

*Prana Pranbhrutamnnam Tadayuktaya Nihanntyasun,
Visham Pranaharam Tachcha Yukti Yuktam Rasayanam...*

**Ayu is life and Veda means knowledge.
Knowledge of Life is Ayurveda**



Everything absorbed by five senses like Mouth (food, water), Nose (Breath), Ear (Chanting, sweet music), Skin (Sunlight), Eyes (Nature) is Food. When we consume food in adequate amount, it gives us long life and youthfulness. When consumed in inadequate amounts, it increases production of toxins which is harmful for life. Having right food is the initial step towards achieving healthy life. But just having right food is not enough. Right combination and proportion of food is also important for an individual.

Most of the diseases are a result of inadequate foods or not having food in a proper manner. Specific food's nutritive value and its effect are decided, depending on its taste and attributes. Ayurveda has three main focuses: healing, prevention and health care. This medical science is a method of personalizing food for each person's healing process. Ayurvedic style cooking is a rational way to prepare food keeping in mind the dietary need of an individual based on different body types.