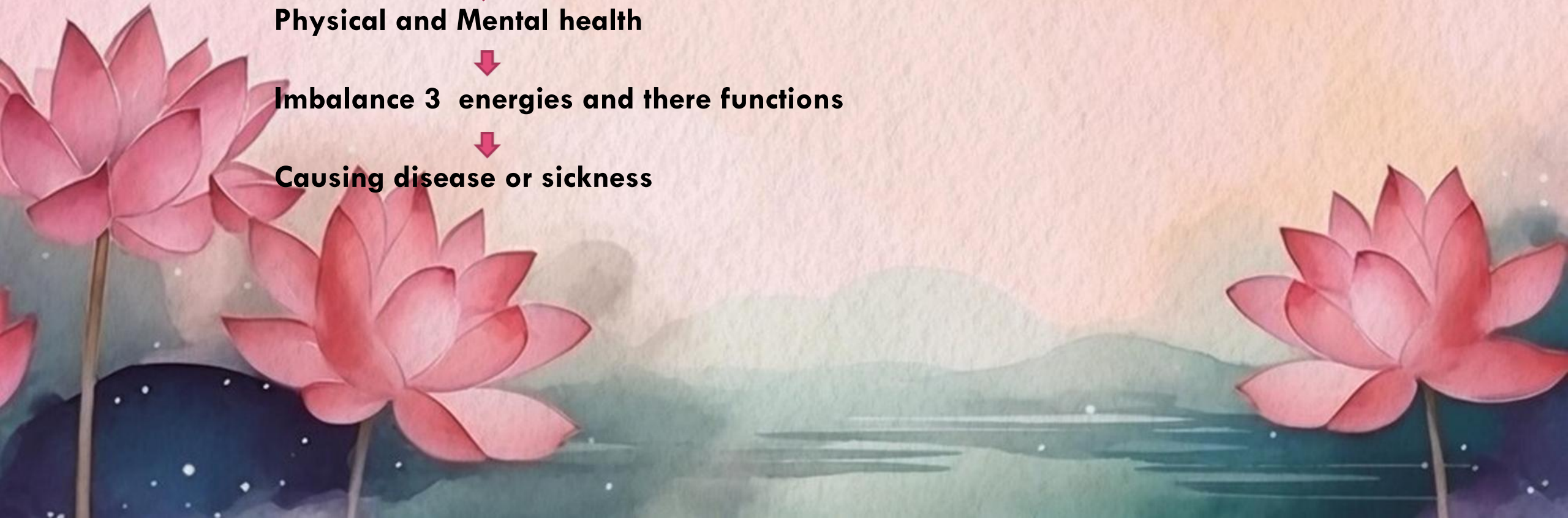
Physical and Mental health



Imbalance 3 energies and there functions



Causing disease or sickness



PREVENTION:-

- IN **AYURVEDA**, PREVENTION ,IS CONSIDERED EVEN MORE IMPORTANT THAN CURING DISEASE.
- TO MAINTAIN BALANCE OF **DOSHAS** (VATA, PITTA, KAPHA), ENHANCE IMMUNITY (OJAS), AND PREVENT ILLNESS.

1.Lifestyle modification (dinacharya)



1. WAKING EARLY IN MORNING



2. DRINKING WATER



3. TOOTH BRUSHING



4. TONGUE SCRAPPING



5. OIL PULLING



13. EAR OILING



12. NOSE OILING



6. EYE WASHING



7. EXERCISE



11. APPLYING KAJAL



10. BODY MASSAGE



9. BATHING



8. MEDITATION

Aspect

Waking up

Cleansing rituals

Exercise & activity

Breakfast

Work/mental focus

Main meal

Evening

Night routine

Dinacharya (Ayurveda)

Wake up at *Brahma Muhurta*
(\approx 4:30–5:30 am)

Tongue scraping, oil pulling,
elimination

Do yoga, pranayama, and
physical activity in early
morning

Light, nourishing meal after
sunrise

Peak focus from \sim 10 am–2
pm (Pitta time)

Lunch should be the heaviest
meal (sun at peak)

Light supper before sunset;
calming activities

Wind down with calming
practices, sleep before 10 pm
(Kapha time)

Circadian Rhythm (Modern Science)

Cortisol peaks at dawn \rightarrow
promotes alertness

Morning bowel movement
regulated by colon activity
peak

Body temp, muscle strength,
and BP rise after sunrise

Insulin sensitivity higher in the
morning

Cognitive function peaks mid-
morning to early afternoon

Digestive enzymes &
metabolism strongest midday

Melatonin rises after dark;
digestion slows

Melatonin peaks \sim 9–11 pm;
sleep quality best before
midnight

Correlation

Both recommend early rising,
aligned with natural light.

Syncs with colon's highest
activity (5–7 am).

Both promote morning
movement to boost
metabolism.

Supports early-day eating.

Aligned with solar energy and
mental sharpness.

Matches evidence for best
glucose tolerance at noon.

Early, lighter meals fit
circadian metabolism.

Early bedtime optimizes
circadian-regulated repair

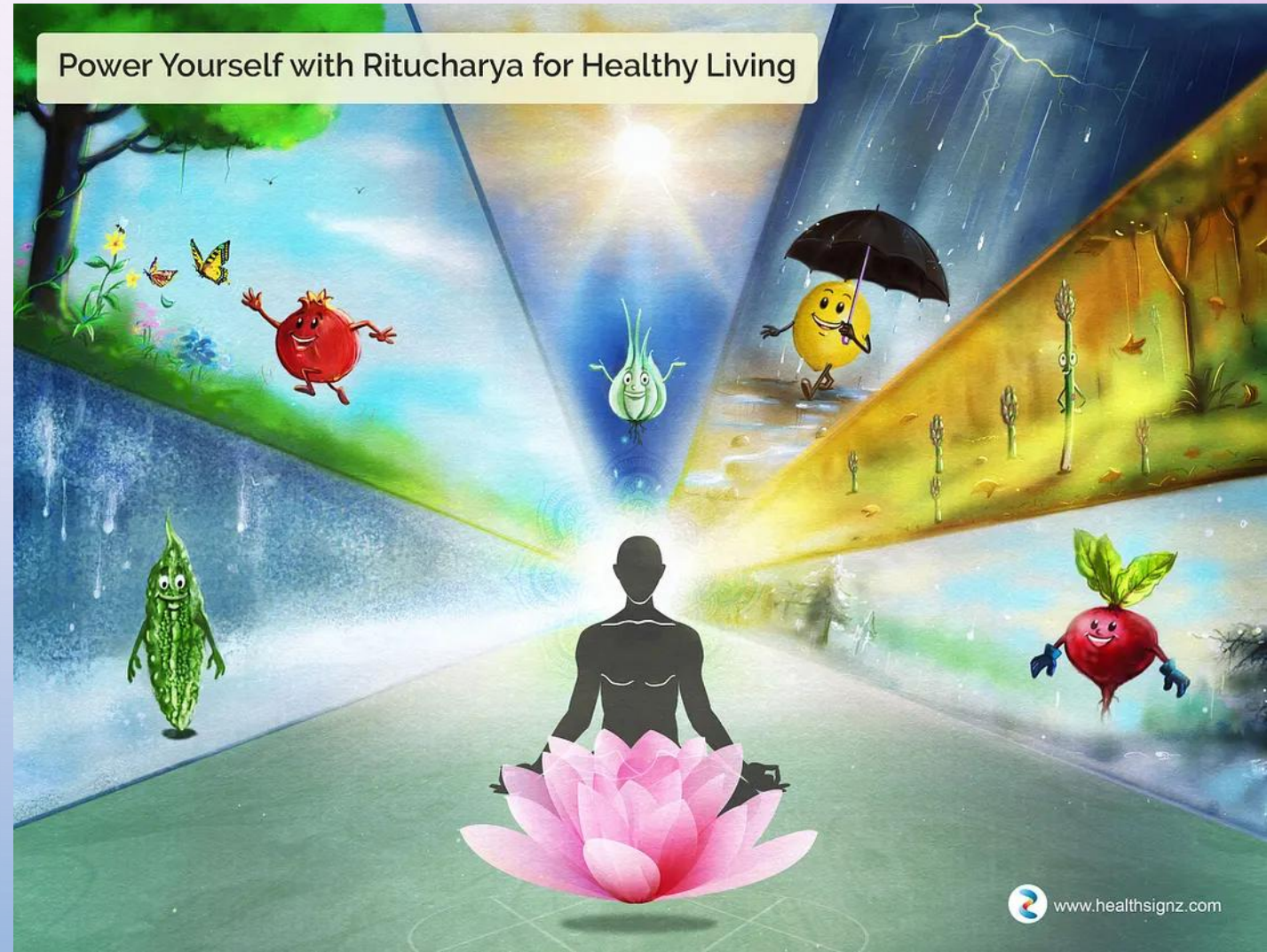
2. RITUCHARYA (SEASONAL REGIME)

Adapt diet and lifestyle according to the season to balance doshas.

-> Summer: Cooling foods (milk, ghee, cucumber).

-> Winter: Warm, nourishing foods (soups, sesame oil massage).

-> Rainy season: Light, easily digestible foods to prevent indigestion.



3. Diet (Aahar)

1. Do not pair incompatible foods :- Ex



2. Eat slowly : aids effective digestion and satisfies Mind.

3. The ideal portion of meal – $\frac{2}{3}$ rd of your stomach capacity

- Your stomach should contain - $\frac{1}{3}$ food, $\frac{1}{3}$ liquid, $\frac{1}{3}$ air.

- **4. Complete meal must constitute all 6 tastes i.e**





Ayurvedic Honey Lemon Water

Benefits

Lemon water helps to flush out toxins from the body and promote digestion while Turmeric has anti-inflammatory properties and can help improve overall immunity.

Ingredients

1 cup of warm water 2 1/2 lemon 3 1 tsp of honey 4 A pinch of turmeric powder (optional)

Instructions

Squeeze the juice of half a lemon into a cup of warm water. Add 1 tsp of honey to the lemon water and stir until the honey is dissolved. If desired, add a pinch of turmeric powder to the mixture and stir well. Drink the honey lemon water first thing in the morning on an empty stomach



3. LANGANA (FASTING)



KRISHNENDU AYURVEDA

Types of Langhana (FASTING)

- **PHALAHARA** - Eating only fruits
- **NIRJALA** - Water-only fasting
- **LAGHUPACHANA** - Light, warm foods (soups, khichdi)
- **HERBAL FASTING** - Drinking detox teas

AUTOPHAGY BENEFITS

DETOX, RENEW, AND CLEANSE YOUR BODY

What is Autophagy?

Autophagy is a well-regulated, orderly process to break down and recycle various cellular components. A type of self-renewal method focusing on removing older structures so that the new ones can take their place..

AUTOPHAGY PREVENTS CANCER



Autophagy plays an important role in preventing the onset and early growth of cancer cells. It has been known to suppress several processes leading to cancer, such as DNA damage, chronic inflammation, and genome instability.

AUTOPHAGY ENHANCES MUSCLE PERFORMANCE



As you exercise, you are putting stress on your cells. As this happens, energy use increases and the cell components get worn out at a faster rate. Autophagy makes sure to balance energy use within a cell.

AUTOPHAGY PREVENTS NEURODEGENERATIVE DISEASES



Stimulating autophagy can help protect your brain by properly removing misfolded proteins inside neurons that cause cell death in your brain and loss of mental capacity.

AUTOPHAGY REGULATES INFLAMMATION



Autophagy can help decrease inflammation within your body. It also gets rid of any pro-immune response molecules from the body to lower down the level of inflammation.

AUTOPHAGY REDUCES THE EFFECTS OF AGING



Autophagy along with intermittent fasting boosts the production of Human Growth Hormone (HGH). HGH is largely associated with an increased healthy muscle growth but also provides powerful anti-aging benefits.

ENHANCES CELLULAR ENERGY



The mitochondria undergo an autophagy process called "mitophagy" that favors the development of new and stronger mitochondria that can produce more cellular energy.

3.YOGA



BERNE & LEVY

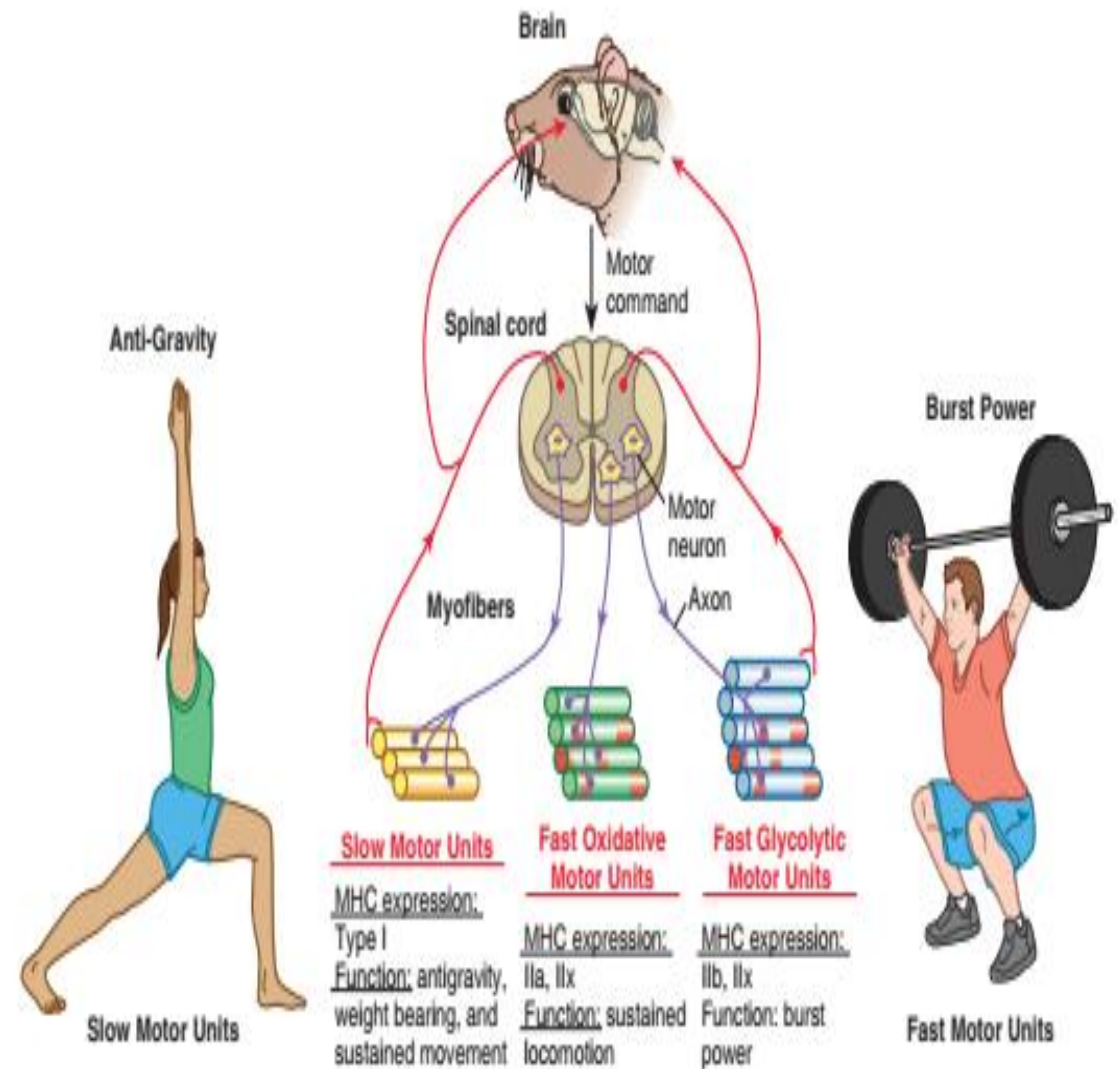
PHYSIOLOGY

Seventh Edition



Bruce M. **Koeppen**
Bruce A. **Stanton**

ELSEVIER



• **Fig. 12.15.** Comparison of three basic motor unit phenotypes in skeletal muscle of extremities and trunk. MHC, myosin heavy chain. (Redrawn from Baldwin K, Haddad F, Pandorf C, et al. Alterations in muscle mass and contractile phenotype in response to unloading models: role of transcriptional/pretranslational mechanisms. *Front Physiol.* 2013;4:284.)

1. Pranayam

By consciously controlling our breath and keeping it deep and slower we set off a chain reaction which calms our heart and slows our pulses, helping the organs of the body operate efficiently.

Benefits-

- Increases hemoglobin levels
- Boosts stem cell production
- Holding our breath -form new blood vessels
- Brief breath holding -enhance neuroplasticity
- Breath holding causes the body to break down sugar to form O₂ to compensate for the interruption from O₂ from the outside.



• 2. CHILD'S POSE (BALASANA)

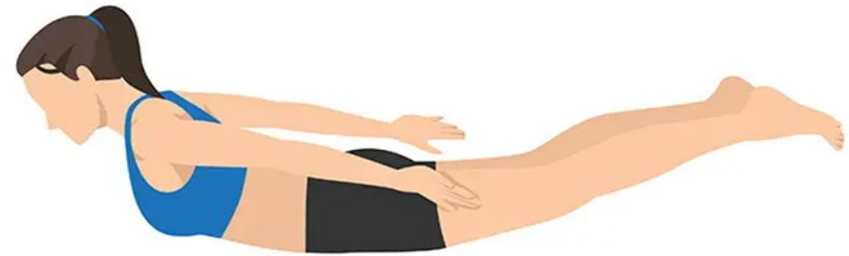
- This pose is typically a relaxing pose that aims at reducing stress and tension in the body. It also helps stretch the spine, hips, and thighs to improve flexibility and mobility.



Child's Pose

3. Locust post (Salabhasana)

- Help improve strength and flexibility in the lower back, glutes, and hamstrings.
- It helps with the symptoms of parkinson's disease by increasing circulation, improving posture, and reducing stiffness in the body.



Locust Pose

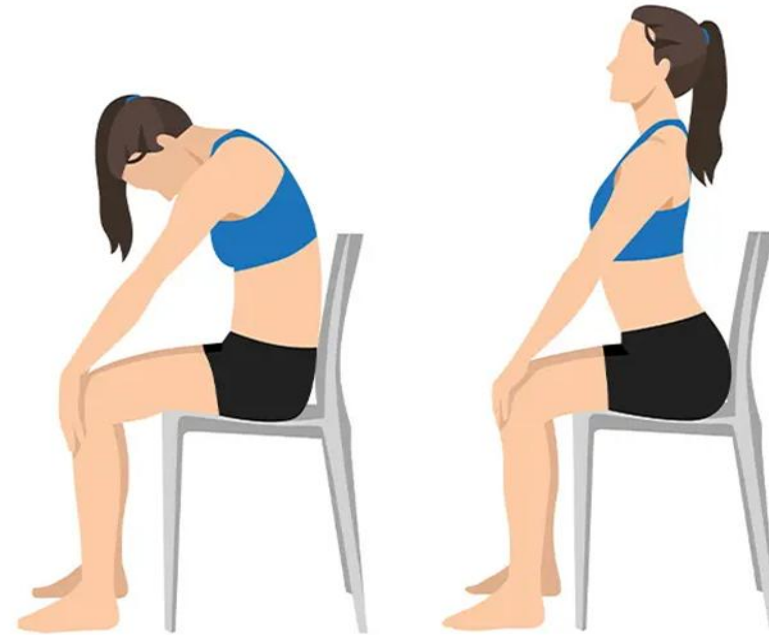
- **4. Lateral spinal movement (ardha chakrasana)**
- It is a gentle yoga pose that strengthens the core and improves spinal mobility.



Lateral Spinal Movement

5. Seated Cat-Cow (Kitta Tadasana)

This posture increases spinal mobility and strengthens the core, improving overall balance and movement.



Seated Cat-Cow

- **7. TREE POSE (VRIKSHASANA)**

- This is a balancing pose that helps strengthen the legs and core muscles for better balance and stability.



Tree Pose

8. Suryanamaskara



How does yoga work ?

Constant practice of Yoga results in increased gray matter density and activation in your hippocampus and prefrontal cortex.

- Activates higher cortical function
- Stimulates all neuronal, sensory and motor tracts to and through the brain
- Controls your postures, breathing, and mental activity
- Improves focus ,concentration and decision making
- Helps Emotional and impulse control
- Make you more in tune with your senses and be self-aware

4.Meditation (Brain training)

- Human life simultaneously exists in two different dimension .
- Helps to focus mind and body together
- Trains to active higher cortical centers to channelise energy flow from brain via all plexuses to the peripheries and other organs.



5. Panchakarma (external and internal therapies)

Detox therapy – panchakarma bring wonderful change in rejuvenating the dry, damaged and degenerative cells .



Abhyanga (external oleation)

Benefits –

Nourish and revitalise all the organs

Removes toxins and stimulates lymphatic circulation

Calms down the nervous system

Strengthens the entire muscular system

invigorates the internal organs via reflex zones in the skin. In addition

Ageing process is slowed, and **prematurely aged tissues are rejuvenated.**

Treat the entire body in synchrony with the herb oil. The direction of the massage corresponds to the blood circulation.

(I): Stress, depression, anxiety, skin irritation, muscular and joint pain, circulation problems, tension, obesity, sleep disorders, exhaustion



Udvardhana (Ext exfoliation)

Udvardhanam is a special **whole-body treatment or powder massage**. During this treatment, two therapists work in synchrony to massage a **customised powder mix made from medicinal herbs into the patient's skin**. Their powerful movements **stimulate the metabolism and boost circulation**.

Highly **beneficial in Tactile integration and weight loss**.

Dry massage is cleansing and invigorating – **tissues are detoxed, water deposits are dispersed and lymph circulation is restored**.



Snehapana (internal oleation)

Meaning :- Intake of medicinal oils and/or clarified butter (ghee).

Golden elixir in Ayurvedic treatment.

Excellent neurological tonic because it **nourishes the brain and nerves.**

Mech:-

Ghee stimulates an intense and long-lasting **physical detox**. During this cleansing process, **fat-soluble toxins are excreted via the intestine.**

(I): Joint arthrosis, psoriasis, chronic constipation and haemorrhoids



Swedana (steam)

The **skin and subcutaneous tissues** experience **increased blood flow**, resulting in **improved nutrition, loss of fatty tissue, weight loss, and a well-nourished skin.**

The procedure also helps in **relieving stress and pain**, helps in **loosening the muscles and providing relief in case of joint pain, back pain, and body stiffness** , also **menstrual pain.**

Swedana delivers immense benefits in case of allergies and rheumatoid arthritis

With such impressive benefits from just a simple step – sweating – Ayurveda strongly recommends swedana as a treatment that will help keep your **body strong and your skin refreshed**



NASYA

Ayurveda incorporates **Sensory diets** as part of its range of treatments.

-stimulate the sensory system, such as the use of nasya, where medicated oil or decoction is administered through the nostrils to **open up and stimulate the olfactory system, thereby correcting the sense of smell and taste** .



Shirodhara

Cleansing therapy.

"Siro" means head, and "Dhara" is an **uninterrupted flow of liquid**. In this oil pouring treatment, **an even stream of warm herbal oil or herbal milk flows from a pot** over the patient's forehead. The container is **swung in a gentle rhythm from one side of the temples to the other**.

The **relaxing and calming effect on nerve cells** is evident: **slowly, very slowly the body, mind and spirit are helped to return to an equilibrium**, which is so easily lost in everyday life.

Helps with: **Insomnia, memory loss, headaches, stress, mental tension, physical tension** and specific skin problems



SHIROVASTI

Pouring of herbal liquids) aid in neuronal plasticity, thereby **correcting various neurological functions**.

Shirovasti translates literally as "**head inflow**". The term '**head oil bath**'.

During this treatment warm herb oil is poured into a hat that is open at the top and positioned on the head. The oil is prepared specifically for each individual.

The length of time the hat is left on the head depends on the person's constitution and symptoms.

This direct contact with the scalp stimulates the head area and the nervous system.

Helps with: High blood pressure, **depression, neurological conditions, migraines, insomnia, nervous or vegetative disorders, dryness affecting the nose, mouth or throat**



Alkaloid medicine	Plant	Activity	Product
Atropine	<i>Atropa Belladonna</i>	Antidote for Nerve gas poisoning	Abdominol, Espasmo, Protecort
Ajmaline	<i>Rauwolfia serpentine</i>	Antiarrythmic	Gilurytmal, Rauwopur
Codeine	<i>Papaver somniferum</i>	Analgesic(Painkiller)	Antituss, Codicaps, Tussipax
Cocaine	<i>Erythroxylum coca</i>	Local Anesthetic	Mainly used in highly regulated clinical environment.
Colchicine	<i>Colchicum autumnale</i>	Gout remedy	Colgout, Verban
Caffeine	<i>Coffea Arabica</i>	Central nerve system stimulant	Agevis, Thomapyrine, Vomex A
Ephedrine	<i>Ephedra sinica</i>	Antiasthmatics	Amidoyna, Bronchicum, Peripherin
Ementine	<i>Carapichea ipecacuanha</i>	Antiprozoal	Ipecac, Rectopyrine
Morphine	<i>Papaver somniferum</i>	Pain relief, Diarrhea	Duromorph, Spamofen
Noscapine	<i>Nicotiana tobacum</i>	Stimulant, nicotinic acetylcholine receptor agonist	Nicabate, Nicorette, stubit
Vinca Alkaloids (Vincristine)	<i>Vinca rosea</i>	Anticancer	Marqibo, Navelbine, oncovin
Vinblastin	<i>Catharanthus roseus</i>	Antitumor	Periblastine, velban, velsar
Ceserpine	<i>Rauwolfia serpentine</i>	Antihypertensive	Abicol, Briserin, sandril
Pilocarpine	<i>Pilocarpus pennatifolius</i>	Myotics	Salegen, vistacarpin

6.RASAYANA THERAPY (ANTI AGEING, REJUVENATION)

- RASAYANA IS DEFINED AS THOSE HERBAL MEDICINE WHICH ARE HELPFUL IN GAINING HIGH QUALITY TISSUE IN OPTIMUM AND DESIRED QUANTITY, WHICH FORM THE FOUNDATION OF A GOOD IMMUNITY AND PAVES WAY FOR LEADING DISEASE FREE LIFE.
- MUST CONTAIN FOLLOWING QUALITIES –
- IMMUNITY MODULATORS
- ANTI-AGEING
- PREVENTIVE CARE
- DISEASE MODIFIERS
- MEDICINES FOR CONVALESCENCE CARE
- TISSUE STRENGTHENERS AND REJUVENATORS
- LONGEVITY ENHANCERS



1. AMLA

Latin name: *Embelica officinalis*



2. Kumari/Aloe Vera

Latin name: *Aloe barbadensis*



3. Ashwagandha

Latin name : *Withania somnifera*



Integrative medicine

- **Integrative medicine** takes a holistic approach to combining conventional medical treatments with complementary therapies. Here are some examples of an integrative medicine approach Ex-
 1. Nutritional support: A well-balanced diet is crucial for brain health.
 2. Herbal supplements: improving memory and cognitive function.
 3. Mind-body practices: techniques like meditation, yoga can help reduce stress, improve mental clarity, and enhance overall well-being.
 4. Daily routine & sleep hygiene: adequate sleep is essential for brain health and cognitive function.
- It's important to note that integrative medicine approaches should be personalized and tailored to the individual's specific needs and preferences. It's recommended to consult with a qualified healthcare practitioner who specializes in integrative medicine for guidance and individualized treatment plans.

QUESTIONS ????



Thank You

