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The Ayurveda treatment is planned for restoring the disturbed mechanism. Ayurveda's thrust is to offer a holistic and natural self care through proper diet, meditation/yoga, exercise, psycho-spiritual counseling, external therapies and medicines including herbs to balance the Doshas or humors on a physical and mental plane. Wellness includes all the dimensions that are inextricably woven in the concepts of Ayurveda.

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It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

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Ayurveda. Definition Elements Basic Principles Diagnosis and Therapy Heart Health DEFINITION Ayurveda is defined as a science of life, "ayu" meaning life and "veda" meaning science.

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