**Ayurvedic Medicine**

**Definition**

Ayurvedic medicine is system of curing diseases which originated in ancient India. In Sanskrit Veda means living or life and ayur means knowledge sp Ayur Veda stands for the “longevity science” or “living knowledge”. Ayurvedic medicine uses detoxification, purification techniques, diets mineral and herbal remedies, breathing exercise, yoga and massage therapy as integral curing methods. Being broadly practiced throughout India nowadays Ayur Veda has been steadily picking flowers in the West.

**Purpose**

According to the authentic texts Ayur Veda’s goal is to prevent as well as to promote the body’s own capacity for balance and capacity. Being non-invasive as well as non-toxic it can be safely used as an alternative therapy. Ayur Vedic healers claim that their practices could also help metabolic, chronic and stress-related conditions. Ayur veda has Ben used to heal of allergies, acne, anxiety, asthma, chronic fatigue syndrome, arthritis, colitis, colds, depression, constipation, flu, diabetes, heart disease, immune problems, hypertension, insomnia, inflammation, nervous disorders, ulcers and skin problems

Ayurvedic healers seek to find the roots of an illness before it gets so advanced as to require more radical treatments. Thus Ayur Veda seems to be limited in healing severely advanced conditions, acute pains, traumatic injuries and injuries and conditions that require invasive surgery. Ayurvedic practices have also been used along with surgery and chemotherapy to assist patients in healing and recovery.

**Description**

**Origins**

Ayurvedic medicine’s roots are traced back as early as three- five thousand years ago. Being mentioned in Vedas, the ancient philosophical and religious texts which in their turn are the world’s oldest surviving literature. This makes Ayurvedic practices the oldest surviving curing system in the world. According to those texts Ayur Veda was conceived by wise and enlightened men as a system of harmonious living as well as of maintaining the body to make spiritual and mental awareness achievable. Historians of medicine believe Ayurvedic ideas to have been transported from India to ancient China and to have thus become instrumental in the Chinese traditional medicine’s advancements. Nowadays Ayurvedic medicine is used by eighty per cent of Indian population. Aided by efforts of Maharishi and Deepak Chopra it has been more and more widely accepted as an alternative treatment in the USA for the last twenty years. Being an M.D, Chopra nonetheless published several bestsellers based on the ideas of Ayur Veda. He also helped much to develop the Center for Mind/Body Medicine in La Jolla, Ca. a major Ayurvedic center which trains healers in Ayurvedic principles, conducts documentations and research of its healing practices and produces herbal medicines.

**Key ideas**

To have an idea of Ayurvedic healing it is necessary to understand how Ayurvedic system views human body. The basic vital force in human body is prana that is found in the elements being also similar to the Chinese notion of chi. According to Swami Vishnudevananda, one of the most prominent experts and a yogi, being in the air prana is nevertheless neither oxygen, nor any of its other constituents. Although, prana is present in the sunlight and water it is neither a vitamin nor light-ray nor heat.

There are five basic elements in Ayurveda which contain prana: air, ether, fire, water and earth. Those elements interact with each other being further set in human body as the three main basic psychological principles which govern all the body’s functions known as doshas. The three doshas are: kapha, pitta and vata. Each man and each woman possesses a unique blend of all the three doshas, also known as human prakriti. That is why Ayurvedic practices are always individualized. In Ayur Veda, each disease is viewed as a state of imbalance in some of a man’s /woman’s doshas, so Ayurvedic healers strive to balance and adjust them, using a great variety of techniques.

Being associated with ether and air vata dosha promotes lightness and movement in the body. Vata people are as a rule dark-skinned, light physically and thin, mentally restless, and energetic. When vata gets out of balance, there are nervous disorders, sleeplessness, hyperactivity, headaches and lower back pains. Being associated with water and fire Pitta is responsible for digestion and metabolism. Pitta characteristics are medium- built body design, strong digestion, fair skin and good mental concentration. Imbalances related with Pitta show up as aggression, anger as well as such stress-related conditions as ulcers, gastritis, hypertension and liver problems. The kapha dosha is associated with earth and water. People characterized as kapha are as a rule heavy and big and have much oilier complexions. They tend to be calm, slow and peaceful. Kapha disorders show up emotionally as possessiveness and greed, and physically as fatigue, obesity, sinus problems and bronchitis.