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**AYURVEDA AS A TYPE OF INDIAN MEDICINE AND ITS
INTEGRATION IN BELARUS**

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The word Ayurveda originates from Sanscrit words “*ayus*” - principle of life and “*veda*” - knowledge. It is a system of traditional Indian medicine and philosophy, and is one of the varieties of alternative medicine.

Ayurveda came into being in ancient India around six thousand years ago and was first mentioned in ancient Indian religious texts – Vedas. The ancient texts, dedicated to Ayurveda, contain descriptions of clinical courses of some internal diseases, descriptions of wound healing, mental disorders, childhood and old age diseases, reproductive system dysfunction, as well as information about poisons and antidotes. They contain information about surgical treatment and over six hundred and fifty different remedies. According to Ayurveda, the most important component of human physiology is Doshas. There are three Doshas: Vata, Pitta and Kapha. They regulate human's shape and its propensity to various diseases. Currently Ayurveda is used along with conventional medicine in India, and in order to heal the body uses combinations of remedies of herbal, mineral and animal origin, massages, yoga, meditation and diet therapies. An important feature of Ayurveda is that when used in recommended dosages, side effects of most of Ayurvedic remedies and treatments are not experienced. Many conditions can be cured by Ayurveda, such as: arthritis, gout, obesity and depression, psoriasis, asthma and diabetes.

Unfortunately, Ayurveda in our country is underestimated and thus underdeveloped, but, taking into account huge potential of this field of medicine, attention should be paid to creation of analogs of Ayurvedic remedies from primary domestic products, as well as to introduction of Ayurvedic treatment to the fields of cosmetology and rehabilitative medicine and by doing so joining thousands of years of experience of our ancestors with modern technological advancements for the sake of health care.

The present report will address some of the issues above and discuss the ways of implementation of such practices into conventional medicine in Belarus.