

19A. Practical Strategies for Integrating Ayurvedic Therapies Into the Integrative Medicine Clinical Encounter

Focus Area: Experiential Workshop

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Scientific abstracts presented at the International Congress for Clinicians in Complementary & Integrative Medicine 2013

The 3 Ayurvedic clinicians presenting this experiential session have delivered Ayurvedic medicine in diverse settings, including: a conventional managed care network using a group clinic format; with research participants at an academic medicine center; and in private practice. The 3 presenting Ayurvedic clinicians have approximately 50 years' combined experience practicing Ayurvedic medicine and have developed strategies for overcoming logistical and cultural challenges in working with patients. Ayurveda can be accessed for both acute and chronic conditions and includes multitarget therapies tailored to the unique constitution/imbalance profile of each patient, while accounting for any biomedical diagnoses. The focus of Ayurveda goes beyond symptom alleviation to the identification of the root cause of the imbalance and eventual resolution of the disorder. Ayurveda has a primary focus on modification of the diet and daily routine of the individual in an effort to create sustainable lifestyle change to promote overall health and prevent comorbid conditions. Ayurvedic clinicians also use herbal supplements, medicated oils, and hands-on manual therapies, as well as detoxification and rejuvenation therapies, to enhance healing holistically and synergistically and to create a state of durable well-being.

The presenters of this workshop will focus on 3 key areas of Ayurvedic clinical practice: (1) Ayurvedic diet, daily routine, and yoga therapy (JR); (2) herbal therapies and home detoxification regimens (CE); and (3) manual therapies and Ayurvedic acupressure points (PV). Participants in the workshop will have the opportunity to (1) sample some simple medicinal teas and experience Ayurvedic dietary theory according to food qualities; (2) experience the effects of simple Ayurvedic breathing techniques and therapeutic yoga poses; and (3) participate in a basic demonstration of Ayurvedic manual therapies and acupressure.

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