



Secrets of Ayurveda for healthy life

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Abstract

Ayurveda is said to be an eternal science, it is a holistic system of medicine. The origins of Ayurveda stretch deep into antiquity. It is said to be "Anadi"(timeless) though it's scripted existence is about 5000 years. In Ayurveda the immunity and wellness is associated with our entire lifestyle.

Ayurveda's primary focus is on preventing illness by proactively leading a healthy way of life. It seeks to balance and restore health through wholesome food, exercise, meditation, relaxation and cleansing (detoxification).

Along with Ayurveda, Yoga is a practical wisdom rooted in the vedic literature. Ayurveda and Yoga are complimentary to each other. While Allopathy tends to focus on management of disease, Ayurveda provides wisdom to prevent disease, to eliminate its cause and to maintain health.

Ayurveda is based upon the fact that there are five elements present every where, in nature and in all materials including human body. These are Air, Water, Fire, Earth and Space. Different combinations of these elements form "Tridosha": Vata, Pitta and Kapha. Tridosha are present in every person from birth, which are responsible for "Prakruti" of any individual. The Dosha runs the entire physiology of the body. The imbalance between Tridosha causes "Vikruti", which is the root cause of disease.

Moderation in food, exercise, sleep, awareness about our feelings and emotions help us to enhance our immunity and keep our body healthy and mind stress free and calm.

Biography

Dr. Sameer Anil Zope is consultant Periodontist and Implantologist. He is an active member of various scientific associations including association like Sri Sri Global Meditating Doctors Association. He has many scientific research publications to his credit in national and international journals. Major area of interest for him is complementary alternative medicine. He is an avid yoga practitioner and yoga instructor too. He has been associated with humanitarian non-governmental organization Art of Living for more than 15 years. Art of Living foundation offers numerous stress-elimination and self-development programs based on breathing techniques like Sudarshan Kriya, meditation and yoga. He has keen interest in research related to health benefits of unique breathing practice Sudarshan Kriya Yoga. He participates actively in activities that promote world-wide awareness about the health benefits of yoga, pranayama and meditation to the health care fraternity and the general public.

Publications

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