

# The Emerging Integrative Healing System: Ayurveda

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Ayurveda is an ancient healing art and science and a holistic approach to health and wellness, focusing on improving and maintaining, and balancing mind- diabetes, obesity, and arthritis are among the most common, costly, and preventable of all health problems.

Traditional, complementary and alternative medicine (CAM) constitutes a genre of healthcare practices bound together as a class by means of reductionist logic derived principally from their absence from the mainframe of Modern Medicine (MM) also known as biomedicine or allopathy. Modern medicine, which is based on Aristotelian logic, adopted analytical reductionist scientific rigor to receive global acceptance. Most of the practices under CAM remain popular; however, these could barely cross the threshold of JHRJUDSKLFDQ DQG FXOWXUDO ORFDOLW\ , Q WKL V OLJKW μLQWHJUDWLYH¶ V\ approach, which take the best of what is available from both