

### What is Ayurvedic Medicine?

Ayurvedic medicine originated in India and Sri Lanka more than 5,000 years ago. It is a comprehensive healthcare system deeply rooted in the belief that health is based on the balance and interplay of our environment, body, mind, and spirit. Ayurvedic philosophy believes that Five Elements (earth, water, fire, air, and space) form everything in the universe, including our bodies. The core concepts of Ayurvedic medicine revolve around the belief in this universal interconnectedness, the body's constitution (*prakriti*) comprised of seven primary constituent elements of the body and three substances representing divine forces (*doshas*). These elements and forces must remain in balance in order to maintain health and wellness. Ayurvedic medicine uses herbs, yoga, massage, exercise, meditation, and massage to integrate and balance the body, mind, and spirit in the pursuit of illness prevention and promotion of wellness.

**There are eight branches of Ayurvedic medicine practiced in India:**

- Internal Medicine
- Surgery
- Treatment of head and neck disease
- Gynecology, obstetrics, and pediatrics
- Toxicology
- Psychiatry
- Care of the elderly and rejuvenation
- Sexual vitality

### What Conditions Can Ayurvedic Medicine Treat?

As a whole system of healing, Ayurvedic medicine has a complete language of therapies and remedies to treat any conditions arising in the body, mind, or spirit. Ayurvedic medicine seeks to eliminate impurities, reduce symptoms and increase resistance to disease, while reducing worry and increasing harmony in the patient's life.

### When Should I Avoid Ayurvedic Medicine?

Ayurvedic practice involves the use of remedies that typically contain herbs, metals, minerals, or other materials. There are some health concerns relating to the toxicity, formulations, interactions, and scientific evidence to support effect of Ayurvedic therapies. Some treatments may be harmful if used improperly or without the direction of a trained practitioner. For example, some herbs can cause side effects or interact with conventional medicines. It is important to ascertain the credentials and training of your Ayurvedic practitioner and to consult your primary care physician before beginning Ayurvedic treatment.

### How Can I Find Out More?

To find out more about Ayurvedic Medicine options offered at the Raby Institute for Integrative Medicine, or to [schedule an appointment](#) with one of our licensed practitioners, contact the Raby Institute at 312-276-1212 or [info@rabyinstitute.com](mailto:info@rabyinstitute.com)