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AYURVEDA PRINCIPLES NEED CONTEMPORISATION

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Ayurveda is an ancient science, most of the concepts, treatments methods are philosophical and empirical. These are the statements often we find in & around us. Despite of empirical & philosophical touch it is too scientific. Theories of *Ayurveda* should be understood, interpreted and documented scientifically by means of Contemporary science and technology. This information will provide a value to our science in scientific forum.

It's explained in *Sushruta samhita* that...

एकं शास्त्रमधीयानो न विद्याच्छास्त्रानिश्चयं |
तस्माद्बहुश्रुतः शास्त्रं विजानियाच्चिकित्सकः || सु . सू . ४/७

A physician, who is mastered in single subject of science, cannot become a great professional. So it is very essential to have the knowledge of related contemporary sciences to give justice to his subject and work rationally. *Ayurveda* needs the same. We need to understand and evaluate our science on various scientific backgrounds to unearth the hidden principles of treatment. This will truly enhance the scope of *Ayurveda* in the preventive and curative Health care system.
