

Ayurveda and its holistic approach to life and treatment

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The term Ayurveda is made up of two Sanskrit words “Ayu” and “Veda” which means life and knowledge respectively indicating that Ayurveda is not merely medicine and treatment it is a way to tackle positively the subject of life in its entirety. Good health depends on the balance and interaction of the three Doshas or physiological units in our body namely Vata, Pitta and Kapha according to Ayurveda. As a system of medicine Ayurveda helps to tackle health, wellness and disease in a comprehensive manner, considering the personality traits of an individual. Our personality traits are a blend of these Doshas with one or more predominating from birth and at various times of the day and stages of life. Any

discrepancy of these three leads to imbalance in health and causation of illness. Ever growing levels of stress and anxiety can induce conditions which include everything from hypertension and infertility to depression and even aging process thus decreasing the quality of life. Ayurveda treatment thus planned is for restoring the disturbed mechanism through personalized wellness and healthy living programs involving wellness and regeneration experience. Ayurveda's thrust is to keep the health well and offers natural holistic self-care methods through proper diet, exercise, meditation/yoga, psycho-spiritual counselling, external therapies and medicines from herbs to balance the Doshas or humours on a physical and mental plane. All dimensions of wellness are inextricably woven in the concepts of Panchakarma and Rasayana in Ayurveda. Ayurveda can contribute to the development of regenerative medicine with integrative approach.

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