

Ayurveda – What is it? Who Can Benefit?

Ayurveda is one of the oldest systems of medicine of the world. The history of Ayurveda dates back to 600 BC, when the collective work of various practitioners transformed into a complete system of medicine and lifestyle. Various Ayurveda practitioners of the ancient times have formulated their own rules to using herbs, minerals, etc for various purposes including curing of ailments, strengthening of body, strengthening of immune system, etc.

Those people have also given us directions to manage our lifestyle, eating habits, daily routines, etc. Thus born Ayurveda more than 2500 years ago.

According to Indian myths, Ayurveda (which means the knowledge of life) is transferred to humans from Lord Brahma, the creator of the universe through Dhanwantari.

Ayurveda has patient centric approach. The major difference is here. Treatments are suggested only according to the needs, and capabilities of the patient. There is no one-size-fits-all type cure in Ayurveda. In other words, the physician determines the appropriate course of treatment after ascertaining the condition of the patient through various tests.

The tests are for both diagnosing the condition of the person and for the condition of the disease. The methods are visual, palpation, and interrogation. The physician, with years of experience will be able to identify the condition of the patient, his/her requirements and the conditions he/she suffers from. Palpation or touching gives further insight. Lastly, by asking specific questions regarding the livelihood, lifestyle and recent changes, the physician can complete his/her diagnosis process.

There are various kinds of treatments. Ancient Ayurveda texts even has excellent description of surgical equipments and procedures, complete with directions to sterilize the equipments, the room and the qualities of physicians performing the treatments.

However, Ayurveda is not only about the treatment of disease, but also about the healthy lifestyle that prevents diseases and allows you to lead a healthy, happy and fulfilling life. In the texts, you will find directions for daily routines, seasonal modifications for daily routines, the kind of food to take, the kind of people to mingle with and the kind of activities to take up during different times of the day.

There are also detailed guidelines on picking the right kind of medicinal herbs, the qualities of physicians, and every minute detail on the conduct of an Ayurveda physician.

In the older times, there were not any reliable means of preserving the medicines, except for keeping them in earthen or clay pots. Now, with modern research, Ayurveda medicines are available in capsule form.

When taking Ayurveda treatment, you know you are going to receive the right kind of treatment and a set of guidelines to prevent diseases from attacking you.