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by Vasant Lad, B.A.M.S., M.A.Sc. Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." It stems from the ancient Vedic

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AYURVEDA

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Ayurveda is a holistic science of health, focusing on maintaining a physically and emotionally balanced state. Ayurveda began about 5,000 - 6,000 years ago when Indian monks were looking for new ways to be healthy.

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