

## Ayurveda panchakarma treatment-The best way of prevention of diseases

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According to ayurvedic texts our body is crisscrossed by srotas or channels or tube like structures. This net work contains both microscopic and macroscopic channels. (Digestive system, nervous system, circulatory system etc are few examples of these channels). Innumerable physiological process like breathing, blood circulation, secretions of enzymes, hormones etc, flow of signals, supply of nutrients, filtration of toxins, excretion of waste etc are aided by these tubular structures. Diseases occur when toxins get accumulated in body and clog these channels. Unhealthy diet, lifestyle, stress, changes in environment etc lead to accumulation of toxins in body. These accumulated toxins have to be expelled out in order to keep our body healthy. Through panchakarma therapy these toxic clogs are removed to normalize the physiological process. Hence panchakarma therapy is called as detoxification therapy. Panchakarma therapy can be administered to a normal person to prevent diseases and keep his body healthy. The ideal season to expel toxins through this therapy is rainy season. Panchakarma therapy is also used as a purifactory therapy to cleanse the body before starting a treatment. A diseased body can be compared to a soiled cloth which cannot be colored as we desire. Hence to attain the maximum benefits, the body has to be purified or cleaned before starting the treatment. The cleared channels help medicines to penetrate the deeper tissues.

### Biography

Gaurang Joshi, International Ayurveda Consultant, Expert Ayurveda Skin Specialist, Director-Atharva Multispeciality Ayurveda Hospital, Panchakarma and Skin Care Hospital, President-International Psoriasis Foundation, has run an exclusive Ayurveda Panchakarma Treatment Center for the last 16 years. He focuses on and treats obesity, skin disorders, including psoriasis and leucoderma, cancer, mental disorders, diabetes, arthritis, bronchial asthma and all types of chronic diseases by enhancing immunity. He has conducted various collaborative research projects and is currently doing research to evaluate the efficacy and safety of polyherbal powder for patients with vitiligo. He has published more than 12 papers in national and international conferences on dermatology and oncology research, also written a book "Ayurveda-The Science of Life" published by LAP-Germany. He was invited by University Of Indonesia, Department of Pharmaceuticals Sciences as Guest Speaker in International Symposium September 2011. He was an invited speaker for National Ayurvedic Medical Association (NAMA), USA. NAMA's 10<sup>th</sup> Annual Conference at Albuquerque, New Mexico, USA, Scheduled 18<sup>th</sup> to 21<sup>st</sup> April 2013, Invited Speaker and Scientific Advisor By Omics International, USA in International Conference on Dermatology 2013, Chicago, USA, Scheduled 15<sup>th</sup> to 17<sup>th</sup> April 2013. He was also invited as a Speaker in Asia Medical Tourism and Healthcare 2013 scheduled 9<sup>th</sup>-10<sup>th</sup> April 2013 at Kuala Lumpur, Malaysia. He has been a Visiting Faculty at Israeli Ayurveda Center, Uni. of Tel Aviv, Israel, June-July 2013. He has visited USA, Germany, Israel, Netherland, Singapore, Indonesia and Malaysia for the propagation of Ayurveda.

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## Interpreting homoeopathic concepts in the light of allergic disorders

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Allergy means an altered state of reactivity to antigen and includes both type of immune responses, protective as well as injurious. (Von pirquet)

The term allergy also means all immune processes harmful to the host, such as hypersensitivity and autoimmunity. It is most commonly used as a synonym for hypersensitivity, which is sometimes employed in a narrow sense to refer to only one type of hypersensitivity, namely "atopy".

Atopic individuals manifest one or more of a group of diseases that includes asthma, hay fever, urticaria, food and other allergies, and eczema. These atopic conditions tend to run true to type within each family.

In order to perceive a homoeopathic cure as per the guide lines laid down by master Hahnemann, there arises a great need to observe, understand and correctly interpret the underlying susceptibility which is responsible for the disease manifestations and accordingly the determination of potency and its repetition through accurate and keen observation in order to restore the deranged state of susceptibility to normal and thus health.

### Biography

Tejas Trivedi, M.D. (Hom) in the subject of Organon of Medicine is associated with Virar Homoeopathic Medical College, Virar, Thane, [Maharashtra] as an Assistant Professor since 2007 in the department of Organon of Medicine. His main field of interest apart from other disorders is Allergic Disorders wherein understanding & treating it according to homoeopathic guidelines in his own clinic.

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