

Ayurveda Support Human Life



Ayurveda is the ancient Indian system of medicine. The term Ayurveda combines two Sanskrit words AYU which means life and Veda which means knowledge or science. It is one of the oldest systems of medicine in the World still that truth to the time. Sports medicine is a branch of medicine that deals with physical fitness and the treatment and prevention of injury related to sport and exercise. Direct references of this neither mentioned in ancient nor in modern medicine. It is nothing but the application of various medical principles to the sports activities, physical exercise and performance. When we go through the Ayurvedic samhita we definitely do not find direct references regarding a specialty called sports medicine nor do we have readymade management for sports related things. After lot of close observation and correct interpretations of Ayurvedic texts, we will get idea about how to deals with sports medicine. The Aims of this review article is to exploring hidden references and scope of Ayurveda in sport medicine