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## Ayurveda: an ancient science

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Ayurveda, the science of life is a comprehensive system of health care of great antiquity, based on experiential knowledge and grown with perpetual additions. Original dimensions of Ayurveda are inbuilt in the ancient literature of Indian wisdom called Vedas, which are believed to be the most ancient literature. Rigveda and Atharvaveda have given information on health. Present form of Ayurveda is the outcome of continued scientific inputs that has gone into the evolution of its principles, theories and guidelines of healthy living and disease management. Ayurveda considers health of an individual as dynamic integration of environment, body, mind and spirit. Ayurveda lays great emphasis on preservation and promotion of health and preventing the occurrence of disease. Ayurveda attributes primary importance to preventive medicine and the maintenance of positive health. The major preventive approaches for maintaining and improving the quality of life include individualized specific daily regimen (dinacharya), seasonal regimen (ritucharya), behavioral and ethical considerations (sadvritta). Healthy lifestyle is emphasized as the determinant of longevity of life, which largely depends on the Prakriti (bio-identity i.e. body-mind constitution) of an individual.

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