

### Proper emphasis on Individualized medicine

- Charak-Samhita declares very firmly that only that medicine can be the best one which is considered individually.
- Prakriti based chikitsa in Ayurveda is one of the examples of individualized medicine.
- Individualized medicine is discussed considering the dosha, Bheshaj, body strength, season, sharir, vaya, satmya etc.
- Quantity of diet and exercise has not been fixed by Ayurvedists which shows the individualized approach .

# Salient Features Of Ayurveda

**Michael Rajnik**



## **Salient Features Of Ayurveda:**

## Unveiling the Magic of Words: A Review of "**Salient Features Of Ayurveda**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Salient Features Of Ayurveda**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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