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Find Balance at Ayurveda Pura, London

From [Lizzie Pyle](#) on [November 24, 2011](#)

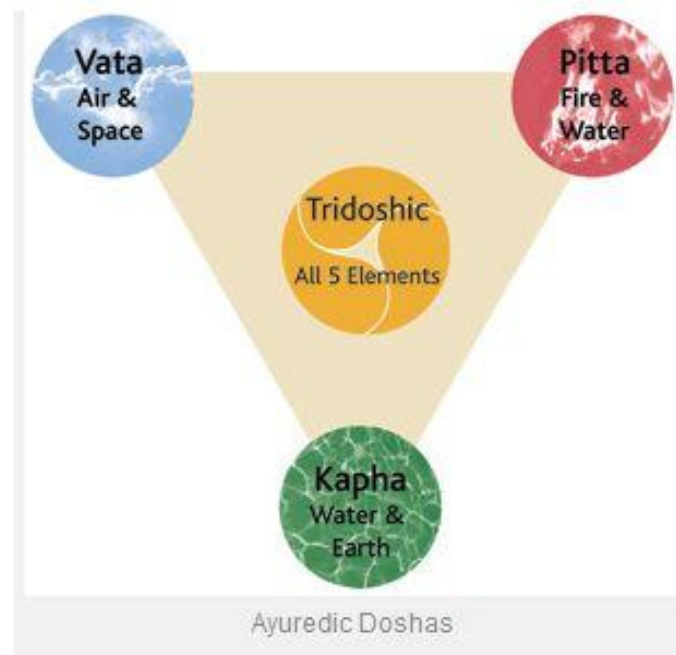
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Ayurvedic medicine is an ancient science of life that has been practiced in Asia for over 5,000 years. In England, we would view it as an alternative medicine, perhaps as it is really more preventative than reactionary – a lifestyle.

At its most basic, Ayurveda is the study of the energy that controls the body, and what we need to do to keep it balanced. I met with Dr Deepa Apté at Ayurveda Pura, London. She is a fully qualified Indian medical doctor (Bachelor of Medicine; Bachelor of Surgery, India), a qualified Yoga teacher (specialising in Hatha Yoga and the Sivananda tradition) and a qualified Ayurvedic practitioner.

First, Deepa describes how Ayurveda deals with energies – three categories that all of us would fall into, which according to the Ayurvedic system, are controlled by different elements: fire, water, earth and air, and these are to be kept in balance. Most of us are imbalanced due to our busy lifestyles, and not looking after ourselves as best we could – and thus we all feel negative effects. Whether that is irritability, dry skin, bloating, trouble sleeping, or even weight gain.



Deepa described the characteristics of each element, and as she told me about fire, it was like she was describing me! From my personality traits like, focused, rushing through things, short temper; down to ailments that “fire” people suffer from, such as being prone to bad skin and ulcers. These things are something I have always struggled with. Particularly recently, I have had bad mouth ulcers and two bouts of tonsillitis within a month. If I could get rid of this ailment I would be a happy girl!

Based on what I tell Deepa, my physical appearance, and my pulse she tells me that my energy is fire (which I knew), but says that I have aspects of water/earth, which are making me imbalanced. These are heavier elements, causing things like tiredness, bloated digestion, and weight gain. Let's just say I can relate!

After this consultation I was lucky enough to experience a Ayurvedic massage treatment. Unlike other spas, this system does not use anything on your skin that you could not put in your mouth. The massage involves long strokes; a relaxing massage that improves lymph flow, stimulates the immune system, detoxifies, strengthens and revitalises the entire nervous system.



Ayurveda Pura Massage Therapy

I found the massage therapist to be informative, and also comforting as you are required to be uncovered for the whole massage to allow the therapist to work with long movements from top to toe. However, I did feel a bit ill at ease during certain parts of the massage – particularly when my tummy was being massaged! It was a bit of an alien feeling, and I found it hard to relax. However, although it is important to relax, this isn't just about pampering, but also as a remedy – to release toxins, and this area is helpful to people who have indigestion, and women who suffer from irregular periods, or who are trying to get pregnant.

Overall, I found my trip to be rather inspiring, and I am intrigued to find out more about the Ayurvedic way of life. However, what with a lot of Christmas parties approaching, I know that it is unrealistic for me to embark on a new regime right now... I think in the New Year I will explore more about my diet and lifestyle choices – as if I can get rid of the ailments that I am prone to, I may just be a Ayurvedic convert!

For more information....

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