

# HEALING ACROSS CULTURES

## Interactive Colloquium

### *“Ayurveda: A Primer”*

*Tuesday, October 21, 2008  
4:00pm - 5:00pm  
Cleveland State University  
SR 152*



### Join Honored Guest Ram Manohar

Director of Research, AVT Institute for Advanced Research, Coimbatore, India

*Ayurveda*, the Sanskrit word meaning “science, or wisdom of life,” addresses the uniqueness of each person on a case by case basis in an effort to facilitate protection and health from within. It takes a comprehensive and holistic approach inclusive of spirituality and lifestyle and promotes careful consideration of and harmony with nature. It teaches that all illness affects both the body and the mind and that illness and treatment of ailments of the mind and body unity are inextricably intertwined. A dogma of Ayurveda is that no life function operates independently and that where there is imbalance, illness ensues. Ayurveda also asserts that the body is comprised of universal elements of air, earth, fire, water, and ether. These five elements also comprise the three doshas or bio-energies. These are vata, pitta, and kapha and their influence is said to affect all mechanisms of the body. In most individuals, a dosha predominates and defines body type and temperament. The basis of treatment in Ayurveda is promoting balance of ones doshas. This balance is promoted via varied practices including lifestyle and dietary modification as well as detoxification therapies.

AVT Institute for Advanced Research (AVTAR) is the research wing of Arya Vaidya Pharmacy, Coimbatore, India. AVTAR is committed to the task of engaging in research initiatives in the field of Ayurveda at national and international levels.

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For More Information Contact: 523-7353, 687-4570 or 687-4588