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[Ayurveda Simplified!!!: Ayurveda for Dummies](#)

[Ayurveda for Dummies](#) Ayurveda is believed to be the oldest science about life. Ayurveda is sanskrit terms which is a compound of "Ayu" and "Veda". "Ayu" means life or life principle and "Veda" means knowledge. Thus Ayurveda is about science of life. Dhanvantari is the god or father of Ayurveda. Dhanvantri - The god of Ayurveda. According to Hindu scriptures, the Body doesn't comprise

of only

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Hi Guys, I LOVE Ayurveda and not many people know what it is exactly soo I have put together a cute, easy to understand and fun video that explains the basic concepts of Ayurveda and the different

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