

Interview with Dr. Ravi Paneri: Ayurveda will soon become a leading medical science

Can Ayurveda cure those diseases against which classical medicine is powerless? Indian doctor Dr. Ravi Paneri claims that he is especially successful in the treatment of neurological and autoimmune diseases, for which he specializes. In the interview ...



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The sixth generation of Ayurvedic doctors in the family

Visiting the world-renowned Ayurvedic doctor Dr. Ravi Paneri, whose clinic in India is known around the world for the treatment of Parkinson's and autoimmune diseases, nutritionist Dr. Lejla Kažinić Kreho interviewed him for Sensa. The traditional Ayurvedic approach, this doctor claims, has been more successful in treating chronic diseases and that is why its popularity is growing in the world. Dr. Paneri is the sixth generation of Ayurvedic doctors in the family whose specific knowledge, in addition to classical education, is passed from generation to generation. We bring an interesting look at the health of this Indian who also compares the Western and Eastern systems of access to health.

In India, you run an Ayurvedic treatment center for Parkinson's disease, among others. Why is this disease the focus of your interest when Ayurveda generally deals with the causes of all diseases, and not individual symptoms?

Although we have only known Parkinson's disease in Western medicine since 1817, when it was described and defined by James Parkinson, Ayurveda has known symptoms similar to Parkinson's for thousands of years. They are mentioned in ancient Ayurvedic texts called kampavata. Kampa means tremor, and vata represents the energy associated with the essential movements of the body. The most significant and oldest Ayurvedic book, Charaka Samhita, describes the symptoms of kampavata, or Parkinson's disease, as tremors in the arms and legs characterized by difficulty moving.

My grandfather, also an Ayurvedic doctor, used to treat patients with Parkinson's disease in his practice, and to this day our clinic has become known for such treatment, although we treat many autoimmune diseases for which Western medicine has no answer. Thanks to modern technologies, ie the era of the Internet and social networks, our clinic is becoming more and more globally recognized. We do not guarantee a cure for every patient, because everything is individual, but we are sure that our drugs and treatment have helped many around the world and we consider ourselves unique in the treatment of such conditions.

The digestive system is the cause of brain disorders

What, according to Ayurvedic medicine, is the main cause of Parkinson's and other neurological diseases?

To explain this, it is necessary to know the basic principles of Ayurveda. Ayurveda is focused on treating the whole body, not just individual symptoms. First of all, it is necessary to know the cause of the disease and then treat it. Without knowing the cause that led to the disease, it cannot be cured. Ayurveda is based on the principle of achieving a balance between the three main doshas, i.e. the psychophysiological energy of the body which we call vata, pitta and kapha. Vata controls breath and body movements. Ayurveda explains that Parkinson's disease is a disorder caused by an imbalance of vata dosha, i.e. a disorder of air energy.

This manifestation in the brain occurs as a result of poor digestion. An imbalance of the digestive system causes the release of harmful air energy into the brain. Over time, it attacks areas of the brain that control involuntary movements. This devastating effect causes the symptoms of Parkinson's disease. That is why the cure of Parkinson's disease is the process of replacing 'unclean air' in the brain with 'clean and nutritious air', which we can only have when we cure and balance the digestive system. The basis of the healing process is a strict diet, avoidance of toxins, as well as a complete change in lifestyle that caused the appearance of Parkinson's disease.

Herbal remedies without side effects

What are the main differences in the treatment of Parkinson's disease between Western and Eastern medicine?

Both Ayurvedic and Western medicine have their scope, but also their limitations. I believe that allopathic medicine aims to treat existing symptoms, and Ayurvedic medicine treats the patient as a whole and takes into account his individual characteristics. In addition, Ayurveda is the oldest medical science whose principles have not changed to this day, unlike allopathic medicine in which one theory is often replaced by another.

We treat our patients with herbal medicines, ie products of nature, unlike allopathic medicine, which uses synthetically produced medicines. We grow most of the plants ourselves and their medicines are made from their combinations. Ayurvedic medicines do not cause side effects and we consider them safe, unlike synthetic treatments which cause more side effects than they help in treating a disease or condition.