

## Research file ZenAyurveda.pdf

### Zen Ayurveda: The Science of Life



“Life is not merely to be alive, but to be well”, Martial

“Leave your drugs in the chemist’s pot if you can heal the patient with food”, Hippocrates

Ayurveda is a holistic philosophy of wellbeing; the science of life and the art of healing. Its aim is to treat the body, mind and soul as interrelated and, by doing so, bring harmony to our biological, physical and neurological systems.

The Ayurvedic approach considers each of us as an unique individual. It recognises that your wellbeing is made up of many complex strands, each in turn affecting the others.

Ayurveda’s emphasis is on building positive habits and prevention, rather than curing symptoms while leaving underlying problems untreated.

Our approach to Ayurveda at Zen comprises an integration of nutrition, massage therapies, yoga, meditation, pranayama and naturopathy. All come together to help you plot an empowering path toward a sustainable lifestyle that is truly healthy.

Ayurvedic wellness provides a powerful counterweight to the stresses and strains of modern life. Your stay at Zen Resort will introduce you to a number of practices and an approach that is all encompassing, tackling everything from the overuse of antibiotics to the stress and anxiety that taint your daily life.

Ayurveda is one of the world’s most ancient holistic health systems. It has stood the test of time through effectively treating the body, mind, and soul as interrelated.

Ayurveda considers each one of us to be unique individuals with specific needs. Through a combination of yoga, massage, pranayama, meditation, nutrition and more, the philosophy provides tailored treatments that factor in specific health conditions and the original constitution of our bodies.

We start from the belief that every person has an individual pattern of energy, just like a fingerprint. This combination of physical, mental and emotional characteristics makes up your constitution and doshas, which can be disturbed, unbalanced and neglected.

Zen Resort’s Ayurvedic expertise allows us to guide you down a path of wellbeing that creates a state of balance between the mind, body and consciousness. Guests leave with knowledge and lifestyle changes to help maintain that balance in the long term.

Whether you are searching for clarity, seeking help for a specific health concern or in need of rejuvenation, Zen's natural, integrative approach to wellbeing can help restore your internal balance and help you live life happier and healthier.

Our approach to health begins with the strength and fitness of your body, deepens to the attainment of emotional stability, and finally leads you to intellectual clarity; a more rounded knowledge of yourself and the world around you.



Ayurveda is an integral part of our holistic vision practice at Zen. Ayurveda considers the whole person, and emphasises prevention rather than the cure of symptoms. Translated from Sanskrit as "the science of life," it is the ancient Indian art and science of holistic wellness made up of naturopathy, yoga, meditation and pranayama. All can contribute to an empowering, healthy lifestyle.

At Zen the Ayurvedic wellness focuses on treating the ailments and diseases of modern lifestyles which are considered to be obstinate and incurable, especially in modern healthcare systems. Simultaneously, it lays a great deal of emphasis upon the maintenance of positive health of an individual, taking into consideration the full scope of human nature and spiritual wellbeing. The main guiding principle of Ayurveda are that the mind and the body are inextricably connected, and that nothing has more power to heal and transform the body than the mind.

Freedom from illness depends upon expanding awareness and bringing it into balance, and then extending that balance to the body. For example, when you meditate you effortlessly enter a state of expanded awareness and inner quiet that refreshes the mind and restores balance. Since the mind and body are inseparable, the body is naturally balanced through the practice of meditation. In the state of restful awareness created through meditation, your heart rate and breath slow, your body decreases the production of "stress" hormones and you increase the production of neurotransmitters that enhance wellbeing

The principles of many of the natural healing systems now familiar in the developed world have their roots in Ayurveda – for example, homeopathy and polarity therapy. Knowledge of Ayurveda enables one to understand how to create balance between the body, mind, and consciousness according to one's own individual constitution, and how to make lifestyle changes to bring back and maintain this balance.

Just as everyone has a unique fingerprint, each person has a particular pattern of energy – an individual combination of physical, mental and emotional characteristics which comprises their own constitution. This constitution is determined by a number of factors, both internal and external, can disturb this balance. There is a constant interaction within the body between order and disorder. When one understands nature and structure of disorder, one can re-establish the order.

Many people around the world are turning to natural and integrative medicines in search for cures and answers to their problems, when regular antibiotics and modern medicines do not help. Also, more and more people are realizing that stress affects their daily lives incredibly, and takes toll on emotional and physical wellbeing, which frequently translates into problems with health, relationships, and our own internal balance and happiness.

The core objective of Ayurveda is to keep a human being healthy not only physically but also mentally, ethically and spiritually. Health begins with the strength and fitness of the body; it deepens to the attainment of emotional stability and finally, it leads to intellectual clarity and wisdom viz. knowledge of ourselves and all things around us.

Massage is a core component of Ayurvedic science. Massage opens the body's energy paths; stimulates and enhances circulation of body fluids, activating the lymphatic system; regulates the digestive systems; strengthens muscles, bones, and blood vessels; improves skin and body tone, and revitalizes the body's self-healing mechanisms. Ayurvedic massage treatments with oil, ghee, milk, steam etc. also help to remove debris and toxins from the skin so that skin cells can regenerate.

People from all over the world come to stay at Zen Resort Bali. Every one of our guests is in search of relaxation and rejuvenation, but often they are seeking something deeper and more fundamental. Clarity; a sense of balance; the inspiration to make positive changes for the long term. All of these can be achieved with the Ayurvedic principles and techniques practised at the Amaris Spa. Ayurveda massage therapy, a practice that opens the body's energy channels, stimulates and enhances circulation, activates the lymphatic system; regulates digestion; strengthens muscles, bones, and blood vessels; improves skin and body tone, revitalises the body's immune system and more.

Ayurveda treats the individual's unique interchanging bio-chemical rhythms and make up with specific reference to accumulated toxins that tip the balance when enough environmental triggers, chemical imbalances, ingestions of toxic drugs or stressful situations crowd the stage at one time. If you ever wondered why instead of getting well with medication prescribed for some perceived symptoms, you find it has an extreme reaction and starts an insidious chain of immune system diseases; it may be that your treatment was not individualised or looked at with all the factors in the first place.

The "ten-minute, one problem" modern medical system, stressed by an impossible budget and lack of time, has divided the body and mind into a series of unconnected parts. Yet running alongside this is a growing realisation that people are getting sicker; thus, global trends in wellness are highlighting the knowledge that the "one regulation fits all" paradigm does not exist. This modern medical system is paradoxically perpetuating sustained illness from drugs to treat symptoms, leading to reactions from

the body that spawn different illnesses. This coupled with a modern lifestyle of fast food, fast times and stresses and strains as well an increasingly polluted environment has led to a breakdown of the immune system and a disconnection with nature.

Ayurvedic medicinal systems strive for optimum health through equilibrium with the rhythms of nature. This is precisely the problem with our modern lifestyle; increasingly we live in discord with nature and have introduced technology into our lives at such a rapid rate that we are surrounded by electromagnetic fields from the vast array of electronic appliances, which affect our own magnetic vibrational frequencies. Food energy sources have become questionable with nutritionally depleted soils from over farming and chemicals. Packaging plastic has leached into processed foods and our seas creating acidity in both the body and the environment.

The objectives to restore alkalinity and balance can be achieved through a group of ayurvedic therapies designed to cleanse and repair deep rooted accumulated toxins thought to be the origin of chronic diseases. The mitochondria within cells are the powerhouses of human energy within the body, producing 90% of the chemical energy cells need to survive. When mitochondria become negatively affected by toxins through undigested food, drugs, external environmental factors, as well as unresolved emotions and chronic stress; then disease begins.

Cells in the body can be likened to the traces of thumbnails created every time the computer is turned on, having to create a short-term memory through the traces of the websites, photos and anything entered into the computer before. Likewise, our human cells retain the memory of every emotion held onto and drug altering the structure. With the computer it is necessary to defrag every few months in order to prevent a build-up of traces causing the computer to clog and run slow. Ayurveda also detoxifies organisms at the core of cellular levels and also needs to be undertaken periodically to prevent the build-up of toxins becoming enough to cause illness to re appear.

Many diseases have a genetic predisposition attached and although it is helpful to know about our unique DNA, illness comes when enough environmental factors and accumulated toxins are all on the stage at once. Ayurveda can prevent this through detoxification back to the state before the accumulation. This detoxification process is achieved through a combination of massage to eliminate through the lymph glands, herbs to take to balance the doshas, yoga to change the frequency that the body operates to a healing frequency, as well as meditation to release negative emotions and change brain wave pattern.

Similarly, diet also plays a large part in ayurvedic medical systems, with what, how and when you eat playing a big part. This also correlates to modern scientific research which has identified the gut as the second brain, with dysregulation causing changes to the microbiome and body health as well as brain neurotransmitters of hormones found in the gut that play a crucial role in regulating emotions.

Ayurveda considers five elements which constitute the body and that of our environment: earth, water, fire, air and space. Concepts of doshas were formed from this theory; doshas being controlling forces that act on tissues and dhatu being bio-chemistry which creates need for metabolic waste products, referred to as mala. According to Ayurveda, these three concepts are governed by what our constitution is, what time of life we are in and how we are at that time, further affected by how we live and in which environment we reside. To rediscover happiness when times are hard it can be triggered through releasing blockages of the chakras in ayurvedic massage, with meditation and yoga very much an integral part of Ayurveda. Thus, the three dimensions of mind, body and soul must be kept in balance, as must the three doshas of vata , pitta and kapha.

Eating food according to dosha type correlates with eating certain foods to stimulate particular hormones such as the happiness hormone serotonin from bananas or the mental clarity from dopamine which converts in the gut from avocado. Thus, disease can occur in

both the mind and body with the two being co-regulators of each other. In addition, research has shown that because the human is naturally a social species, when a person gets sick and tends to withdraw socially it perpetuates the illness as inflammatory processes have been proven to elevate in the body when a person feels lonely or depressed.

The ancient system of Ayurveda closely connected to nature to restore our “true nature of wellness” and evidence that emotional or mental stress can manifest as disease of the gut, a gluten free diet with ayurvedic principles can become a first port of call to heal chronic disease such as modern ailments of Chronic Fatigue Syndrome, Diabetes, Chronic Constipation and pre ulcerative colitis conditions before they take hold; or to manage and even maintain remission as well as general feelings of stress, a precursor to the breakdown of the gut resistance and immunity. As the gut lining heals toxins are released into other the bloodstream, through the kidneys and liver and through our respiratory and skin systems of elimination.

### **Understanding the individual body type and Tridoshas**

In the past decade, personalized medicine has emerged as one of the most promising developments in modern healthcare, offering an approach that tailors medical care and treatment to an individual’s unique characteristics, including a person’s molecular and genetic profile. Advances in scientific research have increased our ability to predict which therapies and treatments will be safe and effective for each person – and which will not.

Learning about your Ayurvedic body type will give you valuable information for nurturing your body’s inner intelligence. This understanding allows you to make the best choices for your own health and wellbeing, including identifying the foods, activities, and lifestyle that will have the greatest benefit. Every substance, experience, and sensory impression carries energy and information that your physiology interprets according to the unique characteristics of your body and mind. As an integrative, mind-body healing system, Ayurveda recognizes that the body and mind are inextricably connected. For every event that occurs in the mind, there is a corresponding event in the body. For example, happy thoughts of all kinds, including thoughts of love, peace, compassion, kindness, and tranquility, produce a corresponding state in the body by triggering a flux of neurotransmitters and hormones in the central nervous system.

### **The Junction of Mind and Body**

According to Ayurveda, at the junction point where thought becomes a physical manifestation in the body, there are three governing agents called doshas. Doshas are mind-body principles that govern the flow of intelligence throughout the physiology. They are extremely important because they facilitate the mind’s dialogue with the body. From your earliest years, all of your thoughts, emotions, desires, dreams, and other mental events have provokes changes in your physiology, shaping the body you have today. As the ancient Vedic sages taught, if you want to know what your body will be like in ten years, look at the thoughts you’re having today. Unfortunately, for many people the messages of the mind are more detrimental than beneficial. Years of stressful, fearful thoughts take a toll on the body, leading to accelerated aging and an increased likelihood for illness.

The imbalance in the doshas disrupts the flow of intelligence throughout the entire mind-body physiology and is the underlying cause of disorder and disease. However, restoring balance in the doshas creates the possibility of a mind-body system that is always healthy and evolving. Having underscored the importance of doshas, let's look at each of the three doshas in more detail and discover which of the doshas is predominant in your constitutional type.

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### **The Three Primary Doshas**

There are three doshas in the Ayurvedic system: Vata, Pitta, and Kapha. Each dosha is governed by two of the five master elements or mahabhutas that make up everything within our bodies and everything outside of our bodies: space, air, fire, water, and earth. Space carries all the aspects of pure potentiality – infinite possibilities; air has the qualities of movement and change; fire is hot, direct, and transformational; water is cohesive and protective; and earth is solid, grounded, and stable.

According to Ayurveda, we are all born with a varying amount of each master element in our mind-body constitution. Some of us have more fire and water, which are the two elements that make up the Pitta dosha. If fire and water are the predominant elements in our constitution, then our primary dosha is considered to be Pitta. Here are the three primary doshas, the master elements that comprise them, and how they manifest in our physical body and emotional characteristics – both when these elements are in balance and when they are of balance.

#### **Vata: Movement and Change**

- **Vata** is made up of the space and air elements and controls all movement in the body, including the movement of your vocal cords when you speak, the flow of blood, the motion of your arms and legs, and the movement of thought.
- **Qualities of Vata:** Cold, light, dry, irregular, rough, moving, quick, changeable. If Vata dosha predominates, movement and change are characteristic of your nature.
- **Physical Characteristics:** Those with a predominance of Vata dosha are usually have a thin, light frame and excellent agility. Their energy comes in bursts, and they are likely to experience sudden bouts of fatigue. Vatas typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.
- **Emotional Characteristics:** Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vatas are in balance, they are energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from

insomnia. When they feel overwhelmed or stressed, their response is, “What did I do wrong?”

### **Pitta: Transformation and Metabolism**

- The elements that make up **Pitta** are fire and water. Pitta governs all bodily functions related to digestion, metabolism, and energy production.
- **Qualities of Pitta:** Hot, light, intense, penetrating, pungent, sharp, acidic. Those with a predominance of the Pitta principle have a fiery nature that manifests in both body and mind.
- **Physical Characteristics:** People with a predominance of Pitta are usually of medium size and weight. They sometimes have bright red hair, but baldness or thinning hair is also common in a Pitta. They have excellent digestion, which sometimes leads them to believe they can eat anything. They have a warm body temperature. They sleep soundly for short periods of time and have a strong sex drive. When in balance, Pittas have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite. When out of balance, Pittas may suffer from skin rashes, burning sensations, peptic ulcers, excessive body heat, heartburn, and indigestion.
- **Emotional Characteristics:** Pittas have a powerful intellect and a strong ability to concentrate. When they're in balance, they are good decision makers, teachers, and speakers. They are precise, sharp-witted, direct, and often outspoken. Out-of-balance Pittas can be short-tempered and argumentative. When Pittas are overstressed, their typical response is “What did you do wrong?”

### **Kapha: Structure and Fluidity**

- **Kapha** is derived from the water and earth elements. This dosha controls the structure of the body and maintains strength and the physical form in everything from the bones, muscles, and tendons, right down to the cellular level.
- **Qualities of Kapha:** Heavy, slow, steady, solid, cold, soft, oily
- **Physical Characteristics:** Kapha types have a strong build and excellent stamina. Large, soft eyes; smooth, radiant skin; and thick hair are also important Kapha characteristics. Those who are predominantly Kapha sleep soundly and have regular digestion. But when Kapha builds to excess, weight gain, fluid retention, and allergies manifest in the body. When they're out of balance, Kapha types may become overweight, sleep excessively, and suffer from asthma, diabetes, and depression.
- **Emotional Characteristics:** Kaphas are naturally calm, thoughtful, and loving. They have an inherent ability to enjoy life and are comfortable with routine. When in balance, Kaphas are strong, loyal, patient, steady, and supportive. People with an excess of Kapha tend to hold on to things, jobs, and relationships long after they are no longer nourishing or necessary. Excess Kapha in the mind manifests as resistance to change and stubbornness. In the face of stress, the typical Kapha response is “I don't want to deal with it.” At Zen, we first try to understand the predominant dosha in your body and accordingly our Ayurveda specialist doctor give a customised solution to balance it in order to live a healthy life.

At Zen, our Ayurveda doctor always take into consideration the underlying dosha of a patient, or what their main imbalance is, when choosing treatments out of the many options available and accordingly suggest customised plan for them.

### **Ayurveda and Modern Lifestyles**

Ayurveda is increasingly being recognized as a highly beneficial health system that can complement modern medical practices to treat and cure the causes and symptoms of poor health which includes illness stemming from fatigue, sleeplessness, anxiety, stress, depression and obesity.

Ayurveda is now being studied with a new reverence as many diseases escalate and become exacerbated by the ways of modern living. For example, cardiovascular disease is the leading cause of death worldwide and research now identifies Ayurveda, yoga, meditation and diet as holding huge potential to contribute to cardiac rehabilitation. The rehabilitation approach combines physical, psychological, nutritional management and lifestyle changes. Zen Resort combines similar elements within a holistic passage to wellbeing. Furthermore, it facilitates sustained changes to health through a change in outlook evoked through a multi-disciplined approach to rejuvenation.

People have also travelled for health for thousands of years. For example, Pilgrims to Roman Britain took a “shrine bath”; a practice that continued for 2000 years. Similarly, Ayurveda practices have continued from their roots in India some 5000 years ago and now spreading outwards with globalisation. As modern medicine struggles to keep up with modern life, overuse of antibiotics for example has created strain resistant superbugs that threaten to wipe out the human race in the future; we as a human race turn our face back towards where we have come for a solution towards our health and the health of our planet. Plants used in Ayurveda have antibiotic properties in a complex compound and it is in whole plants and ancient medicine systems that we may find solutions again.

Travel to the source of authentic healing systems has advantages in having the fresh plants used grown on fertile soils in a sun strong enough to give the correct photosynthesis and nutrient conversion. But also travel away from home for health has a psychological value attached which speeds up the process of healing. A number of plant groups recognised in Ayurveda as strengthening the vital force of the body with cell regeneration capacity. They are efficacious in heart disease, diabetes and various digestive disorders. For heart disease the herbs could be used in ayurvedic massage.

Ayurveda is rapidly gaining prominence in functional health with marketing of herbal ingredients into ayurvedic foods and juices. The oldest healing system known to humankind has become cutting edge in western society today as a reaction to the stresses of modern life. We tend to take holidays back to a life more simple, slower, with a focus on giving our lives more meaning. For every action is a reaction and although technology has advanced our lives and given us greater connectivity at high speed we simultaneously find it hard to keep up with the fast pace, fast food and lack of time for rituals such as meal times on a regular basis. Life is a series of snatched moments and going to resorts such as Zen offers us a chance to slow down and reflect on what can make our lives better. Moreover, Zen Resort’s authentic ayurvedic consultations and massage give a cellular detox and start a process of renewal.

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Quantum physics proves that we have a vibrational energy aura which surrounds us and connects us to all life and the universal grid of energy from which we resonate. Yoga and meditation teaches us to become aware of this connectivity by opening the spirit, thus enables generation of brighter higher frequency energy.

Through the engaging of holistic healing within a relaxing environment that facilitates the reconnection with nature, guests at Zen Resort are given the tools to let go of negative thought patterns and detoxify on many levels. Zen Resort is subtle in its ability to shift holistically a new or reinforced paradigm towards self-sustainability. Although practices such as meditation are centuries old, research is just beginning to demonstrate through brain imaging the changes in brainwave patterns; proving that an automatic self-transcending can come about leading to more relaxed states. Cortisol is lowered and over-firing of neurons which lead to cell death is prevented.

Zen Resort has created a holistic health and holiday recreation facility where visitor's seeking relief from the stresses and strains of modern lifestyles: It is a place where your energy, creativity, fantasy and mindfulness of living in harmony with yourself and with nature comes alive. Such places need to be at the core of sustainable wellness tourism development, integrated with the local community and bringing together the best of traditional and modern practices for sustainable health and healing.

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