Concept Of Rejuvenation

Rejuvenation therapy at AURAVEDA teaches ways to become naturally beautiful, to revitalize you physically and spiritually. Beauty that is both external as well as internal.

Rejuvenation therapy is an integral part of ongoing self-care that helps maintain beauty and sustain a health-supporting lifestyle. Based on the fundamental laws of nature,

AURAVEDA WELLNESS provides rejuvenation therapies, recipes, dietary regimen and special health promoting methodologies. It contributes to the attainment of longevity, memory, intelligence, freedom from disorders, excellence of luster, complexion and voice, optimum strength of physique and sense organs.

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.

The Ayurvedic medical texts dating back several thousands of years. Ayurveda divides medical science into eight components

**Kāyacikitsā:** general medicine, deals with general diseases of a human being.

**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 Psychological diseases

**Agadatantra**: toxicology

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

**Vājīkaraṇatantra:** Treatment of sexual dysfunctions.

Ayurvedic treatments focus on creating a harmony of the Three Doshas which results in good health and enhancement of body and mind functioning.

**Auraveda Centre provides traditional Ayurvedic treatments and therapies.**