

## **Dr. Abilash Anand (B.A.M.S, P.G.D.Y)**

Dr Abilash is the Medical Director of Maitreyi The Vedic Village and highly skilled Ayurvedic physician at Shree Narayana Ayurveda Clinic, Aliyar, Tamil Nadu, India where he has served since 2009, earning respect from clients worldwide. Trained traditionally in the guru-shishya (teacher-student) lineage, Dr. Abilash studied under esteemed mentors, including Ashtavaidya Alathiyoor Narayanan Nambi, mastering specialties like PanchaKarma (Detox therapies) and Rasa Shastra (medicinal alchemy) under Dr Sasikuamr Nechiyil. Dr Abilash continues to deepen his knowledge on Yoga and Ayurveda under the guidance of Acharya V.Vasudevan.

With extensive experience working with diverse Western cultures, Dr. Abilash possesses a deep understanding of Western lifestyles and health conditions. His calming and caring manner enables him to connect and relate well to people from various backgrounds. He offers lasting relief through authentic, root-cause-based healing and focuses on sharing the teachings of Ayurveda, Yoga and spirituality in an accessible way, demonstrating how these practices can be easily integrated into daily life for holistic wellness. This blend of traditional knowledge and cultural insight makes Dr. Abilash a trusted guide to balanced, meaningful living.

