

A y u r v e d i c m e d i c i n e c a r r i e d o u t b y o n e p e r s o n

Ayurveda expert from India newly added to the Parkschlösschen medical team

Vaidya Kumaran Rajsekhar joined the Parkschlösschen medical team in October 2008.

The word "Vaidya" (Sanskrit: one who knows) originates from the Vedas, the sacred texts of Hinduism. A Vaidya is a **traditional Ayurveda expert** having original and comprehensive knowledge about all facets of healing sickness. In addition to expertise on diagnosis, this knowledge includes preparing medicines and oils, as well as the mastery of massage techniques, dietetics and herbal medicine - **all of the Ayurvedic disciplines**. Right up to modern times this knowledge about healing has been passed on to Vaidyas **over generations** by experienced Ayurvedic teachers and masters in long and intensive training sessions. Unlike Western medicine the **diagnosis, treatment and preparation of medicines in Ayurveda are all carried out by one person.**

Ayurveda at the Parkschlösschen stands for professional medical care by specialists who live, use and pass on this millennium-old natural science of healing, backed up by Western medicine when necessary. Thanks to the comprehensive knowledge of Vaidya Kumaran Rajsekhar, originating from extensive training, in addition to many years of international Ayurveda experience in diagnosis and individual therapy, the Parkschlösschen has been able to increase its range of treatment and make it more specific.

Broad and deep Ayurvedic experience and expertise

Since his earliest childhood Vaidya Kumaran Rajsekhar has been familiar with the teachings of Ayurveda. Starting in 1978 he was formally trained in India by distinguished experts in the field of Ayurveda. He extended his knowledge and gained multifaceted experience not only in clinics in India but also through the study of indigent medicine in Latin America. Since 2000 he has devoted his practice to Panchakarma, stress management and disease prevention in Germany.

His special qualifications in Ayurvedic medicine include:

Pulse diagnosis, treatment of cardiovascular illnesses and illnesses of the immune system, the preparation of Ayurvedic medicines, Ayurvedic gastroenterology and diagnostics, knowledge of the vital points, Ayurvedic psychology, mind management and traditional Indian meditation.

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