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Ayurveda-A complete science of life

Ayurveda is a system of traditional medicine native to the Indian sub-continent, practiced in other parts of the world like USA, Europe, Australia, New Zealand, Singapore, Malaysia, etc., as a form of complementary and alternative medicine involves use of herbs, therapies and Yoga as exercise or applied on their own as a form of Complementary or Alternative (CAM) treatment offers a proven guide for a life of happiness, vitality, love and purpose. Human beings are not viewed as mere thinking physical machines, but rather as fields of intelligence in dynamic exchange with the energy and information of the environment. A comprehensive system with equal emphasis on the body, mind and spirit strives to restore the innate harmony of the individual. It is not only about treating sickness but – preventing disease and enhancing health, longevity, vitality and happiness. The factors responsible for prevention of illness and promotion of health are: Day regimen (*Dinacharya*), Night regimen (*Ratricharya*), Seasonal regimen (*Rutucharya*) and Seasonal purification (*Rutu anusara Shodhana*). The treatments in Ayurveda are: Internal purification (*Panchakarma* treatment); External treatment modalities; Internal medicines; and Holistic treatment. Quantity and Quality should be well defined for foods in Ayurveda. Food Combinations are important. Natural foods are highlighted. Care should be taken for soul, mind, body and sense organs, and holistic approach. Care the nature to care you back. Ayurveda is not a mere medical science, but a life science.

Biography

Gaurang Joshi, (BAMS, Gujarat Ayurved University) is an International Ayurveda Physician, Expert Ayurveda Skin Specialist, and Expert in Ayurveda Oncology. He is the Director and Chairman of Atharva Multispecialty Ayurveda Hospital, Cancer Research Center, Panchakarma and Skin Care Hospital, Rajkot, and President of International Psoriasis Foundation, practicing since last 21 years. He is an Adjunct Faculty of Hindu University of America, USA. He is an Editor of *Journal of Cancer Prevention and Research*, USA, *International Journal of Experimental and Clinical Dermatology*, USA, and *Madridge Journal of Dermatology & Research*, USA. He visited USA, Germany, Israel and more than 11 countries as a Speaker, Academician and Consultant of Ayurveda for the propagation of Ayurveda, He is felicitated by the Mayor of Jersey City, New Jersey in 2014, and recently awarded as Excellence Service Award 2017 by Vishwa Ayurved Parishad, and awarded with Brahma Gaurav Award 2017. He is doing extensive research on the management of side effect of radio therapy and chemotherapy with ayurveda (herbal) medicine and on psoriasis and vitiligo in renowned Dermatology Research Institute at USA. He is an international Blog Writer for many international websites including his own websites. His research interests are: Dermatology, Oncology, Arthritis, Stress Management, and Clinical Panchakarma. His recent international publications: a book "Ayurveda The Science of Life", published by Lamber Academic Publications, Germany and published a manuscript on Cancer an Ayurveda Perspective in *Journal of Cancer Prevention and Current Research*, USA.

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