

Welcome to the Practice of Ayurvedic Medicine at Ayurveda Santa Barbara

Ayurveda Santa Barbara takes a unique seat in the team of Health Care Professionals whom you have chosen to work with; whether you have current medical issues or are interested in optimizing your health as you go through life. Our most important guiding principle is that of individual, client-centered care.

What is Ayurvedic Medicine?

Ayurveda, a traditional medical science that originated in Ancient India, has been practiced for thousands of years and has treated millions of people worldwide. The emphasis of this medical system is on preventive health measures that are customized to the client's natural physical and mental constitution (prakruti) as well as current imbalances manifesting in their current state (vikruti). Ayurvedic treatment protocols include but are not limited to: Dietary Recommendations; Customized Herb and/or Spice Regimens; Marma Point Therapy; Yoga Therapy, Meditation; Pranayama (breathing exercises); Dinacharya (daily routine recommendations); and Aromatherapy.

Ayurveda Santa Barbara can develop innovative, personalized programs for each client using a combination of dietary and lifestyle changes, botanical and nutritional interventions and Ayurvedic Medical evaluation with herbs. This care necessarily varies from client to client, as it is very specialized and personalized, and based on your unique, individual needs.

Ayurveda Santa Barbara's approach to health care is based on a combination ancient practices combined with ongoing, current research. Ayurvedic treatments have not been evaluated or approved by the FDA or the American Medical Association. Many of our treatments are aimed at upgrading the general health and functioning of the body's complex systems rather than targeting a specific disease state.

Please be aware that some dietary supplements, herbs and therapeutic practices are not safe during pregnancy or while nursing. In addition, herbs and supplements may have the potential to interact with medicines prescribed by your primary physician. We need you to inform us of all the medicines, over-the counter medications, supplements, herbs, hormones or any medicine you are currently taking so we can take appropriate steps to minimize any risk.

Informed Consent:

Ayurveda Santa Barbara does not intend to diagnose, treat, prevent or cure any disease or condition. Ayurveda Santa Barbara does not attempt to alter the treatment plans or therapeutic goals/recommendations of your personal physician.

Client Signature, Date: _____

Client Name (Please Print): _____