



Ayurveda: A Science Beyond Time

DR. ANISH KURIAS

25 Years of Ayurvedic Excellence

ITAPA Health and Care 2025



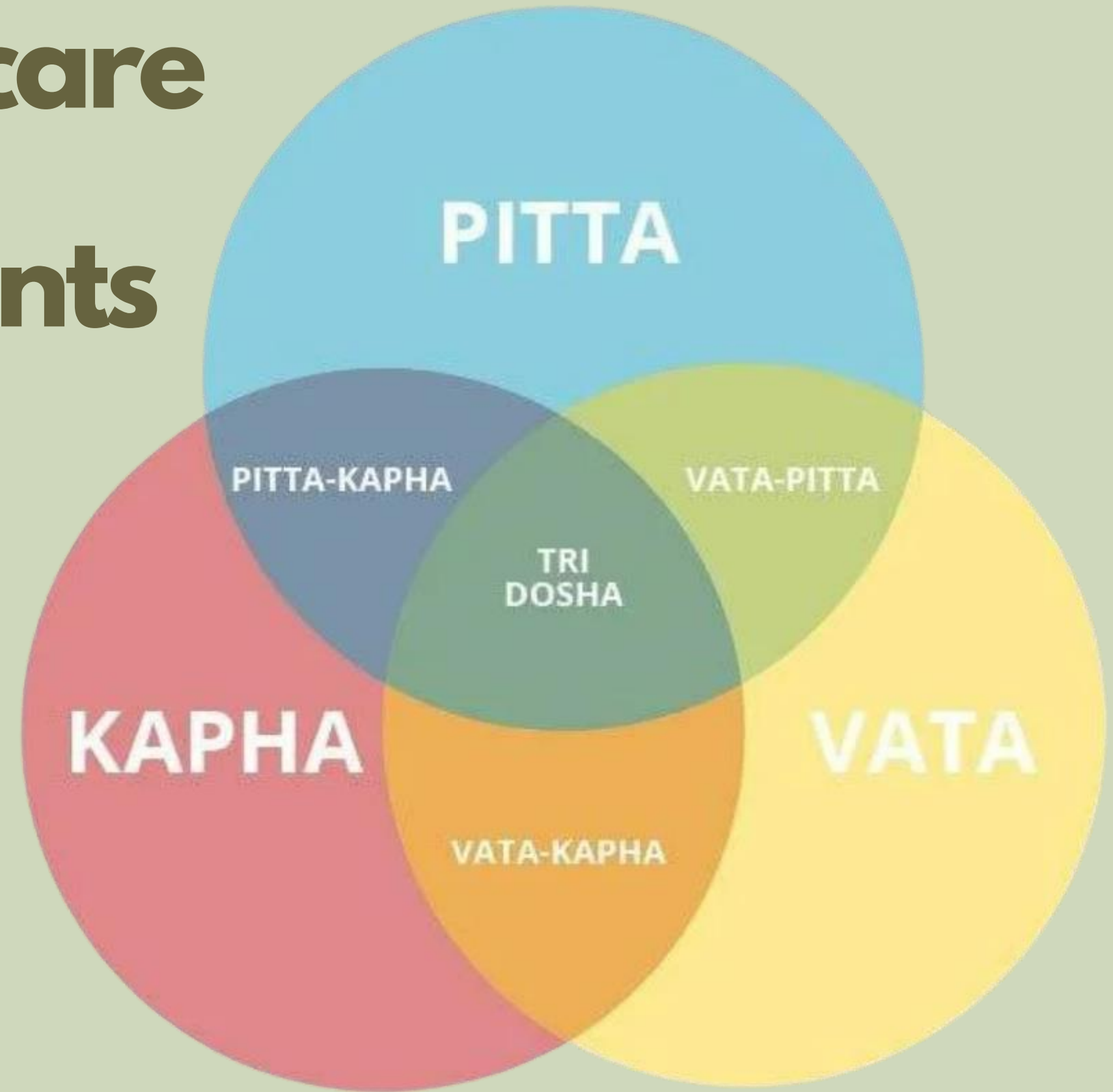


Ayurveda??



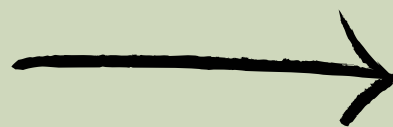
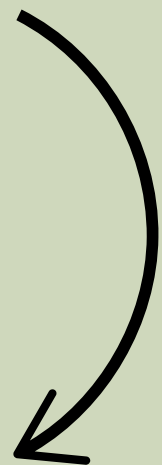
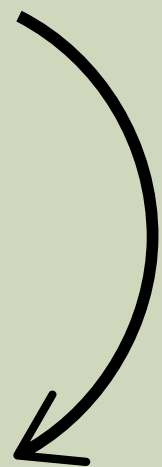
- **Individualized healthcare**
- **Personalized treatments**
- **Holistic healing**

Explore how Ayurveda bridges ancient wisdom with modern healthcare. Discover its potential to prevent disease at its root. This presentation offers a thought-provoking journey into holistic healing.



Treating the person, not the disease

• TESTIMONIALS



Testimonials

← **A** Amal Joseph
6 reviews
★★★★★ 2 months ago
We've been consulting with Dr. Anish for over a decade and are beneficiaries to his expertise and effectiveness.

His treatment, while it takes time, will provide a permanent solution to even the most complex of issues.

← **J** JAYASHEELAN R
1 review
★★★★★ 4 months ago

During covid my leg was swollen, and was unable to keep my leg on floor it was very painful, all investigations done and reports seem to be normal I was given painkiller and some other medication. None of them gave me relief, took online video call consultation with Dr. Anish Kurias, suggested oral medicine and procedure to be done at home, within 2 days pain reduced to 90 % ... I am really thankful to Him. His level of confidence is unbeatable, he has excellent knowledge, well experienced.. expensive but result assured with him no doubt in that

← **V** Veena Mahesh
19 reviews
★★★★★ 4 months ago
Till date I thank his presence in my life. If not for his diagnosis and treatment, I am not sure how I would be living my life today. Had approached him reluctantly when my friend recommended him. Didn't even respect him when I met him. Yet took treatment from him as there was no hope in allopathy medicine coz none of them could diagnose what I was going through. Just 10 days of treatment, I was jumping with joy! I am glad and more than thankful to Dr. Anish for having sent him to me at the right time. Yes, he is damn strict when it comes to his treatment. Absolutely worth getting treated from a beautiful soul. And his team is just fantastic. Thanks to Dr. Lakshminarayan and Dr. Damodar too and more including Dr. Vintha at the moment and I thank them all. Thanks for those tough yet most effective treatments done in an authentic way! I always wish this precious knowledge to be passed on to the next generation so that it can help doctors see beyond TO SEE THE UNSEEN! :-)

V VINOD J
1 review
★★★★★ 4 months ago

Dr. Anish Kurias is unbeatable for accurate diagnosis. His knowledge in the medical field is mesmerizing, the way he explains and makes you understand the importance of simple things in life which makes a huge difference in health in day-to-day life... Must try to learn basic things from him.

⋮ Visited Dr. Anish (Ayurveda)
👍 I recommend this doctor!
Good, it was my first visit on the recommendation of my mother and worth it... diagnosis seemed pretty accurate.. actually stunned that doctor figured out everything in less than an hour.
Verified Patient

👍 I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction
Value for money

Dr. Anish is treating with principles of Ayurveda that the body has self-capabilities to fight with disease or to regenerate new cells or to heal organs if given proper conditions and environment to the body. I am very much satisfied with his way of treatment and hoping for good results.

Poornima Misra (Verified)

👍 I recommend the doctor

I was quite amazed to meet the doctor as by just holding my wrist and checking my pulse he was able to diagnose so much. He was correct in almost everything he told me. He is a good listener too. My experience at the clinic I will share with others who need answers to strange things happening to them, health-wise. Thank you and hope I am better next time I am visiting the doctor.

As always, excellent. He is caring and insightful. And exceptionally good. I recommend several family and friends to him.

Dr. Kurias

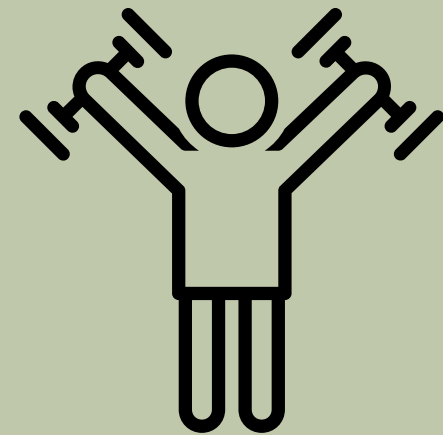


Success Spectrum of Slovakian Doctors



• Highly Successful:

- Surgical corrections
- Emergency management



• Needs Strengthening:

- gynecology and obstetrics
- Cosmetology



• Areas to Improve:

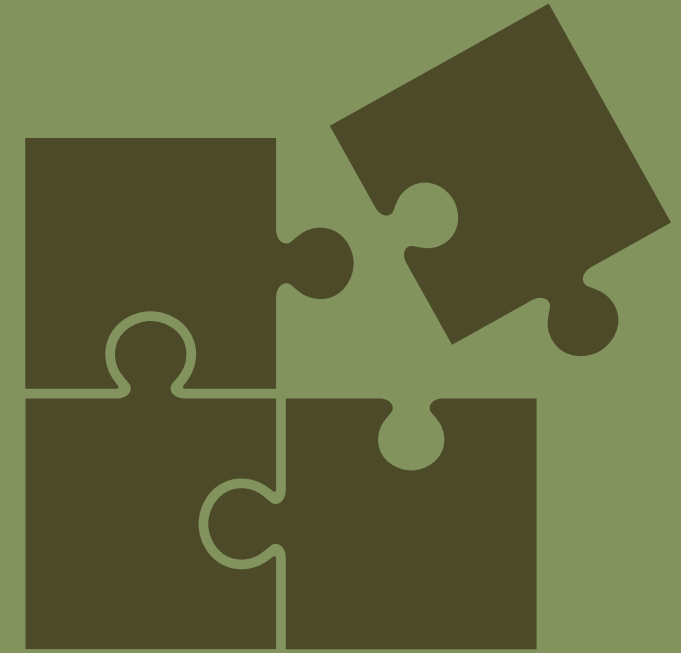
- Neurological disorders
- Degenerative disorders
- Psychological Disorders



• Urgent Need:

- Autoimmune
- Genetic Disorders

Ayurveda Complements Modern Care



Modern medicine

Excels in acute care situations, focusing on immediate and critical interventions. It quickly addresses urgent health needs.

Ayurveda

Focuses on root causes and chronic disease reversal. It offers long-term solutions by addressing imbalances at their source.

Ayurveda's Treatment Approach

Preventive Care:

A Well-Rounded
wholesome Approach



Food for
body,
thought for
mind



Patient etiology



Personlized
Medicine and
treatment



Ayurveda emphasizes preventive care through daily routines. It focuses on proper food processing and early disease identification for holistic treatment.

Dual Treatment Model of Ayurveda

Body:

Every individual with a chronic disease receives treatment for the mind as well.



Mind:

Every individual with a mental disorder receives treatment for the body while ensuring holistic care for the mind.

In Ayurveda, the force that disrupts is the force that heals, the very energy that causes disease is harnessed to heal, by cultivating a favorable internal environment.

Scope of Ayurveda in Slovakia



Ayurvedic Insights for Lifestyle Correction:

- daily regiment
- seasonal regiment
- food habits
- exercises



Ayurvedic wellness:

- relaxation treatments for body
- relaxation treatments mind



Preventive Ayurveda:

- reduce aging process
- prevent degenerative changes
- rejuvenate body
- revitalize mind

Curative Ayurveda:

- personalized diagnosis
- enhancing the body's Self-healing energy
- complete disorder reversal
- Restoring harmony of body and mind



Call to Action

Are we ready to learn & unlearn ?



Integration

- Ready to learn our science ?
- ready to experience ?
- ready to observe?

Collaboration

- Collaborative Clinical Evaluation & Knowledge Exchange
- Assessing Biochemical Changes & Diagnostic Investigations

Research

- Question clinical progress & challenges and explore the 'Why' and 'How'
- Evaluating the Mechanism of Action of Medicines & Treatments

Open Discussion

- Understanding and accepting strengths and weaknesses
- connecting and helping each other for better and healthier world

Are we ready to integrate Ayurveda? Let's explore collaboration, research, and open discussion. Together, we can embrace the future of holistic healthcare.

A woman with brown hair tied back, wearing a pink floral top, stands in front of a bookshelf and a brick wall. The bookshelf has several shelves with books. The brick wall is made of reddish-brown bricks.

MY NAME IS KATARINA BENEDIC

THANK YOU

Let's embrace healthcare together with Ayurveda. Namaste!
