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Of Ayurveda By Vasant Lad**

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ayurveda /ayur ve da/ (i yur ved-ah) (i yur-va dah) [Sanskrit] a classical system of medicine founded 5000 years ago and currently practiced in India.

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Overview. What is Ayurveda? Considered by many scholars to be the oldest healing science, Ayurveda is a holistic approach to health designed to help people live long

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