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A need for an Integrated approach with Ayurveda for the management of chronic diseases

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Ayurveda is one of the oldest systems of medicine in the world. It combines the Sanskrit words ayur (life) and veda (knowledge). It utilizes a holistic approach in the treatment of all diseases. It considers the whole body and mind for any problem where different tissues or system in the body interact with each other and are not separate entities. With the increase in incidence of chronic disease and the cost of healthcare, there is a need for integration of Ayurveda and mainstream medicine. The high pressure and stressful demands of work and lifestyle with poor and adulterated food consumption, the incidence of diseases with lifelong support from steroid, painkillers or surgeries have increased. There is a need for an integrative approach to tackle the growing problems in health. I will present how Ayurvedic principles and herbs can help with management and for treatment of chronic diseases.

Keywords:

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