

# The Application Of Ayurvedic Therapies In Turkey And The Importance Of Ginger Use From The Point Of View Of Ayurvedic Principles

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## Summary

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In this paper, the importance of Ayurveda is pointed out. Moreover, the clinic of Hay in Turkey is also mentioned and some knowledge about some ayurvedic applications are given and the importance of ginger use is stressed from the point of view of Ayurvedic therapies.

**Key Words:** Ayurvedic Therapies, Ginger, Hay Clinic

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Ayurvedic therapies are applied in some special clinics in Turkey. Ayurveda is an alternative medical application. We know some terms and concepts about this subject.

**Ayurveda** 1. The Indian philosophy that forms the basis for ayurvedic medicine; although the terms ayurveda and ayurvedic medicine are often used interchangeably, the former is more global and includes both the ayurvedic philosophy and those components of ayurveda that are applied in modern ayurvedic medicine; the major branches of ayurveda incorporated into current ayurvedic medicine are internal medicine, geriatrics, aphrodisiac medicine, and panckbakarma; the other branches of ayurveda-ophthalmology otorhinolaryngology, psychiatry, psychotherapy, pediatrics, surgery, and toxicology, have been largely abandoned in favor of the Western versions of these fields (1).

**Ayurvedic healing** means Ayurvedic medicine.

**Ayurvedic herbal medicine** Ayurvedic medicine, A therapeutic system based on the classification of foods and herbs into four groups: Energy-virya, taste-rasa, postdigestive effect-vipaka, and potency-vipaka; specific herbs are used to increase or decrease the doshas (kapha, pitta, and vata).

**Ayurvedic massage** Abhyanga, Ayurvedic lymphatic massage, marma therapy A form of massage,

that stimulates specific marma points, which are invisible but palpable junction points between mind and matter, analogous to the pressure points in acupuncture; abhyanga is performed by touch and using special oils and transcendental meditation.

**Ayurvedic medicine** Ayurveda, ayurvedic healing, ayurvedism, vedic healing, vedic medicine Alternative medicine Sanskrit, Ayur-Life, veda-knowledge, the oldest existing medical system in the world, which is practiced by approximately 300 000 physicians, primarily in the subcontinent of India; ayurvedic medicine encompasses aromatherapy, diet and nutrition, herbal medicine, massage, and vedic astrology; ayurvedic philosophy holds that disease is caused by an imbalance of homeostatic and immune mechanisms related to three physiological principles or 'doshas' (2).

## Doshas

**Vata Dosha** Wind force, vata represents fluid and motion, and corresponds to the Western concepts of circulation and neuromuscular activity.

**Pitta Dosha** Sun force, Pitta directs all metabolic activities, energy exchange, and digestion

**Kapha Dosha** Moon force, Kapha represents structure, cohesion and fluid balance and, when

*deranged, predisposes toward respiratory disease, diabetes, atherosclerosis, and tumors*

According to the ayurvedic constuct, there are four categories of diseases

### **Ayurvedic Diseases**

**Accidental**, eg typhoon, elephant trampling

**Mental**, eg loss of mental harmony

**Natural**, eg aging, childbirth

**External**, eg weather, foods, and others

### **Ayurvedic Approaches To Therapy**

**Diet-** Foods should be consumed slowly, in their natural season in a tranquil surrounding; occasional fasting, is thought to promote health

**Medicine-** The primary terapeutic and preventa-tive arsenal is based in herbal remedies, which may be supplemented by homeopathy and conventional (western or orthodox) drugs

**Practical-** Behaviour modification, breathing exercises, mental counseling, enemas, transcendental meditation, yoga, and a 'healthy' life style (3,4).

### **Ayurvedic Remedies**

**Constitutional Remedies-** Diet, mild herbs, mineral preparations, an lifestyle adjustments, which are intended to balance life forces, and return the body to its normal state of harmony

**Clinical Remedies-** Medication and strong herbs, coupled with purification practices, which include purgation, medicated enemas, therapeutic vomiting, nasal medication, and therapeutic bloodletting (5,6,7).

Some special clinics apply these ayurvedic meth-ods to their patients in Turkey. Moreover, in these clinics, some drugs are used for some diseases. One of these Clinics is Hay in Turkey. It was founded in 1994. The director of this clinic is Dr. Ender Sarac.

### **The Application Of Ayurvedic Therapies In Turkey And Ginger Use**

Ayurvedic therapies are applied in some special clinics in Turkey. Ayurveda isn't taught in Turkish medical faculties. But, modern Turkish doctors know

the importance of this subject. An agreement about acupuncture is present in Turkey. But, a law or agree-ment with regard to Ayurvedic applications isn't found in our country. Some special clinics treat the patients according to ayurvedic principles. Turkish doctors learn ayurvedic treatments in some European countries such as Holland, Switzerland etc. by partic-ipating in some courses. Moreover, they also learn it from some American books on Ayurveda. Some of them go to India and also continue to some courses. We can give a special clinic as an example from Turkey. This special clinic called HAY is in Istanbul in Turkey. This clinic is a center of health. In this clinic, 4 specialist doctors in some fields of medicine, 1 physiotherapist, 15 beds and 20 personnel are found. Ayurvedic therapies, family physician-ship services, acupuncture, dermatologic treatments, diet application, physiotherapy, reflexology, esthetic applications, face sport are applied in this clinic. The director of this clinic is Dr. Ender Sarac. He graduat-ed from Ege University, Medical Faculty. He is a ayurveda doctor. He obtained the first basic Ayurveda education in Switzerland in 1990. Afterwards, in 1991 and 1992, he graduated from Ayurveda courses in Holland and Switzerland. He educated on Panchakarma therapies. Panchakarma means an intense detoxification regimen used in ayurvedic medicine to enhance a person's prana, the living force of the universe; a panchakarma regimen may last one week, and is used once or twice per year to eliminate ama (impurities); a panchakarma may include a sneban-a cleansing herbal oil massage that focuses on spesific marma or pressure points, a sauna with herbal oils, which imparts vapors that are inhaled, aromatherapy, herbal tea, and music therapy.

In HAY Clinic, bronchitis, asthma, ulcer, hepatit, cholitis, stress, depression, eczema, allergy, tubercu-losis, infectious diseases, rheumatism, osteoporosis, multiple sclerosis, fatness etc. are treated with ayurveda and other ways. 30-49 patients come to this clinic in a day. Modern pulse diagnosis is applied. Moreover, in this clinic, ayurveda, acupuncture, der-matologic therapies, diet, physiotherapy, esthetics are also applied In the department of ayurveda, some ayurvedic therapies are present. Ayurvedic therapies such as yoga, exercise, diet, transcendental medita-

tion, asana (any of a number of poses used in the practice of yoga, usually performed in the context of a routine of exercises, which are practiced daily for 10 to 20 minutes. This application is intended to stimulate the activity of certain organs. In this practice, massage is applied with some oils.) are also applied. Moreover, plant infusions are also administered to patient (8,9). Moreover abhyanga means ayurvedic massage. Abhyanga is performed by touch and using special oils and transcendental meditation. Plant infusions are also administered to patient. Pranayama means breathing exercises, in which an individual breathes through alternate nostrils by closing off one nostril, then the other by pressing a finger against it, pranayama is believed to enhance the prana, the universal life force.

According to Ayurvedic medicine, ginger strengthens digestive organs. Agni which is a metabolic fire causes some symptoms such as weakness, cold, fitness in the organism. Ginger is the best drug of these symptoms.

Ayurveda tells us that ginger is particularly good for Kapha types, and with Kapha foods. That is, in the diet it helps to absorb and balance watery and oily food, and prevents the heaviness and obesity arising from such foods, especially in a Kapha type of person. It will help to balance overly sweet foods, too much daily produce, too much to drink, too much fruit and too much meat.

Ginger is better at this than pepper or mustard which, though pungent, can be too drying. In general, ginger is good for Kapha types to counteract a tendency to lethargy, congestion and stagnation.

An importance concept in Ayurveda is that of Agni, or digestive and metabolic fire. If food and other inputs are properly burnt up, processed and digested, they will not create toxins, called Ama, which collect in deposits around the body. The fur-

ring up of the arteries with cholesterol is a kind of Ama deposit, as is arthritic deterioration of the joints.

Ayurveda employs herbs, oils, yoga, massages, dietary principles, colours, gems, minerals and anything you can imagine as therapeutic tools. One of the many principles which will help us understand ginger better is that of the six tastes. Ginger has the stomachic and expectorant effects. Because, it contains volatile oil. This oil effects on digestive system. Furthermore, this drug is also used as an important spice in Turkey. Furthermore, Adeka Factory prepared ginger as an antiemetic drug and this drug has been used by doctors.

## Result

As a result, in the ayurvedic applications, quackery shouldn't be made and these are accepted as alternative therapies (10).

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