

8th International Conference on
Natural, Traditional & Alternative Medicine

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SAMA: Balance of mind and body through Ayurveda

The connection of body, mind and soul is the foundation of Ayurveda, which is one of the oldest systems of medicine in the world. It combines the Sanskrit words Ayur (life) and Veda (knowledge). It utilizes a holistic approach in the treatment of all diseases. It considers the whole body and mind for any problem where different tissues or system in the body interact with each other and are not separate entities. With the high pressure and stressful demands of work and lifestyle with poor and adulterated food consumption, the incidence of diseases of mind and body has increased exponentially the past decade. The connection of stress impacting not only mental but also body is just being understood by mainstream medicine. I will present how Ayurvedic principles and herbs in combination with yoga, pranayama and meditation can help create a balance in mind, body and soul.

Biography

Simmi Chopra is an Ayurvedic Practitioner based in New York City and is training to be an Ayurveda Doctor from Kerala Ayurveda. She has a background in Molecular Biology and Biostatistics from Rutgers University, NJ, USA. She has been studying Ayurveda for past decade and practicing in NYC.

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