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Ayurveda: A view of traditional medicines

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Ayurveda is considering a form of medical care, equal to conventional Western drug, traditional Chinese drug, naturopathic drug, and homeopathic drug. India is known for its traditional medicinal systems — Ayurveda, Siddha, and Unani. Medical systems are set up mentioned indeed in the ancient Vedas and other Holy Writ. The Ayurvedic conception appeared and developed between 2500 and 500 BC in India.

The nonfictional meaning of Ayurveda is “Wisdom of life” because ancient Indian system of health care concentrated on views of mortal and their illness. It has been refocused out that the positive health means metabolically well- balanced mortal beings. Ayurveda is also called the “Wisdom of life” because it offers a complete system to live a long healthy life.

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