



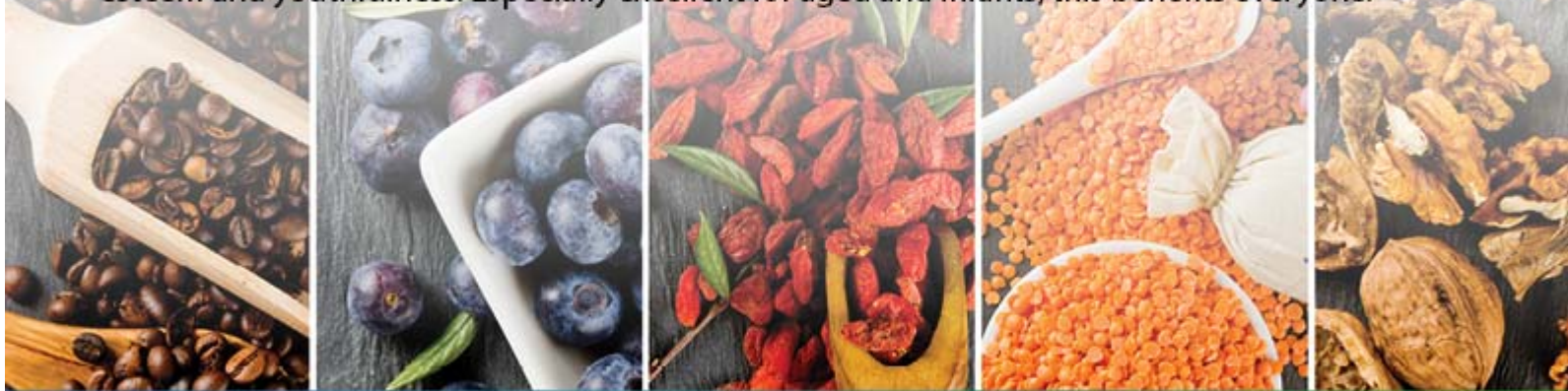
Detoxification in Ayurveda

By Vaidya C D Siby
Chief Ayurvedic Physician

Ayurvedic healing is primarily concerned with purification of the body and mind. Impurity is disease. Purity means freedom from any disease. The occurrence of impurity or Ama in the system obstructs the natural waste elimination, transformation of tissues, the circulation of energy, the assimilation of nutrients and create an environment which is conducive to the proliferation of micro organisms.

Usually healing occurs naturally, provided we create a suitable climate for healing. The body has an innate self healing wisdom. If it is too weak to cure itself, usage of herbs and other therapies come into the picture. Here medication and treatment are to support the body in its war against Ama (toxins). Treatment increase the pace of healing and allow the healing to be more complete and bearable. Treatment support the Ojas or the strength of the body.

Oil therapy and detoxification programme are the most ancient techniques used to cure ailments and to rejuvenate the body. This therapies increase the bodily heat and flow of life supporting oxygen, it improves circulation, causing body to flush out its waste products more efficiently, promoting vitality, strength, stamina, flexibility, improves concentration, intelligence, confidence, esteem and youthfulness. Especially excellent for aged and infants, this benefits everyone.



For registration and further details:

Date & Time
18th March 2017
2:00 pm to 6:00 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

For registration, please contact:

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