



Pain management



Ayurveda and pain management

- As per ayurveda, the causative factor for pain is Vata(the wind factor of the body).
- There are different kinds of pain along with the combination of other doshas of the body.
- There may be pure vata pain, or vata-pitta combination, or vata-kapha combination.
- Depending on the type of doshas, the type of treatment and medicine/oil is to be selected.

Marma chikitsa

- Marma definition: it is the junction of muscles, tendons, ligaments, bones or joints.
- In ayurveda, there are 107 marmas. These marmas connect body and mind.
- These marmas are also important in pain healing.



Yoga & Pain Management



FEE STRUCTURE

Particulars	Amount
Registration fee	500-00
Yoga classes online	2000-00 One month (1 hour)
Yoga & Diet Consultancy academy	3000-00 six days in week (1 month)
Yoga at home	500.00 each class
Ayurveda Doctor Consultancy	500-00
Diet Consultancy	500.00



THANK YOU