**Basic Principles**

**Ayurveda**, literally means the science of life (Ayur = Life, Veda = Science) and dates back to five thousand years. The ancient Vedic literature by sages has clearly laid out instructions to maintain good health and fight illness through therapies, massages, herbal medicines, diet control and exercise.Ayurvedic therapies offer tried and tested solutions that can help individuals to maintain good health, vitality and energy , thus improving their quality of life.

Ayurveda is the science of natural healing that has its origins in the Vedic Era.Today Ayurveda has been enjoying a major resurgence throughout the world. The treatment and therapies are based on creating a harmonious mind- body balance combined with treatments based on an individual’s unique *Prakruti* and requirements.

Ayurveda divides medical science into eight components

**Kāyacikitsā:** General medicine, Includes all general health problems and systemic diseases.

**Kaumāra-bhṛtya**: The treatment of children, Pediatrics

**Śalyatantra**: Surgical techniques and the extraction of foreign objects

**Śālākyatantra**: Treatment of ailments affecting ears, eyes, nose, mouth, etc. ("ENT")

**Bhūtavidyā:** Pacification of imbalances affected to the mind. It deals with Psychological disorders.

**Agadatantra**: Toxicology. Deals with Poisoning and its treatments.

**Rasāyanatantra**: Rejuvenation and tonics for increasing lifespan, intellect and strength

**Vājīkaraṇatantra:** Aphrodisiacs and treatments for the betterment of male and female Reproductive system.