



## Asotra Healthcare Inc: Connecting Mind, Body and Soul

### Dr. Satish Asotra: Ayurvedic Practitioner- Beliefs and Passion

Dr. Satish Asotra has over 30 years of experience in the field of Healthcare and Medical Sciences. Trained as a Physiologist and Biochemist, Dr. Asotra been involved with the Western Medical and Pharmaceutical drug development fields where he trained medical students, conducted research on developing new treatments for various diseases and developed medicines.

We know that with advancement of sciences and fast paced lifestyles, people are diagnosed with diseases at earlier stages of the disease(s). However, the occurrences of diseases and its manifestations are being diagnosed at earliest stages of life span of human beings. In addition, consuming modified and premade non-frozen and frozen foods and environmental changes around the world is making the health issues even worse. This poor health epidemic is putting an increasing financial burden on individuals as well as respective governments.

In my opinion, to address this rapidly emerging epidemic, each individual needs to take charge of his/her health and avoid sickness by staying healthy and strong for longer spans in respective lives. After a lot of reading of various alternate options available, I got interested in science of Ayurveda. Ayurveda is a holistic system of medical science and is the oldest science of healing that is almost more than 5000 years old and originated in India. Ayurveda has two Sanskrit words “Ayu” which means life or live life and “Veda” meaning knowledge of Science Life. The practice of Ayurveda is regarded the mother of all healthcare practices and medicine. Many professional and Ayurveda practitioners consider Ayurveda as of divine origin as this is referenced extensively in ancient scripts. The Chinese, Tibetans, Greeks, Romans, Egyptians, Afghanistan’s, and the Persians came to India to learn the Ayurvedic principles of healing and treatment.

Over the past 20 years and with the continuous efforts of practitioners of alternate medicine, acceptance and use of natural ways, especially Ayurveda has increased for the treatment of various diseases. I have been exposed to Ayurveda since my childhood and experienced long-term health benefits of using herbs. I had observed that family elders would give a combination of herbs and other remedies to me and other family members when sick or experiencing health discomforts.

Being an Ayurvedic practitioner, my belief that it is essential to educate individual to stay healthy. I provide ayurvedic knowledge and information supported with modern medicine Clinical studies to educate /empower people with knowledge so that they undertake honest efforts to take charge of their respective health and maintain a balanced lifestyle.

A healthy individual will be happy, free of worries and will enjoy life to its fullest. People will stay healthier for a long time, and this will offset hospital stay and other healthcare costs for a later date when they are much older. Thus, by taking charge of our own health by natural living through principles of Ayurveda, we will be successful in living longer and enjoy healthier and fulfilling lives.

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