

AYURVEDIC MEDICINE IN DEPTH NCCIH

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Ayurvedic medicine (also called Ayurveda) is one of the world's oldest medical systems. It originated in India more than 3,000 years ago and remains one of the country's traditional health care systems. Its concepts about health and disease promote the use of herbal compounds, special diets, and other unique health practices.

[cancer in depth nccih](#)

People with cancer want to do everything they can to combat the disease, manage its symptoms, and cope with the side effects of treatment. Many turn to complementary health approaches, including natural products, such as herbs (botanicals) and other dietary supplements, and mind and body practices ...

[ayurvedic treatment for psoriasis options remedies and](#)

Psoriasis is a condition in which a buildup of skin cells causes a scaly, thick rash. There is a range of home and medical treatments available, and Ayurveda is an ancient medical practice that ...

[ashwagandha health benefits and side effects](#)

Ashwagandha is a shrub, the root of which may have medicinal properties. This herbal treatment is crucial in the practice of Ayurvedic medicine.

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[nice no longer recommends acupuncture chiropractic or](#)

On this blog, I have repeatedly pleaded for a change of the 2010 NICE guidelines for low back pain (LBP). My reason was that it had become quite clear that their recommendation to use spinal manipulation and acupuncture for recurrent LBP was no longer supported by sound evidence.