



Excellence and experience

The TIM - Ayurveda team is led by Dr. phil. Syal Kumar (BAMS MD HP PhD). He has long-standing experience in the practical application of traditional Indian medicine. Dr. phil. Syal Kumar holds a Medical Doctor (MD) in Indian Medicine from the Rajiv Gandhi University of Health Science in Bangalore (India) and acquired medical license from the Kerala State Health Department. In Germany he trains medical staff and therapists in Ayurvedic healing art. At our institute he is supported by a team of doctors, pain therapists, nutritionists and as well as therapists from mind-body medicine.



Dr. phil. Syal Kumar

Head of the Department of Hospital and Institute, Ayurveda – Traditional Indian Medicine



Dr. med. Thomas Rampp

Senior Physician, Head of the Department of Institute Traditional Chinese and Indian Medicine



Dr. med. Marc Werner

Director of the Hospital for Natural medicine and Integrative medicine



Contact

**Institute of Naturopathy,
Traditional Chinese &
Traditional Indian Medicine,
Evangel. Hospitals Essen-Mitte**

Erich-Rothenfußer-Haus am
Evang. Krankenhaus Essen-Steele
Am Deimelsberg 34 a, 45276 Essen



+49 (0)201 174 - 25602
+49 (0)201 174 - 25600
tim@kem-med.com
ayurveda-klinik.info

*The Institute for Naturopathy,
TCM & TIM is supported by
the Erich Rothenfußer
Foundation, Munic.*


Evang. Kliniken Essen-Mitte

KEM | Evang. Kliniken Essen-Mitte gGmbH

Evang. Huysens-Stiftung Essen-Huttrop – Henricistraße 92, 45136 Essen

Evang. Krankenhaus Essen-Werden – Pattbergstraße 1-3, 45239 Essen

Evang. Krankenhaus Essen-Steele – Am Deimelsberg 34a, 45276 Essen

+49 (0) 201 174-0 info@kem-med.com kem-med.com 

Hospital & Institute of Naturopathy and

Traditional Indian Medicine

Ayurveda – holistic medicine with
scientific standards

आ
यु
र्वे
द



**Evang. Kliniken
Essen-Mitte**



What is Traditional Indian Medicine?

Ayurveda is the world's oldest known philosophy of life and health, which comes from the Vedic civilization of ancient India. The knowledge of Ayurveda has been handed down for thousands of years- Ayurveda is considered as the “**mother of medicine**”.

Focus of Traditional Indian Medicine (TIM) involves the use of natural resources with which the patients are treated. Around 3,000 plant species are available for treatment and are used individually. It is one of the few medical systems where the role of the mind and soul plays a major role in healing illnesses.

The key to a person's health is the balance between body, mind and soul. From a TIM perspective, each individual consists of three fundamental elements (doshas) – **Vata, Pitta and Kapha**. The doshas determine our physical processes and are responsible for our health. An imbalance of Doshas can lead to illness. Treatments are carried out in our hospital as outpatient or inpatient basis according to traditional Indian medicine.

समदोषः समाग्निश्च समधातुमल क्रियः ।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ।।

**Samadosha Samagnishcha Samadhatumalakriya
Prasannatmendriyamanah Swastha ityabhidhiyate.**

A person is healthy (Swastha) when Doshas (anatomical and physiological activities), tissues (Dhatu) and excretory functions (Malas) are proper and Soul (Athma), Sense organs (Indriya) and Mind (Mana) are in a stable state.

Susruthasamhitha Sutrasthana 15/41



Diagnosis and types of therapy

Before treatment, there will be a detailed consultation with pulse, tongue and eye diagnosis, as well as a detailed analysis of the medical history. Patients receive a therapy plan according to the TIM with recommendations on possible treatments, diet and lifestyle.

The following therapies are introduced as part of treatment:



Nutritional and lifestyle advice

Based on individual disease condition



Internal Herbal Therapies

Based on classical Ayurvedic preparations



Poorvakarma

Different kinds of external manual treatments



Panchakarma

Cleansing therapies



Rasayana treatments

Strengthen the immune system as preventative measures

Treatment priorities

Rheumatoid Arthritis

Swollen, inflamed, stiff, painful joints are the main complaints from rheumatism. The disease affects the dosha “Vata” and can be treated with the help of traditional Ayurvedic therapies that directly works on those affected areas of the body and can be treated successfully.

Muscle and joint diseases

Illnesses such as osteoarthritis, intervertebral disc problems, sciatica, osteoporosis, sports injuries have become one of the most common health problems of our time. Ayurveda focuses here on the internal medication and external applications to improve symptoms successfully.

Gastrointestinal diseases

Irritable bowel syndrome, digestive problems, heartburn, chronic inflammatory bowel disease (IBD), etc. can be treated very well using Ayurvedic treatment methods. Diet advice, herbal preparations and detoxifying treatments prove to be particularly helpful.

Further treatment areas:

- Skin diseases
- Gynecological complaints
- Neurological diseases
- Psychosomatic diseases

