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VEDICVERSITY ACADEMY OF AYURVEDA

In this changing phase of the world, it has become a necessity to lead a holistic and healthy life, to live in harmony with nature. To achieve this vision, "Vediciversity" – Academy of Ayurveda was created.

Introducing to you the path of ancient wisdom and knowledge of Indian sages and yogis – Ayurveda: The Science of Life

It is considered to be oldest healing science. It is a comprehensive system of natural health care that originated in the ancient Vedic times of India. It emphasizes on prevention of disease and maintenance of health. Along with it also provides treatment for disease and addresses all aspects of life, including consciousness/mind, physiology, behavior, and environment.

Some of the highly qualified Ayurvedic Doctors from India share their wisdom and guide you towards healthy lifestyle. We provide various services under this umbrella.



CONTACT US

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**ONLINE
AYURVEDA
CONSULTATION**

VEDICVERSITY

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AYURVEDA

Ayurveda is Science of Life. It considers each of us constitutionally unique. According to Ayurveda, our constitution is known as prakruti, and remains the same from birth. Our lifestyle, our choices and other stress factors can lead us to state of imbalance (vikruti).

Your prakruti is represented by the three doshas, each of them a combination of two of the five elements (earth, water, fire, air, and space). The first dosha is vata, a combination of the elements space and air. The second dosha, pitta, is a combination of fire and water. And the third dosha, kapha, combines water and earth. With the knowledge of your constitution, you can attain a better understanding of which daily practices, activities, and foods support your constitution.

LIFE STYLE CONSULTATION

Those who want to lead healthier, more powerful, and happier lives. You will have an opportunity to know about your body composition & how to balance them.

Along with that you are advised on making dietary and lifestyle changes to live a healthier life. You may also be advised to include Ayurveda herbs to alleviate any disease.

DURATION : 60 MINS
COST : € 89



NUTRITION & HEALTH CONSULTATION

This is designed to help you with any specific health issues. You are advised ayurvedic medicines, dietary changes and includes customized diet & detox plan based on your body composition.

We advise you to opt for this option to get help on your chronic and ongoing health issues.

DURATION : 90 MINS
COST : € 149



WE ARE HERE TO HELP YOU WITH

Anxiety
Depression
Stress
GI tract issues
Weight Management
Low Immunity
Skin troubles
Digestive Disorders
Hormonal Disbalances
Many Other health related issues