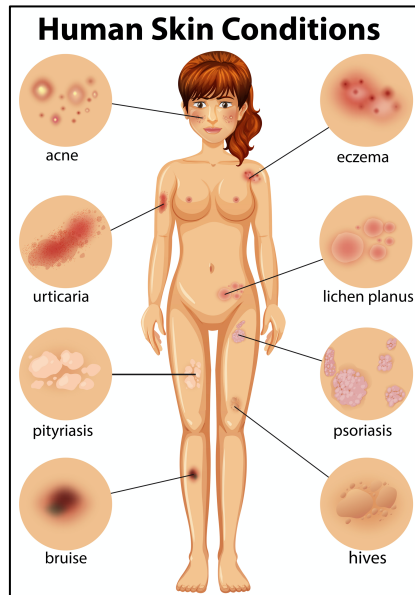


THREE SEASONS AYURVEDA



Ayurveda & Skin Conditions



There are many types of skin disorders as simple as bruises, pimples, blemishes, rashes, hives, and then more severe and chronic conditions like fungal infections, eczema, and psoriasis.

These disorders can be explained by immune dysfunction or hereditary factors and can be aggravated by allergic reactions brought on by seasonal changes, environmental allergens, pets, soaps and detergents, fabrics, and certain foods like gluten.

In Ayurveda, skin conditions can be associated with any or all of the three of the doshas, and are experienced most notable when the season's change and the dosha increase.

The three doshas are generally understood as;
Vata is associated with dryness, scaling, itching, and pain.
Pitta is associated with redness, burning, and infections.
Kapha is associated with itching, oozing, and skin thickening.

For some people, these conditions can be acute and pass within a short time, while others experience lifelong symptoms. Though not a life-threatening condition, it does cause psychological stress and extreme self-consciousness.

Modern medicine believes there is no cure for these conditions and uses steroids, creams, or oils to mask symptoms. But Ayurveda uses holistic treatments that look to the root cause of the imbalance and then use diet and lifestyle, and the five sense therapies to bring balance.

Cleansing the body can also be a significant factor in removing toxins and bringing balance. Many followers of Ayurveda use the Panchakarma modality (cleansing and rejuvenation process) to bring balance to the body, mind, and spirit. This practice can be done at a designated Panchakarma center here in the US or India. Although it is heaven to do this modality inpatient, It can also be done outpatient accommodating your regular work schedule and life.

Once you understand your constitution (Prakruti) and the current state of health (Vikruti), you can work to create daily practices that keep the body, mind, and spirit balanced. These practices include lifestyle practices (possibly changes) along with foods, spices, herbs, and five sense therapies.

If you are experiencing any imbalances, then the first step is to have an Ayurvedic evaluation to determine your constitution and current state of health. On the front page of my website, there is an option to set up a **FREE** phone appointment to discuss your concerns and decide what might be best for your health.

I Look forward to speaking with you soon.



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