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Ayurvedic Training Becomes Popular by [Trenton Pace](#)

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Ayurveda is the science (Veda) of life (Ayus). It is a part of the world's oldest and most comprehensive health care system. There is a trend towards alternative healing and medicine today, people are looking for something different and are realizing that traditional healthcare may not be the best answer for them if they are unwell or fighting a serious disease. Ayurvedic training has become increasingly popular in the West over the years, with schools in such states as Alaska, California, Colorado, Florida, Illinois, Massachusetts, New Jersey, New York, New Mexico, North Carolina, Pennsylvania, Virginia, Washington, and Wisconsin, as well as some in Canada, Asia, Europe and New Zealand and Australia.

The emphasis with Ayurveda, is on balance, and by re-balancing the body through diet, cleansing, yoga, massage, and the use of herbs, the final achievement is harmony at the level of body, mind and spirit – true health. The last decade has seen a significant increase in both Ayurvedic training becoming popular as well as the practice. Some say this may be due to a man by the name of Deepak Chopra, a famous physician who combines Ayurveda with Western medicine.

Ayurvedic training is accessible without any medical prerequisites. This may be an appealing factor for those wishing to practice in the alternative health care field. There are many avenues and levels of certification for Ayurveda education, and depending on where an individual intends to practice this can determine what level of education is required. Ayurvedic online training is becoming more popular for those that do not have a school nearby, as are physical classes.

There are many different types of people who study and practice Ayurveda, which is another reason why Ayurvedic training becomes popular:

- Licensed health care practitioners use Ayurveda to enhance their existing practice
- Massage therapists may open Panchakarma centers
- Students interested in health and beauty can open an Ayurveda spa, beauty or wellness center
- Graduates may go on to teach Ayurveda either to the private sector or in an Ayurveda school

Ayurveda promotes health through lifestyle changes. Patients can maximize their individual potential, enjoy their lives to the fullest, become happy, healthy and balanced, all through the secrets of this ancient science. Ayurvedic training teaches individuals how to assess patients, and how to work with them to help them heal themselves from the inside out.

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