

## ***Vidula S Gujjarwar***

*Ch Brahm Prakash Ayurved Charak Sanstha, India*


### **Importance of diet & lifestyle according to Ayurveda**

**A**yurveda is science of life which has the aim to preserve the health by preventing diseases and treatment for the illness. Charaka, Sushruta and Vagbhata Samhita-texts are the fundamental triad for explanation of deep knowledge regarding various aspects to prevent diseases and illustration of various treatments for various conditions ailments. For maintenance of day to day health many effective theories are explained in the name of Dina Charya-daily lifestyle, Ritu charya- seasonal lifestyle, Aahara vidhi visheshayatana -diet regimes and Aachara Rasayana-directions regarding physical and mental conduct. Health effect could be attained by following the above-mentioned regimens and adopting daily and seasonal lifestyle as described in the texts. Which helps to maintain balance of body and mind. Ayurveda science describes typical diet and dietetic and behavioural routines based on fundamental body types known as 'Prakriti' or basic body constitution of each and every individual. To follow Ayurveda is to follow lifestyle this is what is the aim of the paper presentation.

#### **Speaker Biography**

Vidula S Gujjarwar is working as Professor and Head of post-graduation Dept. of Rognidana Vikriti Vigyana (pathology) at Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi (Under Govt. Of NCT, New Delhi). She is having 21 years of Academic and Clinical experience in the field of Ayurveda. She has completed her graduation and post-graduation in Ayurveda from University of Pune with Specialization in Rognidana Vikriti vigyana. She is having vast knowledge and experience in academic and clinical field in Ayurveda. She is working as incharge to various academic committees and as a member to various committees constituted by the Govt. of New Delhi, CCIM, AYUSH Ministry Govt. of India. She is as Expert Speaker at national, International conferences, ROTPs and CMEs also have organised conferences on various topics of Ayurveda in India. She is Post Graduation Guide and subject expert/ paper setter in the panel of various Universities and Public Service commission and also as subject expert for Syllabus committee of CCIM, Govt. of India.

e: shreemahalaxmi1969@gmail.com

 Notes: