

Vaidya Lionel Narendra Das (B.A.M.S.*)



I grew up in the foothills of the Massif Belledonne above Grenoble in France. This wonderful place was one of the reasons why I became interested in wild plants, animals and minerals at an early age. After several years of studying horticulture I became passionate about medicinal plants and so naturally I came to studied for three years at **The Lyon's Medicinal Plants private school (ELPM)**. These three years of study enabled me to integrate into the « **Racines et des Herbes** » team, an Herbalist shop offering herbal advice in Grenoble. Here I was able to experiment with a large range of products; essential oils, Bach flower essences and dietary supplements.

In 2008 I went in the direction of India, more precisely Jamnagar where I studied and practiced intensively Ayurvedic medicine at the **Gujarat Ayurved University**. My studies were those of a traditional Indian practitioner with medical texts studied in Sanskrit, auscultation of patients and the traditional fabrication of medicines based on plants, metals and minerals. My interest naturally focuses myself on the practice of Panchakarma, a protocol of deep tissue and mental purification. In 2013 I was

lucky enough to cross the sight of **K.T.Shivanandji Vaidyar** a traditional practitioner of Kerala and one of the remaining few master of Nadi Pariksha the pulse diagnosis lore of Ayurveda. He took me as his Shishya (student) and train me in that sacred science along others traditional knowledge of south India.