**Definition of  *Ayurveda* mean**

Ayurveda is an ancient medical tradition from India. The term is derived from the Sanskrit *ayur*, meaning "life" or "longevity," and *veda,* meaning "knowledge" or "science."

The concept of ayurveda is based on two major principles. The first principle is that the body and mind are interconnected, and the second principle is that the mind is powerful enough to heal the body. The body is cured of illnesses only when one's awareness of the self expands.

Ayurvedic medicine and yoga are closely associated. They both find their roots in the *Vedas*. Renowned Vedic scholar, David Frawley, teaches that yoga is the practical side of Vedic teachings and Ayurveda is the healing side. Ayurveda aims to keep the body and mind balanced so that the individual remains healthy, and yoga is an art of body-mind coordination that ensures physical and mental fitness as well as enhances one's spirituality.

 **Ayuh (Life)** : The term ‘Ayu’ (also spelled as aayu) means lifespan. It is generally considered age, but it has broader aspects in ancient texts. Ayu is defined as span of life or the continuation of consciousness. Ayu starts with the union of sperm ([shukra](https://www.carakasamhitaonline.com/index.php?title=Shukra" \o "Shukra)) and ovum (shonita) during fertilization and ends with the departure of consciousness ([prana](https://www.carakasamhitaonline.com/index.php?title=Prana" \o "Prana)) from the body. In [Ayurveda](https://www.carakasamhitaonline.com/index.php?title=Ayurveda" \o "Ayurveda), Ayu (life) is defined as the combination of body, sense organs, mind and soul. [Cha.Sa.[Sutra Sthana](https://www.carakasamhitaonline.com/index.php?title=Sutra_Sthana" \o "Sutra Sthana) 1/42] Their combination leads to genesis of life or consciousness, and the loss of this combination leads to the loss of Ayu or death. The definition of Ayu and its classification into Hitayu, Ahitayu, Sukhayu and Dukhayu in [Ayurveda](https://www.carakasamhitaonline.com/index.php?title=Ayurveda" \o "Ayurveda)

**Sarira (Body) :** The word ‘Sharira’ means ‘physical body’. [Ayurveda](https://www.carakasamhitaonline.com/index.php?title=Ayurveda" \o "Ayurveda) describes sharira as the seat of consciousness, composed of the aggregate of the products of five mahabhutas and carrying on in the state of equilibrium. [Cha. Sa. [Sharira Sthana](https://www.carakasamhitaonline.com/index.php?title=Sharira_Sthana" \o "Sharira Sthana) 6/4] [Soul](https://www.carakasamhitaonline.com/index.php?title=Soul) is assumed to be the cause of consciousness. Thus, [Ayurveda](https://www.carakasamhitaonline.com/index.php?title=Ayurveda" \o "Ayurveda) considers that sharira is a living body constituted by the association of the [panchamahabhutas](https://www.carakasamhitaonline.com/index.php?title=Pancha_mahabhuta" \o "Pancha mahabhuta) and the [soul](https://www.carakasamhitaonline.com/index.php?title=Soul).

**Health :** On a physical level, it defines a healthy person as someone whose doshas (mind-body constitution) are all in equilibrium, the (digestive) fire (agni) is in a balanced state, in addition to the body’s tissues (dhatus) and waste products (mala) being in balance. The quote also Inclides mental & spiritual wellbeing as it states that the mind (mana), sense organs (indriyas), and the person’s soul (atma) must be also in a pleasant state (prasanna).

When a person is balanced in all of those areas, he or she is considered healthy by Ayurvedic standards.

**Aim of Ayurveda :** The aim of Ayurveda is to give complete health and not just relieve us from physical diseases. So to become completely healthy one needs to know each and every part of him including mind and soul. Ayurveda aims at making a happy, healthy and peaceful society.

**Two of the most important aims of Ayurveda are:**
**- To maintain the health of healthy persons.
- To cure the diseases of sick people.**