

About Ayurveda

Ayurveda is an Indian holistic system of medicine that uses a constitutional model. It aims at providing guidance regarding food habits and lifestyle to ensure that fit people stay well and those with health challenges improve upon their health.

Several aspects of Ayurveda distinguish this system from others. Its recommendations are often different for each person, depending upon their lifestyle, to ensure that they enjoy good health. This is due to the use of a constitutional model.

Everything in Ayurveda is validated by observation, inquiry, direct examination and knowledge derived from the ancient texts. It comprehends the energetic forces that influence nature and human beings. These forces are called the Tridoshas.

And as Ayurveda deciphers a strong connection between the mind and the body, a huge amount of information is available regarding this relationship.