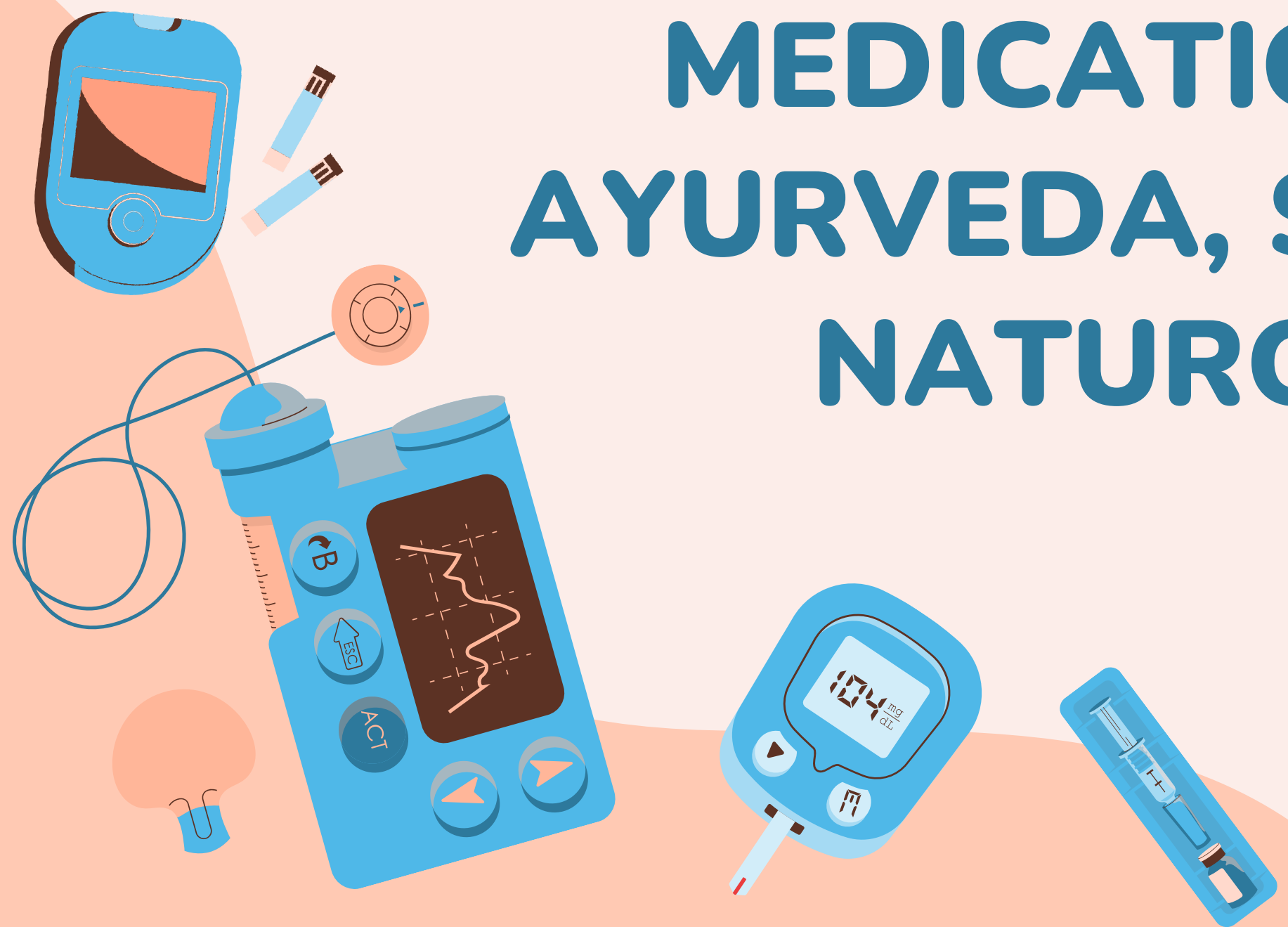


# MEDICATION UNDER AYURVEDA, SIDDHA AND NATUROPATHY



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# WHAT'S AYURVEDA

Ayurveda is an ancient system of medicine that originated in India more than 5,000 years ago. The term "Ayurveda" is derived from the Sanskrit words "Ayur," meaning life, and "Veda," meaning knowledge or science. Therefore, Ayurveda can be translated as the "Science of Life."

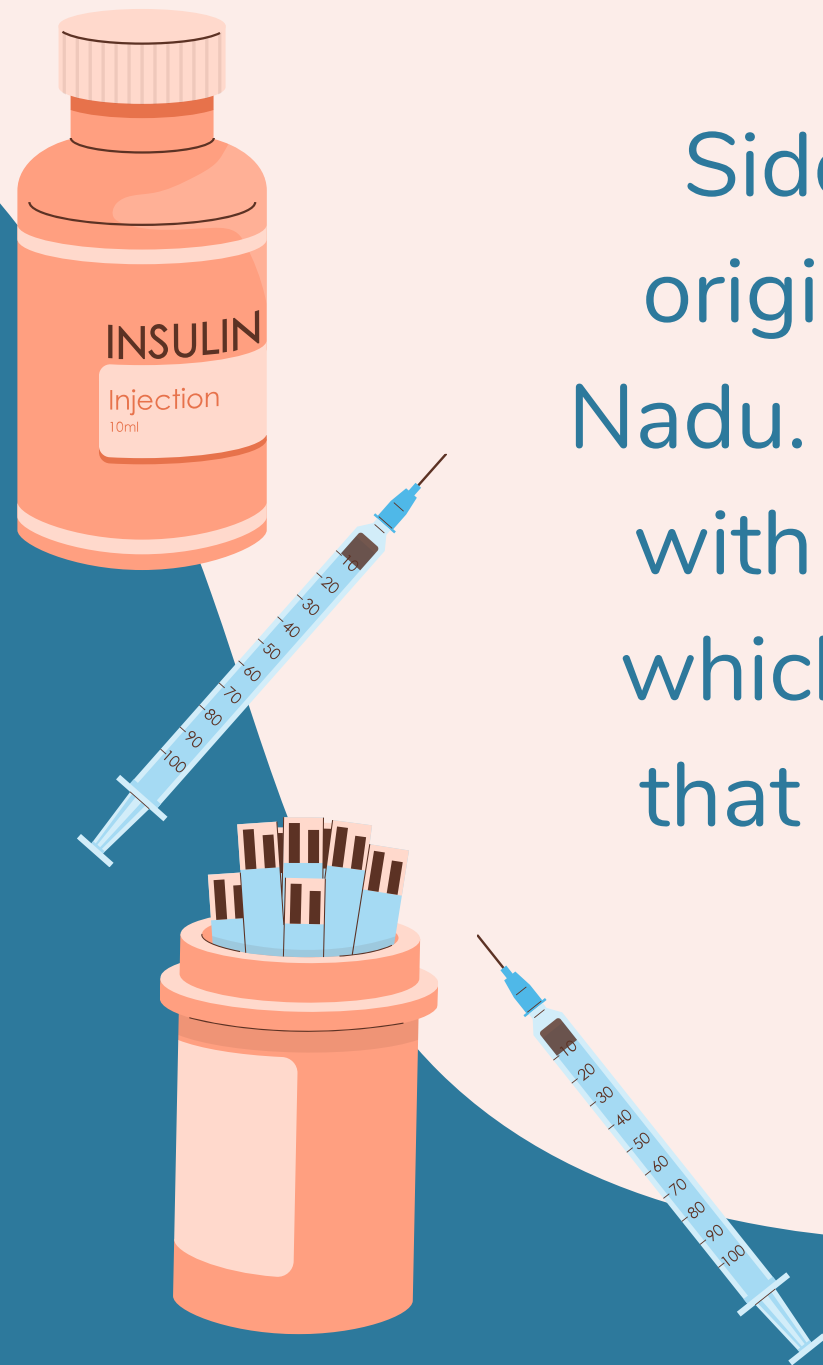
## KEY PRINCIPLES AND CONCEPTS OF AYURVEDA INCLUDE: -

- Doshas "Vatha," "Pitha," and "Kapha."
- Prakriti and Vikriti.
- Diet and Nutrition.
- Herbal Medicine.
- Yoga and Meditation.
- Detoxification and Cleansing.
- Holistic Approach.



# WHAT'S SIDDHA?

Siddha medicine is a traditional system of medicine that originated in the southern part of India, especially in Tamil Nadu. It is one of the oldest systems of medicine in the world, with a history dating back several thousand years. Siddha, which means "perfection" or "attainment," reflects the idea that this system of medicine is based on the attainment of perfect health and spiritual enlightenment.



## KEY FEATURES OF SIDDHA MEDICINE INCLUDE: -

- Concept of Elements.
- Three Doshas "Vatha," "Pitha," and "Kapha."
- Herbal Medicine.
- Holistic Approach.
- Diet and Lifestyle.
- Siddha Practices.



# WHAT'S NATUROPATHY

Naturopathy, also known as naturopathic medicine, is a system of healthcare that emphasizes a holistic and natural approach to healing and well-being.

Naturopathy focuses on using the body's inherent ability to heal itself and encourages the use of natural therapies and lifestyle practices to promote health and prevent illness.

# KEY PRINCIPLES AND PRACTICES ASSOCIATED WITH NATUROPATHY:

- Holistic Approach.
- Prevention.
- Natural Therapies.
- Individualized Care.
- Empowering Patients.
- Diet and Nutrition.
- Physical Activity.
- Stress Management.
- Detoxification.



## Ayurveda:

1. With a rich history, Ayurveda is practiced globally for its holistic, individualized health approach.
2. It balances doshas with herbal remedies, effective for diverse health issues.
3. This comprehensive system includes dietary guidance, herbal medicine, yoga, and meditation.

## Siddha:

1. Siddha medicine, deeply rooted in South India, is based on the five elements.
2. It utilizes herbal and mineral-based remedies, emphasizing spiritual and holistic well-being.
3. Particularly popular in the southern regions of India.



## Ayurveda:

1. With a rich history, Ayurveda is practiced globally for its holistic, individualized health approach.
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## Naturopathy:

1. Emphasizes natural healing, prevention, and lifestyle adjustments.
2. Attracts those looking for drug-free and non-invasive wellness options.
3. Practitioners may utilize dietary changes, herbal remedies, hydrotherapy, and natural techniques.

# IMPORTANCE OF YOGA

Yoga holds significant importance for various aspects of physical, mental, and emotional well-being, and it has been practiced for thousands of years for the following reasons: **Physical Health, Mental Well-Being, Enhanced Concentration and Focus, Stress Reduction, Improved Sleep, Mind-Body Connection, Flexibility and Strength, Breathing and Respiratory Health, Heart Health, Spiritual and Philosophical Growth, Community and Social Connection, Personal Empowerment:**



**THANK YOU!**