

## – Ayurveda r/t Western Medicine –

It is worth mentioning that Western medicine and Ayurveda differ in some important ways.

Western medicine has achieved wonders with technological advancements that make great use of diagnostic equipment. Additionally, Western surgical protocols, techniques, and tools have done much to improve and extend the lives of many people who otherwise would have to simply get by.

Ayurveda, however, has much to offer in the way of disease prevention, individualized treatment plans, appropriate (to the patient) dosing, an approach that takes all aspects of the person into account, and treatment modalities that are in alignment with nature.

Western Medicine	Philosophy	Ayurveda
a physical body, only; mechanistic understanding of bodily functions	A HUMAN BEING IS DEFINED AS	an integrated mind, body, and spirit; an energetic understanding of all functions
all people are basically the same; one size/dose fits all		all individuals are unique; treatments and doses are individualized
treating the disease; management of symptoms	THE FOCUS OF TREATMENT IS ON	treating the imbalance; prevention is key
objective test results; using machines	DIAGNOSTIC TOOLS USED	subjective observation; using the five senses & patient input
stop the symptoms; speed is important	TREATMENT CONSIDERATIONS	correct the root cause; takes longer but is more effective
the physician is the expert; patient participation is minimized		the patient is the expert; client participation is key
single approach; ie: pharmaceuticals, surgery		multiple approaches; ie: diet, lifestyle, herbal formulas, breathwork, bodywork, exercise, etc.
synthetic drugs; have poor or negative interactions in our bodies; have unintended "side effects"		natural remedies; botanicals that our bodies are able to digest and have few, if any, negative effects
we are separate from nature	RELATIONSHIP TO NATURE	we are a part of nature
good for emergencies and surgeries	TRIAGE	good for first aid and proactive prevention
intellectual; the physician is the expert, and the knowledge is tightly guarded	APPROACH	common-sense; the rules are: "like increases like," and "opposites oppose each other"

