

## Where modern medicine meets the ancient wisdom

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### Abstract

OLD WHOLISTIC APPROACH IS THE NEW MEDICINE OF FUTURE

If we look back in to the history of medicine we can find a lot of literature on medical science from theAncient greeks and indian ancient ayurveda.Greeks embraced the concept of a healthy mind in a healthy body and their view of medicine incoporaed both physical and mental well being.In ayurveda, perfect health is defined as "a balance between body, mind, spirit, and social wellbeing."Modern medicine understood this in the year 2000 when They released new WHO definition of health: "a state of complete physical, mental and social well- being and not merely the absence of disease or.infirmity"Earlier health according to WHO was just absence of disease or disability.During this corona pandemic modern medicine has understood thevalue of ancient wisdom when they realized that the so called EVIDENCE BASE MEDICINE FAILED TO PROVE ANY EVIDENCE OF EFFICACY in this pandemic.

### Biography

**Dr Mini Mehta** She studied BHMS(DELHI) which is located at INDIA  
She has 12 years of clinical practice in the treatment of advance pathology  
She completed her PG (HOM) at UK.  
Currently she is working as Palliative&supportive care physician  
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