

Aim of Ayurveda

The basic aim of Ayurveda is explained in the following sentences.

**SWASTHASYA SWASTHYA RAKSHANAM,
ATURASYA VIKAR PRASHAMANAM.**

These two Sanskrit sentences explain the depth of methodology by which “Ayurveda” deals with the human life.

The first aim of Ayurveda is to protect and maintain the health of the human being throughout the entire life span.

The second aim of this science is to cure diseases which are developed in the body of a human by offering numerous herbal remedies.

Ayurveda further defines the word “swastha” meaning “healthy human being” by its theory based on DOSHA, DHATU, MALA, AGNI etc. as follows:

**SAMADOSHA SAMAGNISHCHA SAMDHATUMALAKRIYA.
PRASNATMENDRIYAMANAH SWASTHITYABHIDHIYATE.**

The meaning of the above Sanskrit sentences is, that the human, who has the balance state of the Doshas (VATA - PITTA -KAPHA), the balance function of Agni (fire) in the body, balance state of all dhatus (tissues) in the body, all impurities of the body eliminated properly, and all sense organs, mind and soul of the body in a balanced and pleasant state is defined as a “healthy human being”.

The first and follow-up sessions include:

This conversation session develops complete database about patient’s past clinical history, living style, food habits, disorders or ailments developed in the individual case. This important session covers the following session:

- Rogi Pariksha (patient’s examination by interrogation).
- Panchendriya Pariksha (physical examination) by completely Ayurvedic methodology i.e. by Darshan, Sparshan, Shravan, Rasana, Dhran (Facial, Eye, Tongue, Nail Examinations).
- Personal history & health profile.
- Nadi Pariksha (pulse diagnosis for determining body constitution and to detect deep rooted imbalances in the client physiology)

Method of Treatment

- Dincharya (Daily routine with food habits).
- In-depth suggestions about Pathyahar (wholesome diet for different basic body constitution).
- Exercises and yoga if required according to disorders.
- Home remedies for gentle home detoxification.
- Treatment with Ayurvedic herbs.
- Panchkarma- physiological cleansing techniques.
- Scheduling time table and appointment for further sessions in compliance with patient’s schedule.

Dr. Sonal Bhatt’s Profile

Dr. Sonal Bhatt, M.D. (Ayurveda), B.A.M.S. (Bachelor of Ayurvedic Medicine and surgery), is a highly qualified Ayurvedic Physician and Panchkarma specialist from one of the leading Ayurvedic university, “Jamnagar Ayurvedic University” (India).

Academic background- Dr. Sonal Bhatt has done her Master of Doctor in Ayurveda.
- Registered Holistic Nutritional Consultant from C.S.N.N.

Academic achievements: Ranked among first five students in the university examinations.
- She has presented her research paper on: “Action of Tylophora Asthmatica on Bronchial Asthma”.
- The dissertation (thesis) submitted for the degree of Doctor of Medicine (Ayu) - “Assessment of the efficacy of “Lekhanbasti” and “Navakgugguluyoga” in cases of obesity (Sthaulya).

Professional experience and expertise:
- Dr. Sonal has an extensive experience of more than 20 years as an Ayurvedic Consultant and researcher in Ayurveda.
- Doctor of natural medicine (D.N.M.) from E.B.N.M.P. & W.O.N.M.P.
- Registered herbalist (R.H.) from the Ontario Herbalist Association.
- Life member of all India Ayurvedic Congress and Gujarat Ayurvedic Congress, India.
- Regular invitee as an Ayurvedic expert on all India Radio, and different international organization.
- A successful professional who ran her own Ayurvedic Herbal Pharmacy which offered pure and effective herbal medicines for various skin and hair diseases.

Currently she is practicing and teaching in Toronto, Canada.

Range Of Disorders Effectively Treated By “Ayurveda”

Physical Disorders:

- Allergy
- Arthritis
- Bronchial Asthma
- Cold-Cough
- Dandruff & Hair problems
- Diabetes
- Digestive Problems
(Acidity, Indigestion, Ulcer,
IBS, Candida & Constipation)
- Eating Disorders
- Fatigue Syndrome
- Fibromyalgia
- Headache - Migraine
- Obesity - Over Weight
- Physical Stress
- P.M.S.
- Skin Diseases (Exzema,
Psorayasis, Pimples &
Beauty Problems)

Mental disorders:

- Anxiety
- Depression & frustration
- Insomnia
- Lack of memory
- Mental stress

WHAT DOES THE WORD “AYURVEDA” MEAN?

Thousands of years ago in ancient India, the indian “vaidhyas” adopted & implemented the greatest ancient science of life span named, “Ayurveda” which deals with all aspects of life.

The word “Ayurveda” is a Sanskrit word which basically consists of two words.

One is “Ayu”, which means life span of an individual. The second word is “Veda”, which means knowledge or science. The meaning of Ayurveda as a whole is the science which deals with life span of human being.

Ayurvedic-Herbal Remedies Centre Services

- Ayurvedic **health consultation** for prevention and Doshic balance.
- Ayurvedic **panchkarma therapy** for cleansing, detoxification and rejuvenation.
- Ayurvedic **healing treatments** for purifying and strengthening the body, mind and consciousness for good health.
- Ayurvedic **health retreats** with panchkarma therapy.
- **Courses and workshops** for Ayurveda and Ayurvedic cooking.

AYURVEDA

A perfect pathway
to total health and
longevity



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