

Origin Of Ayurveda

Ayurveda is an intricate system of healing that originated in India thousands of years ago. We can find historical evidence of Ayurveda in the four ancient books of wisdom known as the Vedas.

In the Rig Veda, over 60 preparations are mentioned. These can be used to assist an individual in overcoming various ailments. Though the Rig Veda was written over 6,000 years ago, Ayurveda has been around even longer than that. More than merely a medical system, Ayurveda is a Science of Life. It is hinged on the fact that all humans are a part of nature. Just as animals and plants live in harmony with nature and utilise the Laws of Nature to maintain health and balance within their beings, we too adhere to these same principles.

Essentially Ayurveda is a system that helps maintain health in a person by employing the inherent principles of nature to bring the individual back into equilibrium with their true self.