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Ayurveda Doctors Teach Natural Health by [Trenton Pace](#)

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Ayurveda has been in practice for over 5,000 years. Ayurveda doctors teach natural health to their patients after thoroughly assessing their lifestyles, diets and habits, and recognizing the connection between these and the health issues of their patient.

Ayurveda doctors are trained in this ancient art of healing, which has brought true health and wellness to millions of individuals throughout the ages. There are two main types of Ayurveda: traditional and Maharishi. Maharishi is variation on the traditional version based on traditions of classical texts from the Maharishi Mahesh Yogi. Both types prescribe herbs, and use many of the same remedies for treating illnesses and disease.

The way it works is this: Ayurvedic doctors believe that everyone has a distinct pattern of energy, and that there are three basic types of energy, or doshas, present in each person:

Vata: this is the energy which controls bodily functions to do with motion such as: blood circulation, breathing, blinking and heartbeat. When this energy is balanced there is creativity and vitality. If the vata is not balanced, it creates fear and anxiety.

Pitta: this is the energy that controls the body's metabolic systems such as: digestion, absorption, nutrition and temperature. When this energy is balanced, pitta leads to contentment and intelligence. If the pitta is not balanced it can cause ulcers and anger.

Kapha: this is the energy that controls growth in the body. It supplies water to all body parts, moisturizes the skin, and maintains our immune system. When this energy is balanced kapha is expressed as love and forgiveness. If the kapha is not balanced it can lead to insecurity and envy.

Ayurvedic doctors believe that everyone has all three, but that 1 or 2 are more dominant in each person. Things like stress, poor diet, weather and unhealthy relationships can disturb these balances, which then manifest as diseases. Ayurvedic doctors work to prescribe a treatment plan that will bring the doshas back in to balance and heal the patient. One such method of treatment is yoga, which works on stress, as does meditation. Herbs can aid circulation or digestion, as can massage.

Ayurvedic doctors teach natural health through holistic practices, and lifestyle changes. Treatment is individualized and may include any or all of the following: breathing exercises, herbal oil treatments on the skin, meditation, yoga, Panchakarma (cleansing) and herbal medicines. Ayurvedic doctors believe in treating the whole body and balancing the body for total health.

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