

# Ayurveda is the Holistic Science of Medicine

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Ayurveda is believed the oldest system of medicine in the world. Ayurveda is directly linked with life and health. Now days the Ayurveda has attracted the world demand for natural, eco-friendly, safe and holistic healthcare system. According to Ayurveda, all objects in the universe including the human body are composed of five basic elements (Panchamahabhutas). There is a balanced distribution of these elements in different proportions to suit the needs and requirements of different structures and functions of the body and its parts. It is believed that illness and disease result from an imbalance in the five elements. Fundamentals of Ayurveda are not made only for the treatment of diseases but also these reflect to follow right life style for the longevity of life. Ayurveda of India as per WHO, the holistic science of medicine, as practiced and utilized by Indians at large since centuries, is getting global at present by virtue of its qualitative strength, essential elements of health and important clues for consistent functioning of life.

Ayurveda is basically more oriented toward the management of lifestyle disorders which are in prominence due to stress-related phenomena and some other reasons among certain age groups in the

society. Worldwide recognition of academic courses in Ayurveda is an additional accreditation of the establishment of wellness centers in general and its therapeutics value as a system of medicine in particular. WHO accorded prime focus to Ayurveda in its activities related to TRM (Traditional Medicines?). In this present era, there is big scope is lying remain for questing or probing the truth of Ayurveda with producing evidence based documents [1].

At present Life-style disorders became major health problem for the human being, such like R.A., Parkinson, Alzimers, Diabetes, etc. In this connection the Ayurvedists may contribute their knowledge with in-depth studies and researches for overcoming on these issues. I hope that the people understand the importance of Ayurveda in the current medical arena and also in their daily life.

## References

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