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# Ayurveda: The Ancient Indian Medical System, Focusing on the Prevention of Disease Through Diet, Lifestyle and Herbalism

*Gopi Warrier*

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This comprehensive guide to Ayurveda, the world's oldest complete medical system, offers a holistic approach to balancing the body's three vital doshas. It covers four major Ayurvedic treatments: detoxification, medicines or drugs, dietary regime, and lifestyle changes. Special emphasis is placed on the preventive aspect of Indian medicine, including allied therapies such as yoga and meditation, and there's an in-depth analysis of body/mind types and Ayurvedic cures for common ailments.

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