

Dr Shamim Daya introduces Ayurveda with Dr Vijay Murthy at the Wholistic Medical Centre

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Dr. Vijay Murthy qualified in 1995 as Doctor of Ayurvedic Medicine in India with further qualifications in Public Health. He is currently head of Ayurvedic Medicine in New Zealand.

Today Dr Murthy is a prominent researcher and speaker who is asked to lecture worldwide. However, he still finds time to practice as an Ayurvedic Doctor, where he is able to combine scientific based nutrition and lifestyle principles with Ayurvedic healing.

Ayurveda, translated as the Science of life, is a natural holistic health care system, which originated from India over 5000 years ago. Ayurveda has gained worldwide recognition as a viable complement to mainstream medicine.

Rather than symptomatic treatment of disease, Ayurveda focuses on prevention by supporting the individuals' ability to gain optimal wellbeing through lifestyle and specifically chosen herbal medications. Ayurveda believes that the ultimate source of healing lies in unity of body, mind and spirit.

An extensive training and deep understanding of both Ayurveda and conventional medicine, combined with clinical experience, has provided Dr Murthy with unique diagnostic and intuitive abilities. He uses these skills to help clients understand and interpret a western diagnosis, offer suggestions for current nutritional requirements, lifestyle adjustments and prescribes specifically chosen Ayurvedic herbs and treatments.

For the first time in September, Dr Daya & Sheila Partridge combine their skills with Dr Murthy to offer a unique health assessment.

Limited appointments are available
Telephone 0207 580 7537 to reserve your consultation