Ayurveda:
The Science of Life

Dr. David J. Lincoln takes a look at the practice of Ayurvedic medicine in Goa

A modern Ayurvedic medical centre

When diet is wrong medicine is of no use.
When diet is correct medicine is of no need.
Ayurvedic Proverb

Out of the many alternative therapies available in Goa, perhaps Ayurvedic medicine is among the better known. There are a number of specialist outlets ranging from the traditional doctor in the local markets, to major hospitals and Ayurvedic institutions and schools, all available in Goa.

Ayurvedic medicine is one of the major mainstream medical interventions used in India. Alongside Allopathic (western) style medicine and Homeopathic medicine, Ayurvedic treatment ranks number three in India. It is also considered as one of the world's oldest medical systems, having been established in India, many thousands of years ago. Ayurveda is a holistic healing science which comprises two words, 'Ayu' and 'Veda'. 'Ayu' means life and 'Veda' means knowledge or science. So the literal meaning of the word 'Ayurveda' is the science of life.