

YOUR PRACTITIONERS:

Dr Kumar is a well qualified Ayurvedic physician and Panchakarma specialist with expertise in treating wide range of ailments through Ayurveda - an ancient medical system originated 5000 years back in India.

He completed Bachelors in Ayurvedic Medicine & Surgery (BAMS) from University Of Health Sciences, AP, India and has practiced in Tirumala Tirupathi Trust treating numerous chronic and recurring ailments, thus gaining expertise in Ayurvedic Treatments. He completed his post graduation from Deakin University, Australia in Health Promotion (MHP) and public health (MPH). He achieved gold medal for his outstanding achievement in the Ayurvedic Medicine at undergraduate level. He has received AYURMEDHA award and many more prestigious awards for his outstanding work in the field of Ayurveda.



Qualifications:

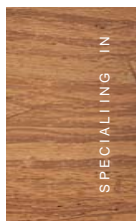
- Bachelor of Ayurvedic Medicine and Surgery (Gold Medallist)
- Master of Public Health (Deakin)
- Master of Health Promotion (Deakin)
- Diploma in Yoga
- Professional member of : Australasian Association of Ayurveda. (AAA)
- Associate member of PH AA

*Jeeva Health is dedicated to provide services which are
Natural and Long lasting
Side effect free
Safe and gentle*

OUR CLINIC OFFERS:

Safe and effective treatments for:

ADD/ ADHD	Indigestion
Allergies	Insomnia
Arthritis	IBS
Asthma	Jaundice
Autism	Kidney Stones
Backache	Leucorrhoea
Blood pressure	Menopause
Candida	Migraine
Chronic fatigue	Mood swings
Constipation	Memory problems
Chronic Cold and Cough	PMS
Depression	Psoriasis
Diabetes	Premature Ejaculation
Diarrhoea	Rheumatoid arthritis
Eating Disorders	Sciatica
Ear Infections	Sinusitis
Eczema	Stiff neck
Erectile Dysfunction	Varicose veins
Fibromyalgia	Vertigo
Flatulence	Weight Loss
Frequent infections	Hair fall
Haemorrhoids	Hay fever



- AYURVEDIC MEDICINE
- HERBAL MEDICINE
- NUTRITIONAL BALANCE
- HOMEOPATHY
- LIFESTYLE CONSULTATIONS
- YOGA

Ayurvedic Services are claimable through Medibank Private, AHM, Australian Unity and GU Health.

Gift Vouchers are available for Ayurvedic treatment packages

Clinic Locations

Suite 412, Level 4, 480 Collins St Melbourne, VIC 3000
23 Middleborough Road, Burwood, VIC 3125
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ayurveda

A balanced life,
is a healthy life.



FIND YOUR PATH TO WHOLE HEALTH WITH OUR TREATMENT OPTIONS.

A warm welcome to Jeeva Health, your holistic and well-being centre with an integrated natural approach to promote health, prevent disease and treat illnesses through our expertise in the ancient holistic medical system of Ayurveda.

We Welcome you on a journey back to good health and happiness.....

ABOUT AYURVEDA

Ayurveda has a history dating back over 5000 years, and can be translated from Sanskrit as “ Knowledge of life” (Ayu means “life” and Veda means knowledge”. It’s aim is to keep the harmonious union of body, mind, senses and soul. Their balance holds life and their balance destroys it.

JEEVA PHILOSOPHY

In Sanskrit, the word “ Jeeva” means life. At Jeeva Health you can experience the medicine at its purity to balance the life forces to achieve a healthy and happy life at physical, mental, emotional and spiritual levels.

Let Jeeva Health help to restore harmony, and balance back in to your life at a physical, mental and emotional level through the use of Ayurvedic herbs, Ayurvedic therapies, personalized diet and lifestyle recommendations, Panchakarma a unique deep detox and rejuvenation program that gently removes toxins from the body.

REJUVENATION THERAPIES

Ayurvedic rejuvenation therapies help to promote longevity and prevents disease. There are many rejuvenation treatments or supplementary Panchakarma procedures which are regularly use in Ayurvedic practice for different conditions mentioned in Ayurveda. Rejuvenation treatments are not only used for the treatment purpose, it can also used for general relaxation and to maintain healthy state of an individual.



ABHYANGAM (AYURVEDIC MASSAGE)

Ayurvedic Massage has long history as a part of Ayurvedic treatments. It is unique in the sense that it is the only system of massage which is done according to the theory of primordial elements and bio-humors. It is done as per the constitution of an individual or patient to balance the bio-humors (tri-doshas). With the Abhyangam the circulation of the blood and plasma is increased, it can stimulate and strengthen the lymphatic system, remove internal waste products and can open the flow of prana or life forces in the body.

SHIRODHARA

Pouring of sneha(herbal oil) on forehead region from a vessel(Dhara patra) hanging overhead is called as shirodhara. It allows the furthest corners of your mind and body to release and relax, as a fine stream of warm sesame oil is poured over the centre of the forehead. Shirodhara is a unique treatment where specific medicated warm oil / herbal decoctions / medicated milk / buttermilk are used to bathe the head in a regular stream for a definite period. It is an effective therapy for mental relaxation and cures insomnia, stress, depression, decreased mental agility etc.

KATI VASTI

Ayurveda has described some nutritive, palliative types of procedures. Among them kativasti is important procedure. It means retaining oil over the lower back with the help of container prepared of either black gram or wheat dough. This form of external vasti particularly benefits muscle spasm and rigidity of the lower spine and strengthens the bone tissues in that area.

PANCHAKARMA (PURIFICATION / DETOX)

Panchakarma is a Sanskrit word that means “ five actions or five treatments”. Panchakarma is a bio-cleansing regime comprising of five main procedures that facilitates better bio-availability of the pharmacological therapies, helps to bring the homeostasis of the body- humors, eliminates the root cause from the body and checks the recurrence and progression of disease.

The five fold measures comprehended in this therapy are Vamana (Therapeutic Emesis), Virechana (Therapeutic Purgation), Astapana Vasti (Therapeutic Decoction Enema), Anuvasana Vasti (Therapeutic oil Enema), Nasya Karma (Nasal administration of medicaments). Panchakarma procedures are preceded by Snehana (Therapeutic Oilation) and Swedana (Sudation) applications to make the body system conducive for elimination of bio-toxins and cleansing of channels. This is effective in managing autoimmune, neurological, psychiatric and musculo-skeletal diseases of chronic and metabolic origin.



All rejuvenation and panchakarma treatments are followed by a suitable herbal tea for your body type.

During Consultation

The personal Ayurvedic consultation involves analysis of an individual “prakruti” (Body consultation) based on physical and psychological aspects of an individual, which is determined on the basis of three doshas and their status.

According to Ayurveda, evaluating the root cause of the disease is important in diagnosis and treatment, therefore consultation involves detailed history taking about your health problems, lifestyle and food habits, followed by examination of a patient with the help of Ayurvedic diagnostic methods to evaluate the prime cause.

Ayurvedic Examination methods mainly include physical examination and psychological assessment, with the help of Nadi (Pulse) diagnosis, constitution analysis and etc. Based on the diagnosis you will be treated with time tested and purified Ayurvedic Herbal drugs and necessary Panchakarma therapies followed by some dietary and life style recommendations.

NATURAL HEALTH OPTIONS.
ACCESSIBLE GOALS.
PERSONAL SUPPORTIVE CARE.

