



AYURVEDA CLINIC

The first Indian healing center in
Bulgaria

Alternative medicine with 5000 years
of tradition, that reveals the secrets of
the ancient science of life

History of the practice

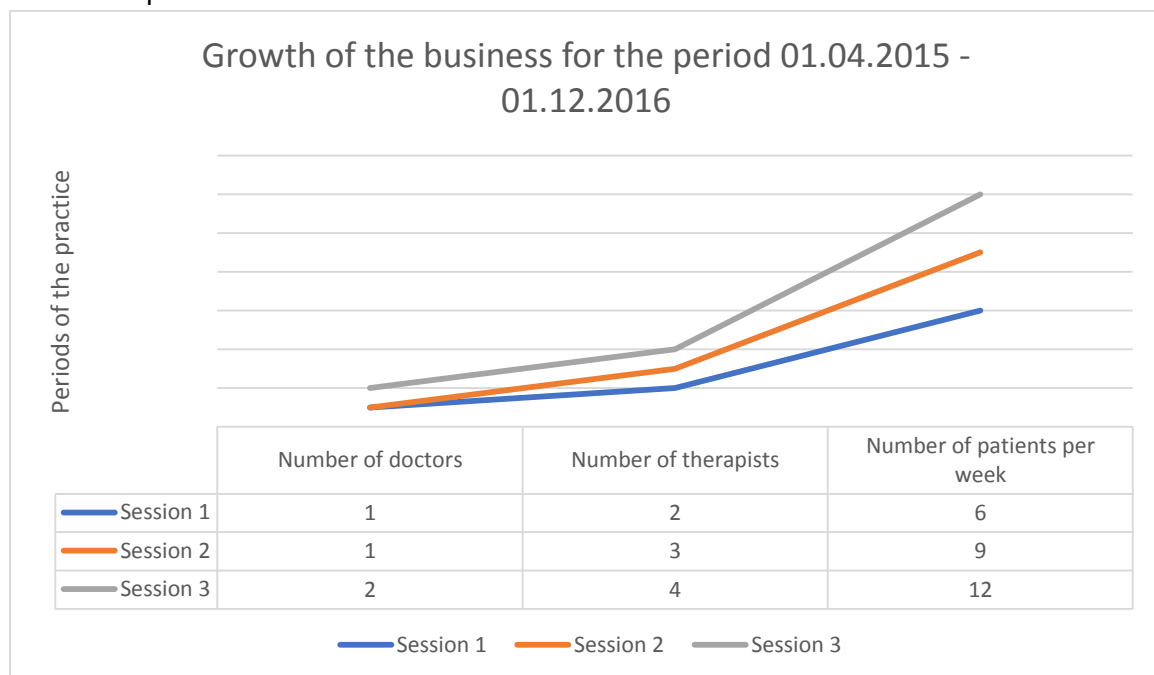
Initiated by the hotel management of Aparthotel Lucky Bansko, the Indian specialist Dr. Mahesh Garje was invited to be the head physician in Ayurveda Clinic. Thanks to his great experience in his own clinic in city of Pune, state of Maharashtra, as well as numerous clinics and ayurvedic centers in state of Kerala, he gives our country the opportunity to feel the ancient science of life – Ayurveda. Dr. Garje has visited our country several times before, so he is acquainted with the specifics of the climate, food traditions and way of life in our country. Dr. Mahesh forms a team of experienced Indian therapists and provides access to high-quality Indian herbal products, over which the main practice of the clinic in Bansko is based.

Ayurveda clinic was established in **April 2015** in aparthotel Lucky Bansko.

We met the first patients of the clinic, who came with the mindset to purify their body from the toxins, curative effect, and healthy holiday at the food of Pirin mountain.

During the period between April 2015 – November 2016, the number of doctors increased, along with the therapists and proportional to that we could accept more patients on a weekly basis.

For the period the clinic operates, we are enjoying a sustainable increase of the interest about our practice.



We plan opening **Ayurveda center in Sofia**, with starting date 14.06. 2017 based on consultative and curative practice in the capital city of Bulgaria. We give the opportunity to anyone who wish, to get acquainted with the Indian science of health, directly from the doctor – a specialist of ayurvedic medicine. The main expert again is Dr. Mahesh Garje, together with his wife Dr. Mohini Garje, who are also the physicians from Ayurveda Clinic Bansko.

What do we offer

Anyone who wishes can visit our centers to receive the improvement of his health condition he seeks.

Ayurveda Sofia is specialized mainly in curative – consultative practice without hospitalization or stationary stay. In an hour - convenient for you and available for us, you can visit us and receive detailed information how to change your way of life, purchase healing herbal products, and receive ayurvedic therapy or procedure. We offer you the opportunity to meet our doctors and therapists, who will help you pass the way from illness to health. Our practice allows initial and subsequent consultation, sustainable opportunity to have access to original and high quality ayurvedic medicinal products throughout the year, conducting remedial therapies under the guidance of Ayurvedic physician.

Ayurveda Clinic Bansko provides conditions to stay in a luxurious 5-star hotel, where



you will have chance to undergo the classical Panchakarma therapy for periods of 7, 10, 14 and 21 days. The system of five types of therapies (Panchakarma – *healing laxative action, induced vomiting, instillation of product through the nose, oil enema, and blood purification*) is the main method of Ayurveda to bring the toxins (ama) out of the body. They are applied under the strict control and monitoring by Ayurvedic doctor and combined with the intake of an ad hoc menu, that

should help the purification of the body and balance its energy state. The individually specified therapies on a daily basis are combined with pulse diagnosis by Ayurvedic doctor, yoga and relaxing environment, where you can get the maximum benefit for your health.



What are the main differences between conventional medicine and Ayurveda



The conventional medicine is based on the symptomatic treatment using pharmacological means and surgery in emergencies. Suppressing the main symptomatic complex does not cure the disease, but subjectively patient feels that it's gone. When the time passes, the concealed disease process flare up again and imposes consecutive use of pharmacological products to return to subacute or the

most risk, chronic condition. Of course, the conventional medicine has its value in emergencies, when there is a risk of death if they progress rapidly. Each specialist physician has a specific focus - cardiology, endocrinology, gastroenterology, hepatology, general medicine, pediatrics, etc. For each new health disorder, you will have to seek an expert in a specific area, who will give you information how to be treated. This somewhat delays and often complicates the process of impact. There are many cases when the different physicians don't support the treatment prescribed by their colleagues from other specialties. All this makes the conventional medicine good in emergencies and acute conditions, but with weak impact in the chronic state of the disease.

Ayurvedic medicine has longer existing period of 5000 years ago. In a certain extent, it is an ancestor of the most conventional methods of traditional medicine we know today. Its very appearance is shrouded in the mystery of the Indian esotericism, making it more difficult to understand for the western mind. It is defined as holistic medicine. This essence of the Ayurvedic



medicine considers the relationship of body mind and soul. Such conception is absent in the conventional medicine, that's why Ayurveda stays behind from our knowledge about its value. Its name in translation and adaptation by the Indian specialists is defined as "Ayu"- life and "Veda"- science, knowledge or even awareness. The biggest challenge for us is to understand the methods and principles of this ancient "Science of life".

Ayurveda is based on the theories about **The Five elements (ether, air, fire, water, and earth)**, which build the visible and invisible Universe.

Combined in pairs in the human body they create the theory about **The three types of energy**

- ✓ Vata (ether and air)
- ✓ Pitta (fire and a little bit water)
- ✓ Kapha (water and earth)

The diagnostics of the disease is based on these two theories. When there is balance between the three energies we enjoy health, in case of imbalance starts disease process.



The Ayurvedic doctor has a specific system of checking the health condition. He should define the birth constitution (Prakruti), that is dominated by one, two or the three energies. He observes the body shape, the skin type, colour, and temperature, he listens your voice, breathing, observes your gestures, follows your emotional behavior while you are telling him about yourself during the consultation.

When you share your way of life, specific health problems and what worries you, the doctor will check whether there is an imbalance (Vikruti) in one of the three energies. He will make pulse diagnostics, by touching your wrists with his pointer, middle and ring finger and will define which are the damaged organs and how serious is the problem. He will seek the localization of the process deep in the body.

According to Ayurveda we have 7 levels of penetration of the disease process. The first is on the level of transformation of nutrients into lymph and blood plasma to the last level

associated with reproductive system. The more shallow the imbalance and infringement is located, the easier and faster it is to be cured. Deeply penetrated disease process will require much longer treatment and active intervention of the Ayurvedic doctor.

The Ayurvedic medicine has specific healing system. Therapeutic products are used. They are more similar to the phytotherapy than the pharmacology. In the ancient texts of Ayurveda – “sutras”, are written the recipes for their preparation and application. They’ve been used by the Ayurvedic physicians for the past 5000 years in the same form up to this day. We can distinguish two leading types of products

- ✓ Prepared mainly from herbal substances
- ✓ Based on minerals and metals

The main raw material always passes a process of purification, processing, and preparation in a specific form for intake – tablet, capsule, liquid, powder, based on Ghee (purified cow butter), raw cane, coconut or other sugar, vegetable oil (sesame, coconut, mustard etc.). There are water and alcohol extracts. Ayurvedic medicine has a huge assortment of healing herbal products, more than 600 different combinations – only herbal, only mineral, metal or combination of the three.



What are the most important aspects of Ayurveda and why choose its help

The main argument is its ancient traditions and experience for more than 5000 years. According to its esoteric source “Upavedas” and associated with “Atharvaveda”, it is considered that in its basis are the principles for the creation of Universe. As a copy of the Universe, we represent a small microcosm, that is under the constant influence of the external macrocosm. The deep knowledge of Ayurveda about the holistic essence of our life enables it to enter the deepest secrets of the human existence, even beyond the single cell functions. Ayurveda examines our appearance from our energy formation to cells, tissues, and organs of the body. It can find the cause for the development of the disease, to remove it and thus to create conditions for healing process. Ayurveda works on all levels – body, mind and spirit, strengthens the bond between these three levels of existence.

The medical products Ayurveda uses, are entirely natural in its origin. There is no tradition for adding synthetic colorants, flavors, and stabilizers. Side effects are observed only when some patients find it difficult to endure the taste of some products.

The Ayurvedic doctor is extremely careful during the conversation with you, he will listen to you, thoroughly observe, and unlike the conventional specialist, is competent in all areas of his medicine. This allows him to make complete analysis of your condition, without even



using equipment or sophisticated methodology. And the greatest beauty of the Indian science for health is its high precision and surprising power to define the past, present, even to predict the future state and risks for the health. The Ayurvedic doctor will provide you with information on all aspects of your life after a consultation with him – food and exercise routine, stress management, emotional disorders and he will even offer you advise how to deal with what seems to you unsolved health problems.

If you chose to

purify your body from the toxins, to rejuvenate and even extend your power and resistance towards invasion of viruses and bacteria, chemical pollutants and junk food, Ayurveda is your solution. It will offer you its two systems for influence **Purvakarma** (therapies and procedures for external impact on the body), that prepares the body for application of **Panchakarma** (internal procedures for purification of the cells, tissues, and organs from the toxins). After carrying them out you will feel reborn, light and filled with desire for life. On emotional level appears calm feeling and strength for dealing with stress appears.



Make your choice and welcome to our Ayurvedic centers. We will hear your worries and troubles, we will provide you with solution how to inforce and regain your precious health.

