

# Ayurveda's Goals

The objectives with which Ayurvedic system of medicine started are two-fold:

1. To maintain the health of a healthy person.
2. To cure disease of the sick.



## Eliminating Impurities

Moreover Ayurvedic treatment goals include eliminating impurities, reducing symptoms, increasing resistance to disease, and reducing worry and increasing harmony in the patient's life. The practitioner uses a variety of methods to achieve these goals:-



Panchakarma (purification and detox therapy) is intended to cleanse the body by eliminating toxins.

## Reducing symptoms



Healthy Nutrition



Quit Smoking



Regular Exercise

The practitioner may suggest various options, including physical exercises, stretching, breathing exercises, meditation conscious mental process using certain techniques. Sometimes diets are restricted to certain foods.

## Increasing resistance to disease



The practitioner may combine several herbs, proteins, minerals, and vitamins in tonics to improve digestion and increase appetite and immunity. These tonics are based on formulas from ancient texts.

## Reducing worry and increasing harmony



Ayurvedic medicine emphasizes mental nurturing and spiritual healing. Practitioners may recommend avoiding situations that cause worry and using techniques that promote release of negative emotions.

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