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**The Study of Ayurveda and its Importance in Amish Tripathi's *The Shiva Trilogy***

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**Abstract**

This research investigates the study of Ayurveda and its relationship to Amish Tripathi's acclaimed mythological fiction book series, *The Shiva trilogy*. In the trilogy, Ayurveda is depicted as a comprehensive and holistic approach to treatment that considers people's mental, emotional, and spiritual wellbeing and physical health. The research also looks at how the characters' development and evolution are symbolically portrayed by Ayurveda, which represents the merging of the material and spiritual worlds. Moreover, the *Shiva Trilogy* incorporates Ayurvedic ideas such as customized treatment plans and therapeutic approaches. The execution of these ideas stresses recognizing each person's unique character and adjusting to individual needs to achieve optimum health and wellbeing. Furthermore, *The Shiva Trilogy* employs Ayurvedic concepts to emphasize the significance of nutrition and lifestyle in maintaining health. The inclusion of Ayurveda in this literary work bridges the divide between the old and contemporary and highlights the intrinsic spirituality that continues to influence Indian society.

**Keywords:** Ayurveda, spirituality, healing, personal development, and change.

**Introduction**

The value of precise weather forecasting in today's rapidly changing environment cannot be overstated. Similarly, ancient medicinal systems such as Ayurveda are gaining popularity and relevance. The Indian subcontinent has been associated with Ayurveda, the world's oldest system of traditional medicine, since 5000 BC (Mukherjee et al., 2012). Ayurveda treats ailments holistically by combining medicinal herbs, minerals, diet, lifestyle, and spirituality. In this article, we will investigate how Amish Tripathi's trilogy depicts Ayurvedic practices and beliefs and how these depictions connect to the main narrative and the trilogy's message. In *The Shiva Trilogy* by Amish Tripathi, Ayurveda is described as a holistic medical system that treats a person's physical, mental, emotional, and spiritual wellbeing.

This series' distinct combination of traditional knowledge from Ayurveda, an old Indian medicinal system, distinguishes it. Ayurvedic beliefs include comprehensive wellbeing and mind, body, and spirit equilibrium, attained via natural medications, diet, and lifestyle choices. According to the Oxford Dictionary, Ayurveda is "the traditional Hindu system of medicine based on the idea of balance in bodily systems through diet, herbal treatment, and yogic breathing; it is incorporated in the Atharva Veda, the last of the four Vedas." The Sanskrit term Ayurveda means "life" and "Veda" means "science"; in other words, it is the study of life.

In Tripathi's novel, Ayurveda is described as more than a therapeutic system; it is a powerful spiritual force that pervades the protagonists' travels and affects their identities. Amish Tripathi, a contemporary writer, is well-known for his distinct take on Indian mythology and history. He gives these old tales a new viewpoint, making them more engaging and accessible to modern audiences. In his rendition of Lord Shiva's story, Shiva is a tribal chieftain from Tibet who becomes the Neelkanth, fulfilling a prophecy. Ayurveda is employed in The Shiva Trilogy to promote spiritual growth rather than for medicinal concerns. The books portray Ayurvedic beliefs and remedies as able to heal bodily diseases quickly and induce profound spiritual awakenings. This lends a profound spiritual dimension to the narrative. The incorporation of Ayurveda in the trilogy emphasizes the eternal worth of this centuries-old knowledge by linking the ancient and contemporary worlds. It symbolizes the strong connection between ancient Indian tradition and human life. The significance of The Shiva Trilogy as a notable piece of Indian mythological literature can be comprehended through an analysis of the story's relationship with Ayurveda and its profound intellectual insight.

Many people refer to Ayurveda as the "Science of Life," it has a long and storied history spanning thousands of years. The traditions of ancient India serve as the basis for this holistic medical and wellness system, which continues to influence modern holistic health care. Ayurveda's longevity and value have been shown by its history.

### **1. Amish Tripathi, a Modern Mythological Storyteller**

Amish Tripathi is a modern writer with a unique talent for entertainingly retelling historical stories. He acts as a bridge between the past and the present, bringing old stories and traditions to life for modern readers. Tripathi is well known for his ability to bring Indian history and mythology to life. He breathes fresh life into stories that have stood the test of time. One of his best-known works is the Shiva Trilogy, in which he reimagines the life and uses of Lord Shiva, Hinduism's most renowned deity. In this trilogy, he presents Lord Shiva as an average guy named Shiva who ultimately fulfills a considerable prediction. This strategy allows current readers to connect with ancient stories since we can all relate to each other's difficulties, adventures, and self-discovery. Tripathi's books have become bestsellers due to his engaging and straightforward narrative style. His brilliant blending of historical data, mythical characters, and spiritual themes captivates readers and keeps them turning the pages with eager expectation. To summarize, Amish Tripathi is a contemporary

mythology storyteller with a unique ability to bring ancient stories to life and make them relevant to modern audiences. He has become well-known in literature, introducing many readers to India's rich cultural past via his ability to bring these tales to life in an understandable and contemporary way.

## **2. The Shiva Trilogy: A Story of Myth and Reality.**

The Shiva Trilogy is an engrossing book series that expertly weaves myth and reality to create a riveting plot. It acts as a connection between the current and the ancient past. This trilogy consists of three books: "The Immortals of Meluha," "The Secret of the Nagas," and "The Oath of the Vayuputras." These works reconstruct the life and exploits of Lord Shiva, a beloved Hindu divinity. However, the author, Amish Tripathi, portrays Lord Shiva as an average man named Shiva who finally fulfills key prophecies rather than as a god. The Shiva Trilogy is unusual in that it blends historical mythology with a realistic sense. It is a relatable narrative, not a fantasy one. The characters undergo metamorphosis and progress in the face of real-life problems, giving us the idea that we may recognize them from our own experiences. The trilogy covers many philosophical and spiritual topics, historical data, and narrative. It immerses readers in various customs and civilizations, bringing classic stories to life in a modern setting. At its essence, the Shiva Trilogy tells a narrative that combines mythology's enchantment with reality. The tale conveys a feeling of both antiquity and modernity, bringing old myths and stories to life for readers today. The trilogy's unique blend of myth and truth makes it an exciting and thought-provoking book series.

## **3. Ayurveda in ancient history.**

Ayurveda developed from India's oldest holy scriptures, the Vedas, particularly the Rigveda and Atharvaveda. From about 1500 to 1200 BCE, these writings discuss various medicinal and therapeutic procedures. These works ultimately formed the foundation for collecting and compiling Ayurvedic studies, the most important of which are the Sushruta Samhita and the Charaka Samhita.

One of the early Ayurvedic publications, the Charaka Samhita, is attributed to the sage Charaka and provides a detailed account of the philosophy. It explains Ayurveda's fundamental beliefs, such as preserving health balance, using natural remedies, and the concept of the three doshas (Vata et al.). The surgical Sushruta Samhita, attributed to the sage Sushruta, is usually recognized as the earliest literature on Ayurvedic surgery. It is an essential publication in the history of medicine since it provides detailed instructions for surgical methods.

### **3.1. Development Through the Ages**

The development of Ayurveda continued in India over various historical periods, including the Mauryan and Gupta empires. During this time, physicians and scholars strived to expand the scientific knowledge of Ayurvedic medicine, which became more organized and structured. It is popular to refer to the Gupta era, which lasted between the fourth and sixth century CE, as the "Golden Age of Ayurveda." Ayurvedic writings thrived during this time, and the system's understanding expanded. Significant literary works, such as Vagbhata's Ashtanga Hridaya Samhita, helped enhance Ayurvedic knowledge and procedures.

### **3.2. Integration and Global Influence**

Ayurveda has expanded outside India. It spread to Southeast Asia, Tibet, and Sri Lanka, among other parts of Asia. It affected many ancient medicinal systems, including Chinese and Tibetan medicine. Many civilizations resonated with Ayurveda's holistic approach, which stresses the balance of mind, body, and spirit. Despite its ancient history, Ayurveda faced challenges when British colonial power in India forced indigenous medicinal practices to vanish. However, in the twentieth century, interest in Ayurveda resurfaced, leading to its modernization and revival.

### **3.3. Recognition and Globalization**

Ayurvedic medicine is popular in India and worldwide. It currently plays an integral part in the worldwide movement for holistic health. People all around the globe seek Ayurvedic therapies and treatments to address health issues and enhance their general well-being.

Finally, the history of Ayurveda shows that this ancient medicinal treatment is wise and relevant today. Ayurveda, which originated in the Vedas and has evolved, is still relevant and significantly affects modern holistic health therapies. Its focus on harmony, natural treatments, and the oneness of mind, body, and spirit makes it a timeless and essential guide to health and wellness.

### **4. Ayurveda is a timeless healing science.**

Ayurveda is a rich source of traditional medicinal knowledge. It is an ancient Indian medical technique that focuses on achieving balance and wellbeing in physical and mental health. Because it still works, this method has been used for millennia. According to Ayurveda, each person has a unique balance of three energy bodies known as doshas: Pitta, Kapha, and Vata. These doshas symbolize the many components of your physical and mental being. When these doshas are balanced, you are at your most attentive. If they become imbalanced, you may get unwell or feel uneasy. Ayurveda teaches us to care for ourselves via natural treatments such as herbal remedies and diet programs. Rather than just treating the symptoms, it is critical to address the root cause of the problem and support your body's natural healing process. Ayurveda is noteworthy for treating more than only the physical body. It also considers your emotional and mental wellbeing. Because it is holistic, it investigates each person. Thus, Ayurveda needs to be updated. It is timeless because it remains true today. It remains a valuable source of knowledge for sustaining happiness and health, and people all around the globe are beginning to recognize its advantages. This old knowledge is essential to Amish Tripathi's *The Shiva Trilogy*, influencing both the story and the characters' travels.

### **5. Ayurveda in *The Shiva Trilogy*: A Spiritual Undercurrent.**

*The Shiva Trilogy* emphasizes the value of Ayurvedic spirituality, human evolution, and its physical healing properties. Using Ayurvedic principles and remedies, the characters may awaken their souls and better understand who they are and how they interact with the world. Ayurveda is offered as a medical remedy for bodily ailments and a symbolic road to enlightenment and change. Consequently, Ayurvedic treatments and philosophical notions provide solace and regeneration to the novel's characters. Ayurveda balances the body's elements similarly as it balances

the characters' interior components, such as emotions and spiritual problems. The trilogy's central theme is personal progress, which depends on this equilibrium condition. It is about gaining mental and emotional balance as well as physical health. Throughout the novel, Ayurveda's spiritual undertone reminds readers that spiritual awakening and self-discovery are just as important as physical ones. It highlights that our bodily and spiritual well-being must be carefully balanced to develop correctly. Thus, Ayurveda guides the characters in *The Shiva Trilogy*, supporting them in realizing their true identities and bridging the gap between the material and spiritual realms. It highlights that our spiritual and physical journeys are inextricably linked and must be balanced for a good existence, giving a significant dimension to the narrative. The Meluhans eat the Somras in the narrative.

Samaras is an Ayurvedic method of depicting a long-lived person. A living entity is supported by "energy." *Energy* is the essential resource that assists in stimulating any inner organism. "When we walk, talk, think, do anything that can be called being alive, we use energy" (Tripathi 135). Food provides the energy necessary for the human body to function. When a human consumes food, the energy is transferred from the food to the human. Food's stored energy is what supports a person's healthy bodily functions. "We feel weak when we do not eat because of this as well. However, eating only does not provide energy. For humans to make efficient use of the energy, it must be drawn by something within the body" (Tripathi 136). The air humans breathe transforms the food living things consume into energy. Food reacts with oxygen, releasing energy in the process. That explains why, in the absence of oxygen, the human body perishes. "If we do not get oxygen, our body would be starved of energy, and we would die" (Tripathi 136). In addition to keeping a person alive, the oxygen that food releases gives them energy and causes aging. Food releases energy when it combines with oxygen but also creates harmful free radicals known as "oxidants" in the process.

Fresh fruit often rots and becomes sour. "This is because it has been "oxidized" or the oxidants have reacted with it to make it rot" (Tripathi 136). The same "oxidizing process" causes metals, such as iron, to rust. Because oxygen emits dangerous oxidants, the human body rusts from the inside, causing it to age. "We rust from the inside, aging and eventually dying" (Tripathi 136). The oxygen that keeps a person alive also kills them. Because of this, the human body cannot store oxygen. Oxygen, the most critical component of life, is a transient gas. The mortal entity stores all the foodstuff required to maintain existence inside its body. Components such as salt, sugar, and water include oxygen, which the human body cannot store. The body stores water to prevent dehydration from killing it soon. Food is stored in proteins and fats to survive even in extreme starvation.

The body attempts to store all it needs to live, which comes from the outside world. It has enough food saved to sustain many days without it. It saves water to avoid death after a few days of thirst (Tripathi 137). However, even though oxygen is required for survival, the body does not store it since oxygen is akin to poison when oxidants from food are formed, and keeping it would be exceedingly hazardous.

The Meluhans' euphoric heavenly drink somras, which reacts against these oxidants produced by the human body and expels them in the form of sweat or urine, serves an essential purpose in their community. Because of its capacity to serve as an "anti-oxidant" and offer extended life to people who ingest it, it is said to be a pleasant heavenly drink or elixir. The Meluhans are very particular about cleanliness. Toxic substances are eliminated from the body via sweat or urine. Water is the finest absorbent among all the wastes produced as poisons by the somas. In addition to Somras, the Meluhans consume enough water to be healthy.

Meluhan Ayurvedic treatment requires essential plant materials for manufacture. Sanjeevani leaves are the critical components needed to prepare the drink of immutability. As a result, vast Sanjeevani tree plantations dot the landscape of Meluha. During the production process, a large quantity of heat is generated. Water from the Saraswati River is utilized to mitigate the heat produced.

Furthermore, the broken branches of the Sanjeevani tree must only be churned with Saraswati River water since this is the only river from which water may be used to balance the composition of the solution, or "samaras." Using water from any other river would fail. In addition to some, the Meluhans have been spotted employing additional herbal remedies to alleviate disease. In 1900 BC, the Meluhans were Ayurvedic specialists who employed somras as an "anti-oxidant" to halt human aging. Ayurvati, the Meluhan physician, is shown carrying out her duties of caring for her patients. Meluha boasts hospitals with cutting-edge technical facilities called "Ayuralay," which use Ayurvedic science to cure burn patients. The leaves of the Sanjeevani tree are used in the Indian epic The Ramayana to treat Laxman, who is injured during the struggle between Lanka Kand and the demon Ravana. The selected book mentions the legendary tree as the solitary component required to produce the somas. It has been documented that medicinal plants were widely used in ancient India.

The species *Selaginella bryopteris* is a candidate for the legendary Sanjeevani tree herb. It is a lithophytic plant that thrives on mountains or rocks. This plant, indigenous to India, is widely utilized in Ayurvedic therapy. *Selaginella bryopteris* is considered contemporary India's sanjeevani owing to its powerful therapeutic properties, even though the botanical identification of the sanjeevani tree is unclear. It has been shown to help patients recover from comas, strokes, and other critical disorders. The Meluhans have been seen using sanjeevani in their Ayuralays to make some. The plant neem (*Azadirachta indica*) is well-known for its antibacterial properties. Neem was a popular remedy utilized by the Meluhans to treat their battle casualties. It is famous for healing ailments, especially those involving pediatrics, orthopedics, and dermatology. "Having applied the Ayurvedic paste and covered it with the medicinal neem leaf, the doctor bandaged the wound with a cotton cloth" (Tripathi 21). Some neem, Nimbin, Nimbenene, and 6-desacetyl-nimbinene are antibiotic-rich leaf extracts from neem trees. When Sati, Shiva's wife, is injured by a fire arrow, Ayurvati heals her with neem paste. Ayurvati treated Sati using medicinal paste. Ayurvati adds, "I have to put on record how the Somras can cure an agnibaan wound. I will present this at the medicinal council as soon as I return to Devagiri"



(Tripathi 273). According to analysis, Somras is the most effective substance for healing deep wounds.

### **6. The Meaning of Ayurveda: Bridging the Ancient and Modern**

Ayurveda's importance in *The Shiva Trilogy* stems from its unique ability to bridge the gap between the old and the contemporary, which shows the persisting relevance of perennial knowledge. Ancient medical practice Ayurveda is not merely a historical artifact but a living practice that keeps improving our quality of life. Ayurveda is a symbol in the trio that represents the profound relationship between traditional wisdom and human experience. It serves as a reminder that the past and present are interwoven and not distinct. The story's characters utilize Ayurvedic ideas and cures to deal with their bodily and spiritual problems, proving the relevance of these ancient teachings in the modern world. This bridge between the old and the present facilitates the maintenance of cultural legacy and wisdom. *The Shiva Trilogy* underlines the lasting importance of India's different cultures while showcasing their timelessness through Ayurveda. The novels link readers and the wisdom of the past by incorporating Ayurveda into the storyline while addressing contemporary issues. They emphasize that historical knowledge is practical, relevant in the modern era, and valuable for preservation. This significance goes beyond the pages of the novel and inspires readers to investigate and recognize the everlasting benefits of Ayurveda and other ancient practices in their own lives. In conclusion, Ayurveda plays an essential part in *The Shiva Trilogy* by serving as a link between the ancient and the modern era and as a reminder that the knowledge gained from the past can still directly impact our lives. This message proves the timeless value of old customs and their capacity to offer insightful perspectives on the modern world.

### **7. The Importance of Ayurveda Practices in *The Shiva Trilogy* by Amish Tripathi**

The Ayurvedic techniques used in Amish Tripathi's *The Shiva Trilogy* have a significant impact because they add depth and spirituality to the story and connect the characters to ancient ideas and wisdom. The following are the primary ways in which the Ayurvedic techniques in the trilogy have an impact:

#### **A) Holistic Wellbeing**

The journeys of the characters in the trilogy highlight Ayurveda's focus on holistic wellbeing. Characters go through personal development and spiritual evolution to achieve balance and harmony in their life, just as Ayurveda aims to balance mind, body, and spirit, which is comparable to the holistic approach of Ayurvedic medicine.

#### **B) Spiritual Transformation**

The importance of Ayurveda extends beyond its ability to treat physical ailments; it is a catalyst for spiritual development. In the trilogy, using Ayurvedic remedies may result in an inner awakening in addition to treating illnesses, emphasizing Ayurveda's spiritual implications by demonstrating that healing is not only for the physical body but also for the soul.

#### **C) Cultural Resonance**

In the trilogy, Ayurveda is a cultural touchstone, linking readers and characters to India's rich past. This cultural relevance reinforces the concept that Ayurveda's ancient knowledge is a legacy that continues to inspire and guide people.

#### **D) The timeless nature of wisdom**

Ayurveda's knowledge is timeless and untouched by the passage of time, as shown by its continued use today.

#### **E) Interconnection between Health and Spirituality**

The trilogy's approach to Ayurveda emphasizes the connection between spirituality and physical well-being, implying that good physical health is not the only factor that defines one's well-being; the emotional and spiritual balance is also essential. This connection is one of the trilogy's three main themes.

Amish Tripathi expertly combines Ayurvedic teachings into *The Shiva Trilogy*, giving the plot layers of complexity and meaning. Ayurvedic practices have far-reaching effects that go well beyond the material world, inspiring readers to reflect on the profound relationship between health, spirituality, and the timeless teachings of ancient practices.

#### **8. Amish Tripathi's *Shiva Trilogy* depicts Ayurvedic practices**

Amish Tripathi's *The Shiva Trilogy* skillfully incorporates Ayurvedic ideas into the lives of its characters, resulting in significant transformations and spiritual development. This particular incorporation of Ayurvedic techniques functions as both a healing and a metaphor for the journeys taken by the characters in the trilogy.

#### **Shiva & Ayurvati**

In the first book, "The Immortals of Meluha," Shiva's encounter with Ayurveda is pivotal. Ayurvati, the tribal healer, personifies Ayurvedic wisdom, and she uses massages, herbal cures, and natural therapies to treat Shiva's terrible injuries. However, Ayurvati's role goes beyond medical treatment; she also helps Shiva achieve inner peace and self-awareness through her spiritual guidance.

One of the trilogy's key themes is spiritual enlightenment, which Shiva strives to gain along the road while recovering from his physical wounds. This route is represented by Ayurvedic practices, which emphasize mental and physical balance.

#### **Sati and Emotional Balance.**

The trilogy's depiction of Sati's emotional journey echoes Ayurveda's emphasis on balance. Pitta, the fiery dosha in Ayurveda, is constantly associated with Sati, an essential character. Pitta imbalances may lead to emotional intensity and instability.

Like Ayurveda, Sati's path is centered on establishing emotional balance, taming her fiery nature, and managing her emotions. Her metamorphosis reflects the Ayurvedic notion that regaining balance is the key to overall well-being.

#### **Parvateshwar and Mental Health**

Parvateshwar, one of the series' significant protagonists, is a mighty warrior who battles excellent stress and emotional upheaval. He relies on Ayurvedic methods to ease tension, anxiety, and physical difficulties.



Parvateshvar's character is a prime example of how Ayurveda is portrayed in the trilogy as a way to manage mental and emotional well-being through meditation, relaxation techniques, and Ayurvedic herbs. His experience demonstrates how Ayurveda benefits mental clarity, emotional calmness, and the physical body.

### **Cultural Connections and Timelessness**

The characters' confidence in Ayurveda demonstrates a deep relationship with India's cultural past. Ayurveda is depicted as a living tradition rather than an ancient or obsolete system. This representation bridges the gap between old knowledge and current life, underlining the ongoing value of Ayurvedic techniques.

The characters emphasize that Ayurveda's knowledge is not restricted to the past but retains significant worth in today's world by being incorporated into everyday life. This cultural relevance supports the premise that previous norms may enrich and guide our lives in the present.

### **Balancing Physical and Spiritual Health.**

The trilogy's central theme is the relationship between physical and spiritual well-being, which is explained using the metaphor of Ayurveda. The characters use Ayurvedic treatments to balance their spirits and for physical recovery, emphasizing that the body is a vessel for the soul and that spiritual and physical health are inextricably linked. The protagonists in the trilogy undergo significant changes as they understand the close connection.

In "The Shiva Trilogy," Ayurveda is presented as a way to help the characters' physical and spiritual components come together. It is a powerful metaphor for the characters' spiritual development, maturation, and psychological balance. The three-part series emphasizes how Ayurvedic knowledge transcends the material world and impacts one's spiritual and emotional wellbeing.

### **Conclusion**

According to Kessler, Ayurveda is a sophisticated medicinal system with several facets, including physical, psychological, medical, and spiritual components (Kessler et al., 2013). It is essential to remember that Ayurveda has always been a dynamic and flexible tradition, despite the doubts stated by certain scholars about the forms of practice emerging in the West. Its changing character should be interpreted as reflecting its adaptability to various historical and cultural situations rather than as something to be ignored. Moreover, the Shiva Trilogy blends Ayurveda's comprehensive approach to healing and well-being with spirituality. Ayurveda is a way of life and a medical system that promotes harmony and balance in all facets of life and acknowledges the connection between the body, mind, and spirit (Pisani-Conway, 2021). The integration of spiritual disciplines like yoga and meditation into Ayurveda emphasizes the system's holistic approach and emphasizes promoting general wellbeing.

Furthermore, Ayurveda's portrayal as an integrated approach that treats mental and emotional well-being in addition to physical health is further strengthened by the inclusion of ritual aspects. Thus, by seeing the individual as a whole and accounting for all facets of their being—body, mind, and spirit—Ayurveda offers a comprehensive approach to health and well-being (et al., 2021). Ayurveda's

incorporation of spiritual components emphasizes the holistic aspect of the system and enhances general health. Additionally, the Shiva Trilogy's inclusion of Ayurveda and spirituality highlights its comprehensive approach to health and wellbeing. wellbeingusion, the study of Ayurveda and its relevance to Amish Tripathi's The Shiva Trilogy shed insight into the timeless knowledge and profound spirituality in this captivating work of mythic fiction. In the trilogy, Ayurveda is more than just a medical system; it is a potent metaphor for the characters' spiritual development, internal progress, and whole-body harmony. Because it connects the ancient and modern worlds, Ayurveda's inclusion in the story highlights its lasting importance. It serves as a cultural touchstone by introducing readers to India's rich history and emphasizing how age-old wisdom still improves our lives. Within this framework, Ayurveda becomes more than just a medical profession; it represents the profound spirituality that forms the Indian ethos. The Shiva Trilogy shows us how Ayurveda enormously affects the characters' lives as we read through its pages. The therapeutic activities help us better understand the characters, the quest for balance, and the goal of spiritual enlightenment. The trilogy depicts how the spiritual and material worlds are intertwined and how a happy life depends on both. Ultimately, The Shiva Trilogy's portrayal of Ayurveda offers an essential reminder that historical knowledge does not belong only in textbooks and may still influence and mentor us now. It is evidence of the timeless value of old customs and their capacity to offer insightful perspectives on the contemporary world. This study emphasizes how the incorporation of Ayurveda elevates the story and transforms it into an outlet for readers to engage with the spiritual and old and to recognize the ageless wisdom that improves our quality of life.

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