

## Jammi



### Address

No. 121, Royapettah High Road,  
Mylapore  
Chennai, Tamil Nadu 600004  
India

### Contact Person

Jammi

### Mobile Number

+919043020764

### Email

nishaagarwalpaul@gmail.com

Ayurveda is the oldest surviving complete medical system in the world dating back nearly 5000 years ago. 'Ayu:' means "Life" and 'veda' means "knowledge" in Sanskrit. Ayurveda offers a rich and comprehensive outlook to a healthy life and was expounded and practiced by the same spiritual rishis, who laid the foundations of the Vedic civilisation in India, by organising the fundamentals of life into proper systems.

More than a mere system of treating illness, Ayurveda offers a body of wisdom designed to help people live with vitality while realizing their full potential. Providing guidelines on ideal daily and seasonal routines, diet, behavior and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

For more details, please visit

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