Facts of Integrated Ayurveda treatment and clinical evolution

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DESCRIPTION

Ayurveda is an alternative medicine system with historic roots in the Indian subcontinent. Ayurvedic theory and practice are pseudoscientific. The Indian Medical Association describes Ayurvedic practitioners who claim to practice medical care as quacks. Ayurveda is frequent in India and Nepal and reports that about 80% of the population uses Ayurveda. Ayurvedic therapies have changed and evolved for over 2,000 years.

Ayurveda include herbal medicine, special diets, meditation, yoga, massage, laxatives, enemas, and medicated oils. Ayurvedic preparations are typically based on complex herbal compounds, minerals, and metal substances (perhaps under the influence of early Indian alchemy or rasa shastra). Ancient Ayurveda texts also taught surgical techniques, including rhinoplasty, kidney stone extractions, sutures, and the extraction of foreign objects. The main classical Ayurveda texts begin with accounts of the transmission of medical knowledge.

Types of Ayurveda

In Ayurveda, the body, mind and consciousness work together to maintain balance. They are simply seen as different aspects of their existence. To learn how to balance body, mind and consciousness, we need to understand how Vata, Pitta and Kapa work together. According to Ayurvedic philosophy, the entire universe is the interaction of the energies of the five major elements of the universe, air, fire, water, and the earth.

Vata: Vata is a subtle energy associated with movement, consisting of space and air. It regulates breathing, blinking, muscle and tissue movements, heart pulsations, and all movements of the cytoplasm and cell membranes. In balance, Vata encourages creativity and flexibility. Imbalanced vata creates fear and anxiety.

Pitta: Pitta describes himself as the body's metabolic system, which consists of fire and water. It regulates digestion, absorption, assimilation, nutrition, metabolism and body temperature. In balance, Pitta promotes understanding and intelligence. When out of balance, Pitta causes anger, hatred, and jealousy.

Kapa: Kapa supplies water to all body parts

and systems. It smoothes joints, moisturizes

Kapa describes herself as love, calm, and forgiveness. When you lose your balance, you become attached, greedy, and jealous. Kapa is the energy that makes up the structure of the body (bones, muscles, tendons) and provides the "glue" that holds the cells of the earth and water together.

Ayurvedic home remedies

Ayurvedic home remedies are considered safe because they are natural and herbal in nature and therefore have no side effects. Ayurvedic remedies are known to effectively cure the disease from the roots, so they have an advantage over other remedies. Treating an illness or illness with Ayurvedic remedies not only helps to get rid of it forever, but also helps to lead a long-term healthy life.

the skin and maintains immunity. In balance, Some of the main benefits of using homemade ayurvedic therapy are:

• Ayurvedic treatments have preventative, protective and curative characteristics.
• There is no risk of becoming toxic as the emphasis is on using natural plant-based ingredients and those that are easy to find in the kitchen.
• These treatments have no side effects and provide long-term or permanent treatment for the disease.
• Therapies also emphasize the need for lifestyle changes that require changes in Ayurvedic diet, sleep patterns, and other basic daily activities. Therefore, the holistic approach to a person's holistic well-being is very effective compared to other traditional forms of modern science.