

Title:

6 Truths about Ayurveda

Word Count:

496

Summary:

A short informational article on Ayurveda. Debunks common myths surrounding this alternative t

Keywords:

Ayurveda

Article Body:

#1 Ayurvedic medicine is less effective.

Truth: It is true that this method of treatment calls for more patience and endurance. The eff

Whenever there is a tear in a cloth or a hole in a pitcher, we intend to rectify it using the

#2 Ayurvedic medicines are slow in showing results.

Truth: The irony lies with the delay from patient's side. Most patients visiting holistic prac

3 Ayurvedic medicine has side effects.

Truth: Any side effect from medicine, of any therapy, may result from the misuse of drug, eith

1. In Ayurveda the very first principle in treating a disease is to do away with the basic cau

2. Ayurveda insists that medicine be centered at the patient, than on the disease. The mind, b

3. Since Ayurveda deals with preparations mainly from herbs and natural resources, it is a har

#4 Ayurvedic medicines are for older patients.

Truth: There is no known limitation in this form of treatment. It is equally suited to all age

#5 Ayurvedic medicines are just an alternative.

Truth: Ayurvedic system of medicine is incorrectly quoted as an alternate therapy as this has

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