

Post Acute Covid-19 Syndrome

Could ancient medicine be the cure?

Welcome to **our Study.**

For anyone still experiencing symptoms well after their initial encounter with covid.

Symptoms such as:

- fatigue
- difficulty breathing
- cough
- joint pain
- chest pain
- memory or concentration problems
- heart complications
- loss of appetite
- loss of sense of taste or smell
- depression
- anxiety
- fever
- dizziness

Āyurveda

Āyurveda is that in which explains the knowledge of life.
Āyurveda can be defined as the science which gives the
knowledge of attaining a long and healthy life.

The Problem

A regenerative malfunction

As a result of the interaction with the covid-19 virus, your body's anabolic and regenerative function has been vitiated.

In the same way that breaking your leg impairs your walking ability and afterwards walking impedes your leg's healing process. Covid has affected your regeneration ability. Except unlike a broken leg, when it comes to your physiology you can't stop "walking."

Hypothesis

A physiological science holds the key to a physiological problem

Ayurveda is a healing science that works from the inside out. It seeks to arrest and eliminate the root cause of disease and restore and rejuvenate the individual back to health.

As such, the healing protocols of Āyurveda are customized for each person. This makes it an ideal candidate for a disease in which the causes and symptoms are so varied, complex, and unknown.

Āyurveda

The 3 laws of
physiology and
their qualities



vata

MOVEMENT

dry, light cold, rough subtle,
mobile, clear



pitta

TRANSFORMATION

hot, sharp, light, liquid,
mobile, oily



kapha

COHESION

soft, slow, hard, heavy, cold,
gross, liquid, oily, static, sticky,
cloudy, dense

Prakṛti

It's in her nature

- The science of Āyurveda was originally conveyed in the language of sanskrit. Sanskrit is itself a method of healing. Each sound in the sanskrit alphabet correlates to a petal of the throat chakra. Reciting the sanskrit alphabet is like tuning the subtle vibrational frequencies of your mind and body.
- Your prakṛti is your genetic psycho-physical physiological finger print. It is the way in which your body seeks to express itself naturally. It accounts for your physical, mental, and physiological attributes, as well as your tendencies and affinities.
- Your prakṛti not only illuminates your body's healthy expression, but also the ways in which you are likely to become imbalanced.

Celebrate You!



Understanding your prakṛti helps to:

- Encourage self acceptance and self love
- reclaim control of your health
- Maintain physical balance
- maintain a healthy mindset
- Achieve harmony at the subtle levels
- establish an appropriate lifestyle regime
- understand disorder tendencies
- sustain a proper diet
- understand which herbs are generally helpful
- determine an ideal exercise routine
- provide safe and effective treatments
- find ideal work
- improve relationships
- **Increase vigor and vitality to your life!**

Stage 1

SANCHAYA (ACCUMULATION)

This refers to the accumulation of any of the 3 doshas. Our bodies are in constant flux as the doshas dance within the energetic matrix of our bodies. Simple internal and external factors can cause increases in any of the doshas.

Stage 2

PRAKOPA (AGGRAVATION)

When such increases in the doshas exceed our body's natural threshold capacity, there is an aggravation in our system.

Stage 3

PRASARA (SPREADING)

If this aggravation is left unattended, the doshas will leave their primary sites and eventually spread into other channels and tissues in our bodies.

Stage 4

STHANSAMSRAYA (LOCALIZATION)

These spreading doshas will eventually find a weak point in our bodies. This could be due to genetics or an injury. At this point the doshic influence start to manifest as physical prodromal symptoms in the body.

Stage 5

VYAKTI (MANIFESTATION)

Here the full cardinal symptoms that define many diseases are now present and afflicting the individual. This is when the disease is typically named in conventional medicine.

Stage 6

BHEDA (EVOLUTION)

Diseases progress over time as we experience cyclic changes in our bodies. This is how a cold can progress into bronchitis or pneumonia. Or how IBS can change into an IBD such as Chron's disease or ulcerative colitis.

Methods of Assessment

3 point assessment

- Darsana (observation)
build, BMI, hair, skin, gait
- Sparshana (touch)
temperature, dryness of skin,
nails, palpation, tenderness,
the pulse
- Prasna (questioning).
history of disorder, tendency
of imbalance, nature of
environment, diet and
lifestyle

10 point assessment

- Channels and Tissues
involved
- Place of living
- Strength of individual
- Time (season)
- Agni (digestive capacity)
- Prkruti
- age
- mindset
- habituation/preferences
- food intake

8 point assessment

- pulse
- urine
- stool
- tongue
- voice
- skin
- eyes
- body structure

Study Timeline



INITIAL CONSULTATION

This is the bulk of our work together. You will fill out a health seeker intake form, meet with Daryl, and walk away with an Ayurvedic Healing Protocol.



6 WEEK FOLLOW UP

Here we test the waters; see what's working and what's not working. It is an opportunity to further specify and fine tune our protocol .



6 MONTH FOLLOW UP

We hope by this point you've experienced some rather notable changes. Also it is another opportunity to consult as well as learn about your recovery process.



12 MONTH FOLLOW UP

This is to finalize and ensure the efficacy of our protocols. Our objective is by this point for your doctor to be able to say you no longer have long covid.



Daryl Roberts

When my mother was young she laid in a hospital bed in Caracas, Venezuela. Fatally diagnosed, her doctors did not understand the problem or know what to do. Her grandmother sought help from the aboriginal traditional doctors of the forest. They created a concoction for her and she was able to recover, going on to lead a prosperous healthy life. She received a scholarship to come to America for college where she met my father and eventually gave birth to a son. I am alive today because of natural medicine and it is ancient knowledge that preserved my mother's life and our lineage. Balanced Alignment represents the integration of my life's purpose with my love of Āyurveda. We exist solely to manifest the two fundamental aims of Āyurveda: to cure the sick and maintain the health and longevity of the healthy.

Namasté

According to Āyurveda one can not contribute to another's healing without they themselves being healed. It is a great honor to contribute towards the health and elevation of any fellow human being. We take this very seriously and work hard to offer you our highest quality of service.

