



FASTEST GROWING TOURISM AYURVEDA

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ABSTRACT:

Ayurveda is ancient Indian natural and holistic medicine-medicine system. The translation of Ayurveda from Sanskrit, it means "science of life" (the original word in Sanskrit means ayur means "long life" or age and Veda means "science"

KEYWORDS: *Ayurveda , ancient Indian natural and holistic medicine.*

WHAT IS AYURVEDA?

Allopathy medicines (heterogeneous medicine) are focused on the management of the disease, whereas the prevention of Ayurveda disease and if the disease arises, its basic cause is to be expelled, it provides its knowledge.

Knowledge of Ayurveda first went forward verbally from the descendants of Rishi Munis of India, after which it was written by integrating it five thousand years ago. The oldest text on Ayurveda is Charak Samhita, Sushruta Samhita and AshtangHridayah. This book explains the five elements found in space-earth, water, fire, and sky, which affect our individual system. They understand the importance of keeping these five elements balanced for a

healthy and happy life.

According to Ayurveda, every person is more influenced by some elements than others. This is due to their nature or natural structure. Ayurveda ensures various physical structures in three different flaws.

The defect does not affect the nature of someone's body only, but it also influences physical tendencies (like food choices and digestion) and the nature and feelings of someone's mind. For example, due to which the earth element and cough defect in the body, their body is strong and stubborn. They have a tendency to slowly digestion, deep memory and emotional stability. The nature of most people is made up of a mixture of two defects. For example, in those people who have bile cough nature, they have both tendency of bile dysfunction and cough, but the bile defect prevails. Having an understanding of the

properties of our natural structure, we can do all the best to keep our balance well.

Ayurveda gives special significance to anyone's diet or lifestyle (food habits and daily lifestyle). Ayurveda also guides the lifestyle on how to adapt the weather.

PRINCIPLES OF AYURVEDA

Treatment in Ayurveda can be divided into treatment therapy and mitigation therapy i.e., respectively, refinery and palliative therapy.

In purification therapy, the body is removed from the body contaminated with the body. Some examples of this are Vaman, Virekan, Vasti, Nasya.

In mitigation therapy, the faults of the body are corrected and the body is brought back to normalcy. Some examples of this are - Deepan, digestive system and fasting etc. Both of these medical types are necessary to

make mental and physical peace in the body.

Sri Sri Ayurvedic Medical Center, located in Bangalore, is a hospital where it is taught to live a life in ayurvedic way. Here people can learn how to live a peaceful life.

AYURVEDA IS FROM ANCIENT TIMES

Ayurveda - reconciliation of body, mind and soul

About 5000 years ago, Ayurvedic medicine started in the Holy Land of India is a science of long life and is the oldest system of health care in the world, including serious ideas of both medicine and philosophy. Since ancient times, Ayurveda has developed the complete physical, mental and spiritual development of mankind of the world. Today it is the unique and integral branch of medicine, a complete natural system that depends on controlling the vata, pitta, and phlegm for achieving the right balance of your body.

Land of Kerala, Ayurveda

Kerala, which has faced many attacks of both foreign and indigenous and infiltrating, has an unbreakable relationship with Ayurveda. People used to be Ayurveda Vaidya (traditional practitioners in Ayurvedic medicine) who were dependent only for treating every kind of disease in Kerala for hundreds of years. Eight family members of Vaidya (Asht Vaidya) and their successors have provided treatment services in this state for centuries. Like other Indian states, Ayurveda in Kerala is not only alternative medicine, but main medicine. In fact, today Kerala is the only state in India where Ayurvedic medicine system is adopted with complete dedication.

As the only means of treatment of people, the doctors of Kerala had to interpret the principles of Ayurveda and had to be actively adopted to take effective treatment in everyday life. In this way, almost all contemporary processes and rules of Ayurveda revolve around Kerala.

Gift of nature

Kerala's balanced climate, the natural abundance of forests and the cold weather of monsoon are very suitable for Ayurvedic remedies and suffering troubles. Kerala is probably one of the few places in this earth where constant temperature also prevails for 24 to 28 degrees. Due to such humidity in the air and in the skin, natural medicines work with their full potential. Many herbs are found in this state and Ayurvedic medicines required for effective treatment are continuously available. In every season, similar herbs of equal capacity are available every year. Alkalactic quantity of soil compared to the different maturity of different places increases the properties and capacity of many Ayurvedic medicines.

Benefits of Ayurvedic treatment of Kerala

Ashangarhadyam, which is a practical and easy interpretation of Ayurveda which has been consolidated by great saint Vagbata, is not used much anywhere in the world as it is done in Kerala. Vedic doctors of Kerala are proficient in this most contemporary treatment of Ayurveda and many scholars believe that these Vaidyas have carried forward the work done by Ayurveda's leading expert Charak and Sushruta. Keralite therapy (treatment by decoction) in Kerala has been standardized in which thousands of kashayam is classified scientifically and prepared according to treatment needs. The doctors of Kerala, for the first time, looked at the anti-oxidant properties of Abhayangam, which is why Kiji is more. Compared to any place in the world, the number of Ayurveda colleges in Kerala and the people practicing this method are the highest, due to which there is a tradition of doing ayurvedic research by scientific method here.

Ayurveda as a lifestyle

Ayurveda is not only a health care system in Kerala, but Ayurveda is in every aspect of the people's life here. Due to the cure of paralyzed people, the treatment of endangered diseases, such miracles continue to be here, due to which people see the Vaidas in respect and wonder.

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