



HOLISTIC HEALTH Series

Most of us are familiar with Ayurveda - as users of its preventive and curative medicines. In fact, today's consumer fashionably relates to Ayurveda more than ever before. Here, we discover the core components of the ancient science and its relevance in the modern world.

This issue addresses the subject with extreme simplicity. The Video Review and the Research Note unravel Ayurveda's importance in understanding oneself and living a sacred life in this fast world.

Warmly,
[The Editorial Team](#)



[Video Case Study](#) [The Miraculous Human Body](#)



What exactly is Ayurveda? Dr. Vasant Lad and Mr. Jeffrey Armstrong articulate how the age old science addresses the fundamental uniqueness of each individual. The video is an intriguing discovery of the role of natural elements in governing the functional and structural aspects of the human body. [More](#).



Holistic Health Series [The Constitution of Human Body](#)

At its core, Ayurveda is the encapsulation of Nature's five elements - Ether, Fire, Air, Water and Earth, and its dynamic interaction with the mind and the body. In short, Ayurveda is about knowing oneself.

Read on to know how the natural elements are grouped into three functional principles of human physiology (called *Doshas*) and their manifestation as patterns in all of creation. [More](#)

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