Every human is characterized by the mind -body .in Ayurveda, these primary qualities that govern the body are called “doshas”.

Ayurveda brings health and keeping the doshas in balance. Overall, it aims at holistically no matter what age you are.

**Benefits of Ayurveda**

**1.Weight loss and Maintenance**

* A healthy diet and modification in lifestyle habits through Ayurvedic treatments help shed excess body fat.
* In Ayurveda, weight is not a major concern but eating habits are. By allowing the body to detox through correct dietary restriction, it is possible to achieve a toned body.

**2.Health and Glowing Skin and Hair**

Need a perfect glow and shiny hair?

* Ayurveda claims that you can ditch the expensive clinical treatments and go for the organic and natural ways to achieve a glow without spending too much money.
* The focus is more on high-antioxidant foods, herbs, teas,vegetables,protin,and healthy fats.

**3.Say Goodbye to stress**

* With fat-paced lifestyle that leaves no scope for rejuvenation or relaxation, Ayurveda guarantees reduction in stress and anxiety.
* Regular practice of yoga, meditation, breathing exercises, massages, and herbal treatments allow the body to clam down, detoxify, and rejuvenate.
* Depression and anxiety can be treated with Shirodhara, Abhyangam, Shiroabhyangam, and padabhyangam.

**4.Cleanse the Body**

* Panchakarma in Ayurveda is the practice of eliminating bodily toxins through enemas, oil massages, bloodletting, purgation, and other oral administration.
* A cleansed body in turn aids for improved overall health. Suitable home remedies that are vastly used in Ayurvedic herbal medicines are cumin, cardamom, fennel, and ginger which cure indigestion in the body and prevent bloating.

**5.Lower Blood Pressure, Cholesterol, and Symptoms of Illness and Diseases**

* Researchers suggest that Ayurvedic diets and relaxation techniques help reduce plaque buildup.
* Plaque is a result of the formation of cholesterol and fats in the inner lining of the arteries.
* This condition is called atherosclerosis and is the root cause of heart attacks and strokes.
* Ayurvedic medicine offers a multitude of herbs, vitamins, minerals, and proteins.
* **“**Abhyanga massage” with herbal oils is highly used for massages.