



PURPOSE OF THE OVERLAY OF HEMATOLOGICAL EVALUATION AND INTERPRETATION WITH AYURVEDIC DIAGNOSTICS & INDIVIDUALIZED MULTI-THERAPY

The integration of hematalogical evaluation interpretation (*Based on your ideal values*) with Ayurvedic diagnostics presents a convergence and is a comprehensive approach to identifying underlying health issues by combining the holistic, individualized traditional holistic assessment of Ayurveda with the objective quantitative data of modern molecular techniques provided by laboratory tests.

While hematological analysis provides concrete, measurable values, such as blood count values, inflammation parameters, or metabolic indicators, Ayurvedic diagnostics is a patient-centered approach, offering a comprehensive psychosomatic profile, which provide deep insight into the individual constitution (*Prakriti*), the current imbalance (*Vikriti*), and the dynamics of the three doshas—Vata, Pitta, and Kapha. These doshas are fundamental principles whose interaction defines biological life and describes health disorders.

Ayurvedic diagnosis focuses on identifying the root cause of disease through the assessment of a detailed medical history and several examination methods & diagnosis, which provide information about the digestive fire (*Agni*), metabolic stress, the current imbalance, fundamental changes in the organism, about ama (*toxins*), agni, the condition of the tissues (*dhatu*s) and the current dosha constellation.

This approach seeks to understand the underlying energetic and physiological imbalances before clinical symptoms manifest, potentially allowing for early intervention.

This overlay is efficient because it allows me as practitioner to validate Ayurvedic observations with measurable data. For instance, an Ayurvedic practitioners may suspect an imbalance in the doshas based on symptoms and physical examination, and hematology can confirm or refute the presence of anemia (*a condition linked to Vata and Pitta imbalances*) or infection (*linked to Pitta and Kapha*), or elevated white blood cell counts, which indicate inflammation, can be correlated with an Ayurvedic diagnosis of Pitta overactivity, enabling targeted therapy.

Research has shown that biochemical and hematological parameters differ between individuals of different prakriti types, suggesting a biological basis for Ayurvedic constitution.

In addition, helps this integration to avoid misdiagnosis, allows for a more accurate differential diagnosis, better prognostic assessment, and the development of highly personalized treatment plans that address both the root cause and the measurable physiological state, ultimately leading to improved patient outcomes and more effective, efficient care by combining the predictive and preventive strengths of Ayurveda with the diagnostic precision of modern medicine. This leads to a differentiated diagnosis that goes beyond symptomatic approaches and enables preventive, individualized health promotion.

Furthermore, Ayurveda considers not only the disease, but the patient as a whole—body, mind, and soul—and distinguishes between the diagnosis of the patient (*Rogi*) and that of the disease (*Roga*). The hematological findings will serve as objective data to support the subjective complaints and the Ayurvedic assessment. As therapist I can thus develop an individualized therapy concept based on both laboratory values and a holistic analysis of the doshas and lifestyle.

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Kinesiologist
Aromatherapy expert
Flower Remedies (*Bach*)
Gestalt expert



My individualized multi-therapy concept is based on both modern molecular laboratory values interpreted with your personal “IDEAL VALUES” and a holistic analysis of the doshas and lifestyle.

The Natural synergy in my multi-therapy approaches, such as Ayurveda, Aromatherapy, Naturopathy, Flower Technics and Gestalt Therapy is considered more efficient than monotherapy due to their inherent multi-component nature and holistic principles. These systems are based on the concept of Synergistic interactions (*Synergistic interactions - Pharmacodynamic synergy involves active constituents targeting similar physiological systems or receptors, amplifying the therapeutic effect. Pharmacokinetic synergy occurs when one component enhances the absorption, distribution, metabolism, or elimination of another, improving its bioavailability and effectiveness. For example, combining ginger with black pepper and long pepper enhances their heating and mucous-reducing effects, while combining bitter herbs like neem with warmer herbs like ginger helps offset extreme effects.*) , where the use of polyherbal formulations or therapies and similar systems provides benefits such as improved convenience for patients, better compliance, and a more holistic approach to health by addressing the root causes of imbalance rather than just symptoms.

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