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Ayurveda is an old Indian system of traditional medicine. It literally means "The science (Veda) of Life (Ayus)". Ayurveda is one of the world's oldest healthcare systems and is often referred to as the science of life. According to this ancient philosophy, the mind and body should co-exist in a harmonious way. This is what makes Ayurveda differs from other health sciences.

The Sushruta Samhita and Charaka Samhita are two books of knowledge which outline the theory and practices of Ayurveda. The practice of Ayurveda could easily or already have, in some parts of the world, overtake modern medicine. If Ayurveda interests you, then you can receive training at an Ayurvedic school. You will learn ancient techniques that will help you discover the right tools to assist others in achieving all over good health and a sense of well-being.

Ayurveda classes teach you that Ayurveda uses the physics of the five elements of human existence: earth, air, water, fire and sky. The seven elements of the human body, according to Ayurvedic training are blood, plasma, bone, marrow, fat, flesh and reproductive tissue. Only three elements are responsible for our health and if they are in total balance, then we are healthy. However, should these elements (wind, bile and phlegm) be imbalanced, we are unhealthy in any number of ways. Yoga, exercise and meditation are used to bring about this balance and to revitalize the body. A healthy diet, good metabolism and proper, timely excretion are all part of the Ayurvedic theory on vitality and strength.

Ayurveda aims to preserve health and to prevent diseases through nutrition, meditation and yoga. With good health comes peace of mind, happiness and relaxation; essentially what every human being spends a lifetime searching for. Perhaps the best thing about Ayurvedic science is that it's not just about the body, but holistic balance and harmony in the body, mind and spirit. This means that your body will be glowing inside out. You can share your experiences at Ayurvedic school with your loved ones, who will surely appreciate the knowledge. In fact, you can actually earn a living by training your neighbors and friends about Ayurvedic practices and helping them lead more fruitful, healthier lives. You'll have the satisfaction of knowing that you played a huge part in reducing their healthcare costs. You can also start an herbal clinic that deals in Ayurvedic herbs, all of which help to achieve a perfect state of harmony. Whatever you choose to do with your Ayurvedic knowledge, remember that it has great potential for bringing good to the entire community.

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