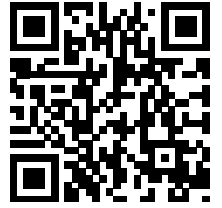


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Ancient Indian Medical Practices



In ancient _____, the practice of medicine was highly advanced and integrated various natural methods. The _____, which means the science of life, was the foundational system of _____. It emphasized the balance of three doshas or bodily humors: Vata (wind), Pitta (bile), and _____ (phlegm). People believed that the equilibrium of these doshas was crucial for _____. Ancient Indian doctors, known as Vaidyas, were skilled in diagnosing _____ through observation and questioning. They utilized a wide range of herbs and minerals in their _____, harnessing the healing power of nature. Surgery was also performed, with _____, an ancient surgeon, pioneering many techniques that are still in admiration today. He is famous for his work in plastic _____ and his detailed study of the human anatomy. Education in medicine was taken seriously, with _____ learning through both direct instruction and texts, such as the Charaka Samhita and _____ Samhita. These texts covered not only medical knowledge but also ethical guidelines for _____. Preventive medicine was emphasized, with recommendations on diet, _____, and lifestyle to maintain balance and prevent disease. The influence of this ancient _____ is still visible today, especially in holistic and alternative medical _____ around the world.

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