

AYURVEDA AND NUTRITION

Sreelakshmy Changath

Rajiv Gandhi University of Health Sciences, India



Abstract

Nutrition is meant by supplying or receiving nourishment. The Close relationship between food, life and health has been amply stressed in the Indian Vedic texts. Ayurveda, the ancient science of healing believes nutrition is very foundation of life. Fundamentally Ayurveda perceives that nutrition of body based on three pillars of life which are Aahara (food), Nidra (Sleep) and Brahmacharya (Moral code of life) among which Food hold the major stake in body nutrition. The nutritional requirements are variable from individual to individual and depend on different seasons too. The Science has described specific guidelines for optimum nutrition as per age and stage even in healthy individuals. Nutrition considerations are important component of disease management. Ayurveda discusses the role of food and specifies elaborate dietary management of several diseases.

Biography

Sreelakshmy Changath has completed her MD in Ayurveda (General Medicine) from HP University, Shimla. She is working as an Assistant Professor under Rajiv Gandhi University of Health Sciences, Bangalore. She is having five years of experience in Panchakarma Practice. She was the BAMS College topper and University Rank holder. She was awarded Sri Sri Jyothy award for all round excellence in academics, Awarded Jivaka award for academic excellence. She has presented papers on various national and international Seminars and won best paper award in Conference held at Himalayan Research Institute of Yoga and Naturopathy, Palampur.

[15th International Conference on Traditional Medicine and Acupuncture](#) | December 10, 2021

Citation: : Sreelakshmy Changath, Ayurveda and nutrition, Traditional Medicine 2021, 15th International Conference on Traditional Medicine and Acupuncture, December 10th, 2021, 07
