

About Ayurveda

Ayurveda means “the science of life” and is based upon India’s timeless scriptures, known collectively as the *Vedas*. The body of ayurvedic knowledge is estimated to have been handed down from generation to generation estimated for several millennia before attaining its written form as the *Charaka Samhita*, that appeared around the first century A.D. Ayurveda provides a complete system of balancing the body, mind and spirit, nurturing human life and supporting life’s spiritual goal and ultimate purpose, Self-Realization.

The Science of Ayurveda embodies centuries of refinement and testing of its principles and practices for healthy living. Ayurveda’s fundamental philosophy says that health is founded upon three pillars and their inter-relationships: a sound mind, a sound body, and a sound soul. Its holistic practices are based upon the awareness that the Creation is relational and that humanity and all other forms of life are interdependent. It recognizes that the plant-life that serves as the basis of our diet and many useful medicines evolved together with humanity over a long period of time. In fact plant-life and plant “wisdom” are actually much older than humankind’s arrival on the scene. Michael Pollan writes, in *The Botany of Desire*, “Plants are nature’s alchemists, expert at transforming water, soil and sunlight into an array of precious substances, many of them beyond the ability of human beings to conceive, much less manufacture,” including “chemical compounds that nourish and heal” (xix). The science of Ayurveda is a study of that wisdom as it enhances and fosters the well-being of human life. When individuals apply the wealth of knowledge that Ayurveda provides, making simple changes in one’s daily routine and food choices, it results in self-healing, longevity, and a healthy lifestyle.

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