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Methods towards probiotic lifestyle in Ayurveda

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Ayurveda is the science of life which has the aim to preserve the health by preventing diseases and treatment for the illness. Charaka, Sushruta and Vagbhata Samhita-texts are the fundamental triad for explanation of deep knowledge regarding various aspects to prevent diseases and illustration of various treatments for various conditions ailments. For maintenance of day to day health many effective theories are explained in the name of Dina Charya- daily life style, Ritu Charya- seasonal life style, Aahara Vidhi Visheshayatana -diet regimes and Aachara Rasayana- directions regarding physical and mental conduct. Probiotic effect could be attained by following the above mentioned regimens and adopting daily and seasonal lifestyle as described in the texts, which helps to maintain balance of body and mind. Ayurveda science describes typical diet and dietetic and behavioural routines based on fundamental body types known as 'Prikriti' or basic body constitution of each and every individual. To follow Ayurveda is to follow probiotic lifestyle this is what is the aim of this paper.

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