

# Ayurveda: Ancient wisdom for modern wellbeing by Geeta Vara

'Ayurveda' explores the ancient Indian medical system of Ayurveda and its potential to enhance our health in the modern world. The book lays the foundation with the concept of the three doshas. These doshas govern our unique physical and mental constitutions. By understanding your dominant dosha, you can take a personalized approach to wellness.

Ayurveda emphasizes a holistic approach, looking beyond the physical to encompass the mind and spirit. The book bridges the gap between the ancient and the contemporary, demonstrating how Ayurveda's principles can address modern issues like stress and sleep problems.

## **Insights for Change Makers**

The book provides insight into alternative medicine and how to put in place the ideas of Ayurveda in day-to-day life.

Changemakers can understand Ayurveda's focus on preventative healthcare and individual wellbeing, using it to inspire broader change within their communities.

## **Reviews and Criticism**

The book is a solid introduction to alternate medicine and how to apply ayurvedic practices. The writing is concise, clear and informative.

Credits- Goodreads

Also used for reference- [Gemini AI](#)

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