



YOUR CUSTOMIZED HEALTH GUIDE SIGNED AYURVEDA

Consultation with Ayurvedic doctor Vd. Subramanya Rao Jagannath

From November 19th to 25th



By nature, human beings seek a state of equilibrium, although our state is constantly being modified by our way of living and our environment. The ultimate goal of Ayurveda is to bring the individual back to his/her state of equilibrium, on both a physical and emotional level.

The consultation takes place in three parts:

- 1) Dr. Rao will define your « prakruti » or your predominant doshas. What is your natural constitution? From which elements did Mother Nature create you?
- 2) Dr. Rao will determine your « vikruti » to detect deep rooted imbalances in your physiology. How did your natural constitution change? The patient's examination develops according to Ayurvedic methodology: pulse diagnosis, facial, eye, tongue, and nail examinations and interrogation about past clinical history, living style, daily routine, food habits. You will remain clothed during the consultation.
- 3) Dr. Rao will deliver your customized health guide: dietary recommendations, supplements, herbs and spices, exercises, stress management tips, letting go techniques, meditation, etc. He will give you guidelines for these recommended routines.

The tools and advice offered by Dr. Rao will enable you to become autonomous in your approach towards optimal health. You will discover that small changes in daily routine have a huge impact on your long-term health and well-being.



Dr. (Vaidya) Subramanya Rao Jagannatha, B.A.M.S.

Dr. (Vaidya) Rao was born into the Ayurveda tradition. He is a classically trained Ayurveda Practitioner. He is registered with the Karnataka Ayurvedic and Unani Practitioners Board. He received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) in 1992 from the University of Mysore, India.

With 25 years of practicing experience, Dr. (Vaidya) Rao is presently the Director and Chief Physician at Swaasthya Ayurveda Village in South Coorg, India. His specializations are classical Panchakarma, rejuvenation and purification therapies.

Dr. (Vaidya) Rao is actively involved in many AYUSH projects out of India for propagation of Ayurveda Internationally.