

INTEGRATED HEALTH KARE AND DISEASE BASED MEDICAL YOGA



By:
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MY STORY



- Cervical Spondylosis
- Obesity
- Borderline Sugar / Cholesterol
- Too much Golf
- Associated Lifestyle led to drinking.

An overall bad Lifestyle had taken a toll on my health.

A TRANSFORMATIONAL JOURNEY



I met Dr. Srinivas Nair from Kerala.

- I underwent a **10 day Panchakarma** Ghee Treatment.
- I regained my Health back very fast.
- I was amazed by the results of the Ayurvedic treatment that Western medicine wasn't able to provide.



KARE Ayurveda & Yoga Retreat: MY VISION



- ❖ Started to believe in the efficacy of Ayurveda and the use of NATURAL Treatments.
- ❖ Wanted to bring this gift that I had been given to the World.
- ❖ Since I had experienced the benefits of Ayurveda and a healthy diet firsthand, I believed it was the only way forward.
- ❖ Started a Centre in Mulshi offering Ayurveda and Nutrition.



Dr. BKS IYENGAR GURUJI



Dr. BKS Iyengar Gururaj came into my life in 2005.

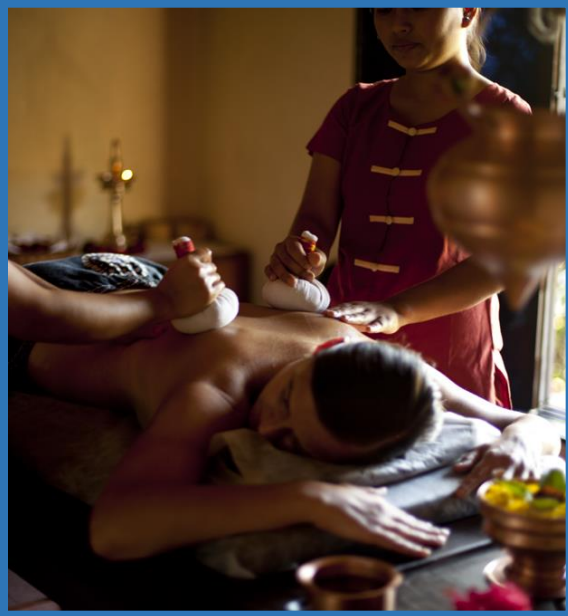
- I had the privilege to learn Iyengar Medical Yoga directly under BKS Iyengar Gururaj.
- Started to incorporate Medical Yoga to complement the Ayurveda treatments and Nutrition at the center.





THREE PILLARS OF GOOD HEALTH

PREVENTION IS BETTER THAN CURE



Ayurveda



Medical Yoga



Nutrition



CASE STUDY



ASSUMPTIOUS COWLEY, Australia

“There are defining moments in one’s life that evolve into an indescribable joy. Making the decision to come to KARE and undergo a holistic treatment is one such defining moment.”

- Undergone an Open Heart By-pass Surgery at the age of 47.
- Doctors diagnosed him with chronic Kidney Failure.
- He was advised Dialysis and eventual kidney transplant.
- Was given less than a year to Live.



AFTER 4 WEEKS:

- Ayurveda: various types of Panchkarma - to unblock renal arteries.
- Rigorous Iyengar medical Yoga sessions Healthy Ayurvedic diet.
- Internal Natural Medication
- Meditation & Nature

Creatinine level:

300 or 3.0 - 270 or 2.7

Uric acid levels:

19.5. - Normal

Blood pressure:

170 / 110 - 140 / 88



DISEASE BASED IYENGAR YOGA: A LIVE DEMO





THE BEAUTY OF IYENGAR YOGA

IYENGAR medical yoga uses Props as part of the Yoga routine.

Age no bar, size no bar, Pain no bar, Disease no bar.

Everyone can benefit in the same way.



Standing Poses: Trikonāsānā (Triangle Pose)



BENEFITS OF THE POSE:

- Improves flexibility of spine.
- Removes back ache.
- Corrects alignment of shoulders
- Massages and tones pelvic areas.
- Strengthens the ankle.

Thereby helping in the elimination of toxins





Standing Poses: Ardha Chandrasānā (Half Moon Pose)

BENEFITS OF THE POSE:

- Beneficial for those whose legs are weak, damaged or infected.
- It tones the lower region of the spine and nerves connected with the leg muscles and strengthen the knees.
- Makes the hip joint very strong.



Twisting: Chair Bharadvājāsana:



BENEFITS OF THE POSE:

- Makes the spinal muscles supple
- Relieves arthritis of the lower back
- Reduces stiffness in the neck and shoulders
- Relieves back pain





Backbends: Viparita Dāndāsan

BENEFITS OF THE POSE:

- Lengthens the Heart.
- Flushes the coronary arteries.
- Improves Back Pain.
- Corrects Slip Disc.



Inverted Poses: Śīrsāsana



BENEFITS OF THE POSE:

- Prevents Stroke.
- Prevents Alzheimer's disease.
- Prevents Parkinson's disease.
- Prevents memory loss.



Different Types Of Śīrsāsana



Inverted Poses: Sarvāṅgāsana



BENEFITS OF THE POSE:

- Controls hypertension
- Reduces asthma, bronchitis and throat ailments.
- Helps to treat sinus blockages and cold.
- Helps to treat hernia.
- Regulates all the hormonal glands – adrenals, Thyroid, Parathyroid, Pituitary.



IN CONCLUSION



In order to maintain an overall healthy lifestyle:

- ❖ FOCUS on the Combination of BODY, MIND & SOUL Healing
- ❖ It is important to incorporate practices of Yoga into the Healing Routine.
- ❖ Incorporation of all Natural healing treatments to compliment Allopathic treatment.
- ❖ Eating a good wholesome Satvik Diet.

IN CONCLUSION



CURE IS POSSIBLE

and

THIS IS WHAT FREEDOM
LOOKS LIKE.....





THANK - YOU

www.karehealth.com