

Why is 5000 years' old Ayurveda still valid?

Prasanna Kakunje

Ayurvedic Medical College, India

Abstract

Ayurveda has been dated back to more than 3000 to 5000 years from now. Then, is it not surprising how it is still surviving and increasing its popularity and demand? Is it a blind faith based healing? Is it scientific or not? How can a healing method be so old and yet valid till date? What are the myths and truths associated with Ayurveda in the present world? Is it a perfect science and can it cure all diseases? If not, what are the limitations of Ayurveda? What should be done to utilize this ancient knowledge in a better way? How should we do research in Ayurveda to validate it properly and make it applicable in a wider population? In a gathering with multiple disciplines of healers and knowledge seekers from various countries and cultures, it will be interesting and enlightening to understand the above questions and try to find answers to them. This effort will open many doorways of taking Ayurveda to larger population and spread the useful knowledge for the benefit of people. This talk would try to answer the above questions and collect opinions from the delegates and scholars.

Received: : January 13,2022; **Accepted:** January 20, 20; **Published:** January 27, 2022

Biography

Dr. Prasanna Kakunje was born and brought-up in small towns of Karnataka, India. He grew up surrounded by plenty of greenery and hence became a nature lover. He obtained his graduation in Ayurveda (BAMS) from ALN Rao Memorial Ayurvedic Medical College, Koppa and pursued MD in

Ayurvedic general medicine (Kayachikitsa) from Government Ayurveda Medical College, Mysore, India. He works as Ayurveda medical officer, consultant, teacher, spa/hospitality consultant and is an entrepreneur too. He runs Kakunje Ayurveda Center in Moodbidri, India and teaches to MD students as Associate Professor at ALN Rao Ayurvedic Medical College, Koppa.