**Ayurveda – The Science of Life**

**Holistic solutions for mental and physical “Wellness”**

Ayurveda is a 5000 year old Indian medical science based on the teachings of Sage Sushruta, who compiled the *Suśruta-saṃhitā.*

The Suśruta-saṃhitā contains descriptions of 1,120 illnesses, 700 medicinal plants, 64 preparations from mineral sources and 57 preparations based on animal sources.

Globalized and modernized practices derived from Ayurveda traditions have been integrated in general wellness applications and as well in some cases in medical use.

Ayurveda not only aims to curing your ailment but also to restore the harmony in the body to avoid re-emergence - a holistic wellness.

Auraveda offers practical and realistic alternate healthcare solutions both in preventive and curative areas through a variety of treatment programs

We at Auraveda offer rejuvenation therapies, detoxification and clinical treatments along with beauty care packages in harmony with the principles of Ayurveda.

Our doctors customize a course of treatment that is tailored to YOU to maintain a balance of the *doshas* within you to attain and lead a healthy life.