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The Concept of health in Sanskrit medical literature and its utility to modern world**P.A.S.N.Silva¹, S.P.Molligoda², K.B.Jayawardhana³**

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Ayurveda is an ancient Indian system of medicine, which stresses principally on prevention of body ailments rather than simply relieving pathological problems or symptoms. A literature survey was carried out to collect data about the concept of health emphasized in ayurvedic medical text in Sanskrit such as *Caraka samhitha*, *Shusruta samhitha*, *ECT*. Aiming to disseminate knowledge about ayurvedic health concept in different aspects. The main aims of Ayurveda is to protect health and prolong life and to eliminate diseases and dysfunctions of the body. The concept of health in Ayurveda is divided mainly to two components, individual health and public health. Hitha and ahitha ayu is life of person related to social health or social well being and sukha and dukha ayu is relevant to individual health. Classic ayurvedic texts in Sanskrit advocates to administer many modalities such as Dinacharya (Daily health promotional activities) and Ritucharya (Health promotional activities during specific season), Aahara (Specific dietary regimen), Pathya (Complementary to medications), Apathya (Contradictory to medications) etc. to enhance individual healthiness. The classical Sanskrit texts of Ayurveda describe many principles relevant to public health such as infectious disease, immunity, nutrition etc. According to Acharya Caraka one who is having proportionate musculature, compactness of the body, strong sensory and motor functions cannot be overcome by the onslaught of diseases, ability to stand hunger, thirst, the heat of the sun, ability to stand cold and physical exercises, ability to digest and assimilate food easily; good muscular body is a healthy person. Further he mentions that, the medicine cannot make mankind immortal but till his death a man should live a disease free life. As defined in , *Shusrut Samhita* a healthy person, is one whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body and spirit are cheerful. This resembles the definition for health given by WHO -Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity" which depicts many dimensions of health. Thus WHO admits today what Ayurveda has said thousands of years ago. Good health can be maintained until death if one intelligently follows all the rules laid down according to the Ayurvedic science.

Key words: Ayurveda , health, dosha, Caraka, Shusruta