

What part of life does Ayurveda not touch?

Ayurveda can profoundly affect all areas and lift one up mentally, physically and spiritually.

Being the oldest surviving complete medical system in the world, Ayurveda ('ayus' means life and 'ved' knowledge), offers a rich, comprehensive outlook for a healthy life.

Based on the premise that life represents an intelligent co-ordination of the atma (soul) Mana (mind) Indriya (senses) and Sharira (body), Ayurveda offers a unique blend of science and philosophy that balances the physical, mental, emotional and spiritual components necessary for holistic health.

In this age of speed where everything needs to be done yesterday, Ayurveda offers an 'oasis in the desert'. Herbs, which have been around for thousands of years, can help in various disease states of the body. Hass Ayurveda uses only pure organic herbs where possible. These herbs have been used for thousands of years, but there is scientific evidence available also. For Example, Boswellia combined with other Ayurvedic herbs to form Boswellia plus was found to reduce pain, swelling, stiffness, and tenderness in 86% of osteoarthritic patients. A special combination of Jeera, Ginger and Garlic Syrup was found to be highly effective for gastric problems including flatulence. Guggul Plus has shown

promising results in reducing total cholesterol to HDL cholesterol ratios.

Neem, the Ayurvedic pharmacy, has a whole treasury of uses, from blood purifier to a cleanser, antiseptic and treatment for eczema.

Shatavari, which literally means "she who possesses a hundred husbands" has helped in premenstrual and menopausal problems. It could be thought of as natural HRT. Shatavari is considered to be the main Ayurvedic rejuvenating female tonic. Its effects are due to substances called saponins.

Watch this space for more information on Ayurveda for Women.

Ashwagandha can help to reduce stress and has rejuvenating qualities. Ashwagandha promotes longevity and strengthens the immune system. Also known to be the most potent aphrodisiac in the entire botanical kingdom.

We pharmacists here at Hass Ayurveda are passionate about healthcare. We try to find only the best organic herbs and products.

Look out for more features on Ayurvedic skincare products, Ayurvedic massage and Ayurveda for women. **TT**

For more information on HASS PRODUCTS and services Hass Ayurveda
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