

## TECHNOLOGY OF AYURVEDA

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Wisdom offered by Ayurveda through its basic principles is eternal in nature. We, the human race have already landed in the twenty-first century and millions of centuries are yet to be conquered. For the wellbeing of entire human race especially on long term basis we must have to choose natural ways of maintaining health through proper diet and lifestyle.

As described in various literatures, Ayurveda is a science of life. Moreover, I would like to add that it is a technology for wellbeing of Human being. The very first aim of Ayurveda is to maintain health of an individual. One does not have to believe or disbelieve Ayurveda to get benefited from it. We just have to learn how to use various techniques and wisdom described in Ayurveda with the help of experts for maintaining physical, mental and spiritual health. As in our day to day life, we use number of smart gadgets without ever understanding how they work; likewise, we can use various principles and simple remedies offered by Ayurveda for wellbeing of mankind.

Our most important principle and unique contribution for understanding personality of an individual is called as "*Prakriti*". As per Ayurveda, it is essential to understand one's *Prakriti* even before suggesting him do's and don'ts of diet and daily routine. As a particular seed demand specific environment and season to blossom into a full-blown tree, different *Prakriti* persons needs specific diet and environment as well to remain in healthy state. *Prakriti* remains unchanged throughout the entire life. We must have to learn how to manage things which remain unchanged. If you identify your *Prakriti* with an expert's help and essentially follow the diet and lifestyle specified for your *Prakriti* then it will definitely work for you so as to keep you fit and fine.

Same is true regarding the concept of Agni. If you belong to *Teekshnagni* category then your dietary habits will be entirely different from that of *Vishamagni* or *Mandagni* person. How to identify one's *Prakriti* and what are do's and don'ts for certain type of *Prakriti* is wisdom. One must understand you have to apply that wisdom so that it will work for you.

Remember regarding concepts of *Prakriti*, *Agni* and *Koshtha* Ayurveda is a technology and proper use of technology will produce results irrespective of who you are.

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