

International Meeting on

TRADITIONAL & ALTERNATIVE MEDICINE

July 23-24, 2018 | Osaka, Japan

Science of Ayurveda for longevity

Venkata N Joshi

College of Ayurveda UK Ltd., UK

Ayurveda in its 08 divisions of health to consider from preventive aspects to therapeutic interventions is aimed for longevity only. Beginning from Rejuvenation & Reproductive abilities of a healthy mankind in consideration does assess to aim based on their constitutional abilities and three levels of strength brought in to their physiology. In order to maintain the health of an individual has to understand the unique individualised protocol based on the generalisation of healthy life from dietary to lifestyle variations. In together there are ten aspects of measurements for an individual health and health promotion to bring for the prevention of ailments. The dual

aspects of health from somatic to psychic or mental health will continue into spiritual health as achieved through from the lifestyle recommendations in general for an individual. Overall the prevention is better than cure from the non-conventional approach to the conventional aim of health today is in priority to find the solutions for current suffering of mankind. Aimed at the utility based application of ancient wisdom to fill the gap in health restoration today is to rewind the clock and establish the protocol is discussed at length.

ayurjoshi@yahoo.co.in