Introduction to Ayurveda: Whole system based personalized approach to wellbeing

Ayurveda, a traditional Indian medical system, provides a unique personalized whole system-based approach to wellbeing and disease prevention by creating a balance between mind, body, consciousness, and the environment.

Ayurveda is a science of health and longevity. It originated in India thousands of years ago and is one of the oldest healing systems in the world. This system has a wealth of unique observations on health and wellness, gathered over millennia. Ayurveda provides tools for wellness through personalized diet and lifestyle unique to individual’s constitution.

In this presentation, Shraddha will share basic principle of Ayurveda, its holistic approach to disease prevention and wellness, as well as evidence-based research in Ayurveda.

Short Bio:

Shraddha Ravani, MA, CAP, PhD candidate

Shraddha Ravani is pursuing her PhD in physiology and health focusing on Natural and preventive medicine. She has Masters in Ayurveda and Biological sciences and decades of research experience in cancer biology. She is currently conducting her dissertation clinical research study on personalized whole systems approach and quality of life among breast cancer survivors.

She is passionate about bringing awareness on wellbeing by integrating Biological and Ayurvedic sciences.