Ayurveda

Ayurveda comes from two Sanskrit work ayu means age and veda means knowledge of. Ayurveda is an ancient practice of healthy food habits along with knowledge of treating ailments with natural medicines made from the herbs . As per the olden traditions food is of the greatest priority because what we eat is what we are. Our physical body is made of the food we have eaten because whatever we have eaten has a great impact on our system. Ayurveda teaches how to eat what to eat and when to eat. The way eat decides our thought process our strength ,our weakness. We must consciously strive to pump our body with the right fuel so that the functioning of the machinery is smooth and gives good mileage.

It is important to balance the acid of our body which can be understood very well with the knowledge of pitta,vata and kapha. If we make our body more alkaline inclined we can cure 80 % of the diseases without medication our body is its own doctor.

Foods like purified ghee helps in making the body less acidic as ghee is of kapha pravarti as per Ayurveda. In my blog you will find the dos and donts of a simple Ayurveda diet plan.