



# Wellness - *The Ayurveda way*

**Ayur means life and veda means the study of something. So, together, Ayurveda is the science or study of life.**

Ayurvedic wisdom helps in everything from maintaining physical health, balancing a diet, providing safe and effective treatments, and improving your mental and spiritual fitness. Vyara Nikolaeva Tosheva, Wellness Manager, The Retreat Palm Dubai MGallery by Sofitel takes a look at the Ayurveda way of maintaining mind, body and spirit wellness.

## **Importance of Dosha for overall wellbeing**

Dosha can be regarded as a fault, mistake, error or a transgression against the cosmic rhythm. The doshas are constantly moving in dynamic balance one with the others. Every being either human or not is born with a unique balance of tridoshas which is called his prakriti. Also, all the bodily systems psychological and spiritual phenomenon is governed by this alone. Any problem, whether physical or psychological is caused by the imbalance in the tridosha. Similarly, any problem can be solved if these doshas are balanced. All treatments and principles of ayurveda are based upon one goal; that is to balance the tridosha.

## **Herbs and spices that purify blood**

The following herbs help purify blood, eliminate toxins from the lymph system, kidneys, liver and the entire body

- Burdock: Premier skin herb, Diuretic, rich in iron.
- Dandelion: Contains phyto-nutrients and antioxidants, stimulates liver and pancreas to detoxify blood.
- Reishi mushroom: A Chinese tonic enhances liver detoxification, rich in Ganoderic acid.
- Basil: Antibacterial and Anti-inflammatory, Excellent diuretic, exceptional ability to purify blood.
- Red Cloves: Correct deficiencies in circulatory system, prevents clot formation, anti-tumor properties.

## **5 or 6 simple Ayurveda rituals that one can practice daily for an ayurvedic life style**

### **Dinacharya/ Daily Regime**

- Waking up: 2 hours before sunrise.
- Elimination: Drinking a glass or two of warm water helps in elimination.
- Cleansing of senses: Wash eyes with water preferably rose water and triphala.
- Brush teeth and scrape the tongue to purify mouth and the sense of taste.
- Jalaneti: Put a little oil in the nose and clean the sense of smell.
- Massage or Abhyanga: Self-Massage with warm sesame oil for 5-10 minutes.
- Exercise/ Vyayama: Preferably Yoga and Pranayama for 15-20 minutes.

## **Ayurvedic tips for weight loss**

- Drink a large glass of warm water with organic lemon first thing in the morning
- Exercising to stimulate perspiration for at least 30-45 minutes daily.
- 10-15 minutes of relaxation to combat stress.
- Stick to 3 meals per day, no snacking. Follow proper food timings.

| - Breakfast  | -Lunch        | -Dinner      |
|--------------|---------------|--------------|
| medium sized | Large sized   | small sized  |
| 7:30-9:00 am | 11:00-2:00 pm | 5:30-8:30 pm |

- Consume seasonal and locally grown vegetable and fruits.
- Diet should contain all six tastes.
- Short walks after each meal to facilitate digestion.
- Go to bed after 2 hours of Dinner