



Gut health in Ayurveda as a care and cure

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Abstract:

Indian traditional system of health & wellbeing Ayurveda has priority for restoration of gut health in health promotion for prevention of ailments and also for being in illnesses. Assessment criteria for being deprived of gut health is based on several factors influencing over dietetics and nutrition. Thus Ayurveda aims at finding suitability of food & nutrition from not only the source point of view for its quality, but also includes the variations of food consumption based on taste threshold

Biography:

Venkata N Joshi is a 1980's graduate of Ayurveda from Osmania University, Hyderabad India. He has completed his Ayurveda studies with a Master's degree (M D in Ayurveda) and also PhD from Gujarat Ayurveda University, Jamnagar, India. He was an active member of teaching staff in varied Ayurveda schools in India and also known for his pioneering services in practice and research throughout the teaching Institutes of Ayurveda. Currently he is teaching at College of Ayurveda - UK in collaboration with Middlesex University - London and also recently joined as a Principal of European School of professional Studies in association with Ayurveda UK Ltd. - London. Furthermore he is doing one of the most popular live TV shows (Ayurveda Remedies) on Sunrise



TV in UK. He did also serve as an academic consultant for University of Kelaniya in Sri Lanka. His wide range of exposure to world through academic, teaching and research made him unique to become a successful practitioner of Ayurveda. So working as a Director & Chief Consultant of Ayurveda UK Ltd.

Recent Publications:

1. Venkata N Joshi, Br J Surg. 2020
2. Venkata N Joshi, Protein Sci. 2019
3. Venkata N Joshi, Adv Drug Deliv Rev, 2019
4. Venkata N Joshi, Vaccines (Basel). 2019
5. Venkata N Joshi, Chem Commun (Camb). 2018

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