

Ayushakti's handbook of diseases

Ancient secrets for 300+ diseases / health challenge

How do I treat diseases?

Health is the key to a long, active and happy life. It is the state of physical, mental, social and spiritual well-being.

Due to the modern lifestyle and faulty eating habits, a large part of the population today suffers from countless diseases. Oftentimes, people search the internet for signs, symptoms and solutions, and then attempt to treat themselves without professional advice. This does not always lead to the desired result.

According to Ayurveda science, the state of well-being is described by a unique concept of Dhatusamyata, this is the balance of the supporting and nourishing factors of the body components. The main goal of Ayurveda is to establish and maintain this vital balance.

When the doshas (basic energies) get out of balance, diseases arise. In order to be able to treat these well, it is therefore important to acquire comprehensive knowledge of the nature, pathogenesis and etiological factors of the diseases. Only then can appropriate treatment be started. These include shamana (herbal remedies), shodhana (detoxification), diet planning, yoga and meditation. Ayurveda recommends certain lifestyle changes and some natural therapies to restore the lost balance between body, mind, spirit and environment. In order to facilitate this learning path, Ayushakti has compiled the knowledge from various Ayurvedic texts together with his clinical experience and designed a detailed and concise handbook on the various diseases around the world.

For more than 30 years, Ayushakti has been providing people around the world with its proven herbal remedies and authentic ancient treatment methods, as well as its expertise in heart rate measurement. Ayushakti also has a special technique called Marma Therapy. All these methods help to maintain Dhatusamyata. The main goal of Ayushakti is that as many people as possible achieve good and vibrant health through the application of classical Ayurveda methods. Now it's time for us to make this valuable knowledge available to you.



❖ **This course includes:**

- Knowledge about 300+ diseases / health challenges
- Signs and Symptoms
- Modern perspective and Ayurvedic perspective of diseases
- Causes, pathology and diagnostic tools
- Illness-specific heart rate measurement
- Herbal and home remedies
- Diet and lifestyle changes
- Marma therapies
- Case studies



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<https://education.ayushakti.com/course/Ayushaktishandbookofdiseases-53484>

LEARNING BY READING

We developed this exclusive education material for you based on 32+ years of teaching & practical experience. Our online Ayurveda education program gives you access to Study Materials

LANGUAGE:

English

WHO CAN JOIN?

- Anyone who wants to learn about the Ancient Way of Healing
- Anyone who wants to know how to take care of themselves, family and friends successfully
- Any doctors, naturopath, osteopath, chiropractors, healthcare and wellness practitioners who wants to increase their knowledge

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For any query or required assistance:

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