



FIK News n°4 – May 2018

May 22nd, 2018
General meeting

Travel diary and experience feedback : meeting with Rachel Guimbaud

Just arrived in France after six months within the Clinic of Doctor Barot, our partner **Rachel Guimbaud**, will be present on May 22nd to discuss with us about her trip.

Doctor Barot's clinic is located in the **Gujarat**. It is known for its teachings. Every year Rachel Guimbaud visits the site for six months in order to improve herself in the field of ayurvedic medicine. Since October, 2017, she supports FIK and share with us her knowledge. In particular in the mother and child health.

Ayurveda, known also under the name of " science of the life " (*âyur* "life" and *véda* "sciences" in Sanskrit), is rooted in India during vedic period, more than 5000 years ago sets. Transmitted at first orally then transcribed in Sanskrit, Ayurveda represents the oldest therapeutic system of the world. In 1982, it even was recognized " treatment method" by the World Health Organization (WHO).

Traditionally, teachings were passed between the master and the pupil during many years of learnings. The pupil living at his master's home from a very early age. He studied the founding texts, the yoga, the meditation and the Indian rules for the everyday life. Once these teachings were integrated and lived, the pupil was ready to become an ayurvedic therapist.

The practice of Ayurveda rests on the study of five fundamental elements: the Ether (or space), the Air, the Fire (or Light), the Water and the Earth. Each of these elements being present in the human body to a greater or lesser extent. Their study participates in the understanding of the troubles of the body and the spirit.

Nowadays, this treatment method remains inked in India as well as in many more countries. The Halligudi General Hospital and FIK integrated it into their work methods. For the Association it is important to perpetuate the Indian health traditions and to weave it into the modern medicine.



There is still in India a large number of traditional medical schools with hospitals and care centers like Doctor Barot's clinic. The teaching was modernized but maintained its traditional approach.

This event will take place **May 22nd, 2018** on the premises of the French Hatha Yoga Federation (FFHY), **7 rue de Plaisance, 75014 Paris, at 6 pm**. To discuss with us about our projects and our health approach this meeting could be great !

We look forward to seeing you there!

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