

Choice

Health & Wellbeing

27&28 FEBRUARY EXCEL LONDON

PROFESSIONAL 2011
beauty

To register, visit -

www.professionalbeauty.co.uk

www.choicehealthmag.com

The Leading Publication for Complementary Health, Education and Wellbeing

The rich blend of traditional Thai Massage Techniques

In this issue:

Rose - the Queen of Oils

4



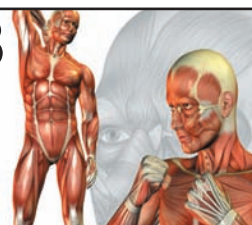
Migraine Clinic

24



Per4mance Enhancement

58



Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Harmonise with the seasonal changes the Ayurvedic way

Ayurveda, the ancient 'science of life' offers a myriad of treatments, medicines and lifestyle choices centred on the needs of the individual. From eating right for your body type, following daily routines and personalised detoxification and rejuvenation programmes, Ayurveda provides guidance on how best to prevent acute and chronic health conditions from manifesting.

Ayurveda recognizes the intimate relationship between the mind, body and soul as well as influencing factors such as the environment and seasonal changes on our health. 'Ritu' means season and 'charya' means moving or following. This science places great emphasis on living in tune with nature so that we have the ability to adapt and stay healthy in an ever-changing climate.

Universal activities are governed by two principal energies, hot and cold and the calendar year is divided into two correlating phases (kaala), accumulation (Adana) and release (Visarga). It has been described that the warmer seasons of Shishira, Vasanta and Greeshma are based on the northern solstice (Adana), the debilitating period, whereby the sun and the wind become strong and dry, taking away the cooling qualities of earth. The cooler seasons of Varsha, Sharada and Hemanta form the southern solstice (Visarga) and are considered the strengthening

period, where the moon is more powerful and the sun releases its energy and people can regain strength.

The connection between the seasons and doshas

What is the rationale behind seasonal regimen and health? Well just as the trees shed leaves in the autumn and blossom in the spring, our bodies are designed to respond in the same manner to the atmospheric changes. There is a change in the dominance of dosha and its relative qualities as the seasons change. Vata, pitta and kapha, the three doshas accumulate during seasons that share the same qualities. For example, vata gets aggravated when the climate is cool, dry and windy (autumn), pitta increases in hot weather and kapha increases when its wet and cold. Should the accumulation of doshas go beyond a certain limit, aggravation begins and symptoms of

disease manifest. Though seasons opposite in nature can help pacify the aggravated dosha; the aim is to maximize the benefits from the seasonal changes and protect against the bad effects on our well being through diet and lifestyle choices.

The seers of Ayurveda provided many suggestions as to how we can alter our diet and lifestyle to stay in harmony with each season and boost the immune system.

Here are some fundamental principles as to how we can adjust our diet and lifestyle according to ayurvedic ritucharya.

Vasanta (April/May)

Kapha has undergone increase over the winter months that is now being liquefied by the heat of the sun, diminishing agni (digestive fire) and giving rise to many diseases, often of kapha origin such as cold, cough, fluid accumulation in joints, phlegm in lungs etc.

- ☺ Favour easily digestible foods, these can include, barley, wheat, kitchadi, honey, roasted meats, mango juice, foods which are moist and fat free.
- ☺ Warming drinks such as asava (fermented infusions) and arista (fermented decoctions), honey with warm water.
- ☺ Avoid foods that are hard to digest, cold, sour, sweet and fatty, these can increase kapha dosha.
- ☺ Do udvartana (dry or powder body massage) and bath with camphor, sandalwood and saffron.
- ☺ Increase physical exercise.
- ☺ Avoid sleep during the day.
- ☺ Season for nasal and emetic medications.

Greeshma (June/July)

In this season kapha decreases and there is dehydration exhaustion and lethargy, due to dryness in the air and heat of the sun causing slight increase in vata dosha.

- ☺ Favour sweet, light fatty and liquid foods fruits can be eaten aplenty.
- ☺ Drink cold water from a clay pot.
- ☺ Drink plenty of fresh juices, buttermilk.
- ☺ Drink a restorative drink with grape juice, honey, dates with cardamom, cinnamon etc.
- ☺ Avoid foods that are salty, sour or pungent including wines.
- ☺ Reduce physical exercise and day sleep is permitted as nights are shorter.
- ☺ Choose cool places to reside and avoid too much exposure to the sun.
- ☺ Wear loose and light clothing.
- ☺ Take a cool bath with cooling herbs such as sandalwood and rose.

Varsha (August/September)

In Varsha the agni gets weaker and becomes vitiated by the doshas, largely due to cloudy atmosphere and lack of sunshine. Measures should be taken to enhance digestive power and mitigate doshas. This is the season in which many purification treatments are performed (panca karma). ☺ Eat only easily digestible

Traditionally, Ayurveda describes six seasons, which correlate with dominant doshas, qualities and tastes:

Season	Months	Dosha	Qualities & Taste
Spring (Vasanta)	April/May	Kapha Pitta	Smooth, flowering, soft, warm. Bitter (astringent)
Summer (Greeshma)	June/July	Pitta	Hot, sharp, dry, bright. Katu (pungent)
Rainy season (Varsha)	August/September	Pitta Vata	Cool, wet, mobile. Amla (sour)
Autumn (Sharada)	October/November	Vata	Cold, dry, mobile, rough, light. Lavana (salty)
Winter (Hemanta)	December/January	Vata Kapha	Cold, damp, heavy, slow. Madhura (sweet)
Late winter (Shishira)	February/March	Kapha	Cool, liquid, melting, slimy. Tikta (bitter)



foods such as meat soups with spices, pulses, soups, old grains, wines. ☺ Stimulate agni with ginger, black pepper, lemon juice. ☺ Eat hot and light foods with ghee, curd and honey. ☺ Avoid sleep in the daytime. ☺ Avoid too much exposure to the sun.

Sharada (October/November)

Pitta dosha can increase due to sudden exposure to the dry and hot atmosphere of sunlight after cool and rainy weather.

- ☺ Eat ghee processed with bitter herbs to manage increased pitta.
- ☺ Favour foods which are bitter, astringent and sweet in taste.
- ☺ Eat easily digestible foods such as rice, green gram, amla, honey and sugar.
- ☺ Take warm water baths and avoid exposure to breeze and day sleep.
- ☺ Do dry powder massage with cooling's herbs such as sandalwood, camphor.

Hemanta/Shishira (December-March)

Agni is at its strongest in these months, hence the tendency to feel increased hunger. Vaya is prevalent and needs to be balanced with a heavy diet. ☺ Eat foods that are sweet, sour and salty by taste to help pacify vata dosha. ☺ Sweet wine preparations can be taken (made from jaggery).

- ☺ Favour foods including, carrots, tomatoes, figs, dates, cane sugar, nuts, wheat, gram flour, milk products, edible oils.
- ☺ Drink warm/hot water to support digestion.
- ☺ Opt for regular massage and steam bath.
- ☺ Take plenty of exercise.
- ☺ Wear warm clothing of cottons, silks and wools.
- ☺ Take exposure to sun when possible.
- ☺ Indulge in sexual activity.

According to Charaka Samhita, following a suitable diet and routine in line with seasonal changes to gives one strength, vitality and

provides support for their immune system. So why wait until diseases manifest before we address our diet and lifestyle choices, following natural and simple advice can allow us to live healthy and happy. **CHW**

Reference:

Ashtanga Hridayam. Sutra Sthana, Ch. III
Charaka Samhita, Sutra Sthana, Ch VI

© As a member of the APA, Geeta Vara is a fully qualified Ayurvedic Practitioner working in London & South East providing consultations, treatments and corporate workshops.

For more information about Nasya treatment or other health concerns, please email: geetavara@gmail.com or call: 07956 521601. www.geetavara.co.uk



Choice Health & Wellbeing Guide

Launching 27 February 2011 at Professional Beauty, EXCEL

36page A5 Booklet - distributed via GP Surgeries, Practitioners, Health Clubs, Sports Injury Centres

Visit www.choicehealthmag.com for more details