

# INVESTIGATION ON THE POPULARITY AND PROSPECT OF AYURVEDA AS A HOLISTIC, ALTERNATIVE GLOBAL HEALTHCARE SYSTEM FROM THE PERSPECTIVE OF AN EMERGENT POST PANDEMIC PLANET

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*Ayurveda is a traditional system of medicine that originated in India over 5,000 years ago. Ayurveda utilizes a wide range of herbs and botanicals for medicinal purposes. Therapeutics of Ayurveda are used for physical and mental well-being, stress management and achieving balance. Ayurveda includes purification techniques, such as Panchakarma. Ayurvedic practices like meditation, yoga, and herbal remedies have gained popularity for their stress-relief benefits. Ongoing scientific research and validation on Ayurvedic practices and herbal medicines is providing evidence of their efficacy, making them more credible and appealing globally. The internet has made Ayurvedic knowledge more accessible to a global audience, with many Ayurvedic practitioners and resources available online.*

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