



OJAS Ayurveda

News Letter - March-2018

Upcoming Events:

March 3rd - 10AM- 11:30AM: Improve your digestive health and your immunity with Ayurveda.

In this session you will learn how the mind and body are interrelated and influenced by each other. Various Ayurvedic ways to balance the body and mind and boost immunity

Panchakarma (Ayurvedic Detox):



Ayurveda is the most ancient system of medicine originated in India and is dated back to 5000 years. Ayurveda believes that components and function of human body and nature are similar. Therefore nature has a direct effect on human body and mind. According to Ayurvedic principles understanding and aligning with the rhythms of nature creates a balanced internal environment which gives us good health. Ayurveda believes that each individual is unique, therefore Ayurvedic therapies are individualized. When we move away from rhythms of nature we create imbalance in our body and mind which results in various illnesses. Ayurveda addresses illness by bringing back the balance in body and mind.

Ayurvedic Detox therapies(Panchakarma) help to improve the healing capacity and rejuvenation of the body and mind by restoring the balance of internal environment.

Ayurvedic health tip



Using raisins is an easy and inexpensive way to relieve constipation. Soak about 15-20 raisins in water at night. In the morning, consume them along with the soak water on an empty stomach.