

PRASIDA AYURVEDA CLINIC

www.AyurvedAcharya.com

Prasida Ayurveda Clinic is a need based doctor centric institution and is all about bringing genuine **Ayurveda** closer to people who have conditions that require medical attention.

The concept of a day care clinic has been planned keeping in mind the accessibility, travel time, cost effectiveness and benefit from a facility that makes Ayurveda a practical, simple and safer alternative to the conventional care.

Clinical practice of Ayurveda by the Ayurvedacharyas at **Prasida** is backed by a 9 year presence at Calcutta. It has given us sufficient impetus to develop and refine protocols that are both, geographically and demographically relevant. Detailed health evaluation followed by prescribed internal medications, external therapies, Shodhana Panchakarma, diet and lifestyle counseling with guidance on Yoga and Meditation techniques form the basis of practice. Formulations from The **Kottakkal Arya Vaidya Sala** and other quality pharmaceutical houses of Ayurveda add to the efficacy of the prescriptions.

Prasida Ayurveda Clinic is a unique therapeutic Day Care facility in the Eastern India. Visit our website or come in person to know more about **Ayurveda** or about possible solutions to manage your medical condition.

Think of Ayurveda, think of us !



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CLINICAL AYURVEDA POSSIBILITIES AND LIMITATIONS

Dr. C.M. Pradyumna B.A.M.S.
Ayurvedacharya



साध्योऽसाध्य इति व्याधिर्द्विधा, तौतु पुनर्द्विधा ।।

सुसाध्यः कृच्छ्रसाध्यश्च याप्यो यश्चानुक्रमः ।

सर्वौषधक्षमे देहे यूतः पुंसो जितात्मनः ।।

अमर्मगोऽल्पहेत्वग्ररूपरूपोऽनुपरद्रवः ।

अतुल्यदूष्य देश ऋतु प्रकृति पादसंपदि ।।

ग्रहेष्वनुगुणेष्वेकदोषमार्गो नवः सुखः ।

सुखसाध्यः सुखोपायः कालेनाल्पेन साध्यते ।।

कृच्छ्ररूपायैः कृच्छ्रस्तु महाद्भिश्च चिरेण च ।

असाध्यलिङ्गसङ्कीर्णस्तथा शस्त्रादि साधनः ।।

शेषत्वादायुषः पथ्यैर्याप्यः प्रायो विपर्यये ।

दत्वाल्पं सुखमल्पेन हेतुना स प्रपन्त्यते ।।

याति नाशेषतां रोगः कर्मजो नियतायुषः ।

प्रपतन्निव विष्कभैर्धार्यतेऽत्रातुरो हितैः ।।

परोऽसाध्यः क्रियाः सर्वाः प्रत्याख्येयोऽतिवर्तते ।

तस्मादुपेक्ष्य एवासौ स्थितोऽत्यन्त विपर्यये ।

भ्रममोहारतिकरो दृष्टारिष्टोऽक्षनाशनः ।





Why Ayurveda ?

Ayurveda is a clinically time tested comprehensive system of Healthcare, an ancient science and the precursor for most systems of medicine and surgery in the world. It finds a need, has scientific relevance, has been aggressively researched up on and can contribute significantly to the varied medical and lifestyle needs of modern day. Probably it is the only healthcare system where the link between mind, body and spirit is so evident and well understood.



Are there any specializations in Ayurveda ?

There are 8 basic specializations in Ayurveda -

- *Kaya Chikitsa* : General Medicine
- *Kaumara Bhritya* : Pediatrics, Obstretetics & Gynaecology
- *Graba Chikitsa* : Psychiatry
- *Shalakya Tantra* : ENT and Ophthalmology
- *Shalya Tantra* : Surgery and allied specialties
- *Agada Tantra* : Toxicology
- *Jaraa Chikitsa* : Geriatrics
- *Vajikarana* : Reproductive sciences



Who is an Ayurvedacharya ?

Ayurvedacharya is a doctor academically qualified in Ayurveda and this title is awarded by the concerned University under the Government of India's regulatory authority CCIM - Central Council of Indian Medicine. The CCIM Issues registration under AYUSH, Ministry of Health and Family Welfare, Government of India, on completion of the 5 ½ years B.A.M.S - Bachelor of Ayurvedic Medicine and Surgery course inclusive of one year of internship. Every Ayurvedacharya is registered at the central register with a valid registration number.



What is Clinical Ayurveda ?

Ayurveda has specialized solutions to various categories of diseases that afflict the physical, psychological and spiritual domains. Lifestyle diseases, chronic conditions like Auto Immune Disorders, Degenerative disorders and a number of other conditions seemingly respond well to Ayurvedic Clinical methods. It professes a very scientific, simple and practical approach to the prevention, management and a possible cure for conditions that pose a challenge in the modern world.



How do you compare Ayurveda medicines with other systems ?

Medicines in Ayurveda are derived from herbal, animal, metallic bhasmas and or minerals that are adequately detoxified and enriched and made safe for human use without any adverse effects in therapeutic doses. Ayurveda has consistently and efficiently served the mankind all the way through evolution. Its antiquity supports its status as a clinically time tested system of healthcare.



Can the concepts of modern medicine and Ayurveda be integrated ?

In the contemporary practice of Clinical Ayurveda, it is very common to find situations where the patients are on both sets of remedies to make up for the deficits of the individual systems if any.

How do you compare Clinical Ayurveda and Western Methods ?

There are many similarities and dissimilarities between the principles and practice of Ayurveda and Western methods. Supplementations are common to both sciences, there is principal difference in treating autoimmune disorders where the western system chooses immune suppression, pain killers etc but Ayurveda achieves the same through the unique concept of Shodhana-Panchakarma where the body rids itself of toxins without having to compromise on the immune system.

What are the methods involved in an Ayurveda based treatment ?

Suggested lifestyle changes, customized dietary recommendations, prescribed internal medications, external therapies, Shodhana Panchakarma or detoxification procedures, Yoga and Meditation are some of the methods involved in an Ayurveda based treatment regimen.

Can the progress or otherwise be monitored ?

Monitoring can be done by clinical observation, patient feedback, biochemical lab tests, culture, microscopic tests, endoscopic methods, radiology, and all other conventionally available diagnostic methods.

Where is Clinical Ayurveda most recommended ?

Ayurveda has solutions to a limitless number of diseases and syndromes, even to those where an immediate diagnosis is not possible in modern terms, this is because principles of health and disease are based on the TriDoshic concept, an unparalleled link between mind, body and matter. Yet for the sake of convenience a few of the diseases that respond well to Ayurvedic protocols are listed below.

- Chronic Pain
- Neurological and Neuromuscular disorders
- Ankylosing Spondylitis
- Intervertebral Disc Prolapse
- Rheumatoid Arthritis
- Degenerative Osteoarthritis
- Chronic skin conditions like Psoriasis, Atopic dermatitis
- Allergies, Hypersensitivities
- GERD, Acidity, Malabsorption
- Migraine, Chronic Sinusitis
- Respiratory conditions - Bronchitis, Asthma
- Recurrent infections
- Anorectal disorders like piles and fissure
- Fibromyalgia
- Carpel Tunnel Syndrome and similar repetitive stress injuries
- Cervical Spondylosis, Capsulitis (frozen shoulder)
- Psychiatric conditions like anxiety, depression Insomnia and Bipolar disorders.
- Colitis, IBS, constipation
- Diabetes and Insulin resistance conditions
- Hypertension and Stress
- Post CVA rehabilitation in Paralysis
- Geriatric care
- Post traumatic rehabilitation
- Non Healing Ulcers, bed sores.
- Supportive care for Parkinson's Disease
- Supportive care for Multiple Sclerosis