

# Ayurveda – The Science of Life

A holistic approach to health and wellness



Ayurveda is based on the theory that everything in the universe is connected. If your mind, body and spirit are in harmony with the universe you are in good health. When this balance is disrupted you become ill. A disruptor can be genetic in origin, for example, or it might be a birth defect, or an injury. Climate and seasonal changes have their effects too, as do your emotions and age.

Practitioners of Ayurveda believe we are made of five basic elements: space, air, fire, water and earth. These elements combine in the human body to form three life forces or energies called doshas which control how the body works. Everyone inherits a unique mix of these three doshas, although one is usually stronger than the others. Each dosha controls a different set of bodily functions and it is believed that your propensity for ill health and the health problems that develop are linked to the balance of your doshas.

An Ayurvedic therapist will identify your primary and secondary doshas and use this information, together with your physical and emotional makeup, to create a

treatment plan designed specifically for you. While clinical research is sparse compared to studies of Western medicine, Ayurveda has been shown to improve rheumatoid arthritis, hypertension, heart disease, chronic pain, anxiety, poor circulation, skin health, sleep quality, poor digestion and more. By embracing a holistic approach to health and wellness through diet, herbal treatments, meditation, yoga and massage, Ayurveda is the world's oldest healing science and well worth investigating.

## About the Presenter:

Sangeeta Sirinthipaporn started practising natural therapies in 1999 with acupressure reflexology. She saw the need to offer a more complete range of treatments in the search for wellness and a balanced lifestyle. Ayurveda was the key that gave her insights into the root cause of various disorders and the way to balance the bodily systems.

At her clinic Sangeeta guides each patient through a series of therapies, and supplies a diet plan, exercise program and lifestyle balancing measures to achieve health and harmony. She regularly presents workshops and lectures at Spas, Wellness Centres and Universities nationwide.



**WEDNESDAY., SEPTEMBER. 11, 2024**

**10 AM - 11:30 AM COST: 350 THB**

**Location: Lifelong Learning Payap Center, Kaew Nawarat Campus**

**Registration required at [www.lllpayap.com](http://www.lllpayap.com)**