



Healing...with Ayurveda

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Ayurveda, an ancient system of medicine that originated in India, has been experiencing a revival in recent years, gaining global recognition for its holistic approach to well-being.

State of being healthy, or total well-being is called swasthya. When all of the body's organs function harmoniously and the individual experiences serenity and happiness while carrying out their responsibilities with ease, they are said to be in a state of good health, which is defined as the balance of the three doshas Vata, Pitta, and Kapha.

The revival in Ayurveda is driven by a growing interest in traditional and alternative healing methods, as well as a desire for a more holistic and personalized approach to healthcare.

From thousands of years ago, our Rishi Munis, sages, and seers, who were philosophical, poetic, and scientific with the scientific mind, having gone through and consumed most of the plants, vegetables, herbs, fruits, dry fruits, through forests, agriculture, and jungles, realized the properties of its healing, wholeness, self-repair, rejuvenation, cellular regeneration, correction, and curing methodologies.

Lord Dhanvantari, Sushruta, Charaka, and numerous other sages have been making contributions to this field since the dawn of human writing and history.

Tens of thousands of encyclopedias about plants and their medicinal and restorative qualities exist today in India alone.

They are, in a sense, magical, but everything about them is scientific.

Right from soothing your musculoskeletal structure to your soul, herbs can make you whole.

Right from your skin to bones to tissues, cartilage, collagen and hair, herbs can heal you and make you whole. Ayurveda views health as a balanced state of the body, mind, and spirit.

It aims to address the root cause of imbalances rather than just treat symptoms.

This holistic approach considers the individual's unique constitution "Prakriti," and focuses on restoring balance in the body's doshas (Vata, Pitta, and Kapha).

Each person is unique, and what works for one individual may not be suitable for another.

This personalized approach involves identifying an individual's dosha, dietary recommendations, and lifestyle practices accordingly. This leads to more effective and sustainable results.

By understanding an individual's constitution and potential imbalances, Ayurvedic practitioners can recommend lifestyle changes, dietary adjustments, and wellness practices to prevent the onset of diseases.

This proactive approach aligns with the modern focus on preventive medicine.

In the last 50 years and more with the growing side effects of the modern medical science, people realizing its perils and also the modern day diseases which are becoming more and more dangerous and fatal, the resurgence of Ayurveda is springing up the renaissance of herbology.

Ayurveda uses natural remedies derived from plants and herbs and other natural sources.

These remedies are often believed to have fewer side effects compared to synthetic medications, aligning with the population at large, looking for natural and herbal solutions.

Ayurveda recognizes the intimate connection between the mind and the body. It emphasizes mental well-being, stress reduction, and practices such as meditation and optimal movement therapy to achieve balance.

With people seeking holistic approaches to health and well-being, ayurveda's alignment with these wellness trends, along with its rich history and cultural significance, has contributed to its global resurgence.

As interest in Ayurveda grows, there is a renewed focus on scientific research to validate its principles and practices.

The revival of Ayurveda is hence driven by its holistic approach, personalized medicine, emphasis on prevention, natural remedies, recognition of the mind-body connection and integration with modern medicine.

This ancient system continues to offer valuable insights into achieving and maintaining holistic well-being in the modern world.

Ayurveda certainly has the answers for healing, curing and rejuvenation, reversing of diseases and prevention of diseases.

The concept of Ayurveda is that food is also considered as medicine, therapy itself. It is therapeutic in nature. According to Ayurveda, we should consume sattvic (clean and fresh) foods instead than tamasic (spoiled) and rajasic (fiery) foods. Fresh and light foods that aid in mental clarity are known as sattvic foods. We can regulate our absorption, assimilation, and evacuation by following Ayurvedic eating practices.

Foods which are natural in nature, cleanse you primarily, which is

Shuddhi Karan. They regulate you and fortify you.

Focus is also on food as per Ritucharya, so regional and seasonal. Ayurveda completely bars foods which are processed, preserved, coloured and flavoured. Ayurveda also believes that food brings about bhavas (right attitude), gunas (right qualities). This is what Ayurveda is about.

Longevity, immunity and vitality. Long live Ayurveda.