

Annual Meeting on

NATUROPATHIC PHYSICIANS & ACUPUNCTURISTS

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Ayurveda Marma therapy, reflexology and aromatherapy: Blending these complementary therapies to promote wellbeing

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Australasian Association of Ayurveda, Australia

Marma points are secret hidden points all over the body, believed to be around 107 in number and some count mind making it a total of 108. As a therapist, manipulation of these Marma points can provide a lot of relaxation to the body and also support the healing process. Another effective complementary treatment is reflexology, which deals with specialized work on the reflex areas in the hands and feet of individuals. The hands and feet are considered to be mirror images of internal body organs and hence, working on these reflex areas, a reflexologist can provide a lot of relaxation and reduce stress and pain. In correlation with Ayurveda Marma Therapy and Reflexology, I would like to add the very popular-aromatherapy. Aromatherapy is the science of making and using specialized oil blends which due to their therapeutic component will actually enhance wellbeing and benefit the clients. These oil blends are prepared according to the suitability of clients individually and not only provide relaxation to the individuals, but also can be used to cure many ailments like PMS, depression, mood fluctuations etc., to name a few. My idea is to promote general wellbeing through natural therapies, so, hoping to amalgamate all three significant therapies namely Ayurveda, Reflexology and Aromatherapy and form one combined therapy with its own existence and name that would benefit one and all.

Biography

Vidhu Sharma is an Ayurvedic Practitioner, completed his Bachelor's degree in Ayurvedic Medicine and Surgery from the Punjab University, India. He has 18 years of experience in the field of Ayurveda. He is also a Trainer and Assessor, teaching students the skills that would enhance their knowledge and widen their spectrum towards general wellbeing.

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