

Ayurveda- A Complete Science of Life, Health & Longevity



Welcome to read about the most ancient and traditional science on one of the most modern systems the internet. How can this ancient system of health care be relevant to people of today, when technological advances have radically altered our food, our lifestyles, our environment and our medicine? We are going toward fast life but forgetting our roots, diet, fresh foods and stress free easy life style habits. We are exposed to the chemicals, Pesticides, Preservatives and Pollutions. Our new generation is fond of consuming Fast Foods, Frozen, micro waved and instant foods which have no life and are considered as Dead food according to Ayurveda

The principles of Ayurveda are an invaluable link to understanding, in detail, naturally healthy living. People everywhere are realizing the importance and benefits of taking personal responsibility for one's own well being, making Ayurveda the perfect system of health knowledge for today's world.

Ayurveda is a science of life so to know more about it, we must know what is life? Life according to Ayurveda is a combination of senses, mind, body and soul. So it is clear from this definition of life that Ayurveda is not only limited to body or physical symptoms but also gives a comprehensive knowledge about spiritual, mental and social health.

“Man is Universe” - Yajurveda.

The words like soul and spirituality might sound outdated or create a negative thinking in some of you as they have no place in modern science. As soon as we hear about these topics, we become uncomfortable. Actually, I don't feel that it is our fault. No one has ever spoken about these things to us. We are always trapped in the attractions of outer material world to become happy and peaceful.

The modern society, education, culture and the television- everything speaks about materialism. If this was everything why is it so that most we are unhappy? There is Stress, Fear, anxiety, mental tension, fighting and terror every where despite best efforts being made to stop them. This is because some part of our mind and body is not being nourished properly.

What is Ayurveda?



Ayurveda literally means "science of life and longevity." and is considered to be the traditional system of medicine of India which is the oldest science more than 5000 years old coming as it is and is Proved, Tried and Tested on all living beings including Plants, animals and insects

Ayurveda is a science in the sense that it is a complete system. It is a qualitative, holistic science of health and longevity, a philosophy and system of healing the whole person, body, mind and on spiritual levels.

The origin of this system goes back to a far past, in which philosophy and medicine were not separated. Therefore, philosophical views have strongly influenced the Ayurvedic way of thinking.

What is unique about Ayurveda ?

There are several aspects to Ayurveda that are quite unique:

Ayurveda offers reference points for managing treatment decisions specific to each case. Ayurvedic theory is profoundly useful in analyzing individual patient constitution called Prakruti and understanding variations in disease manifestation called Vikruti.

The Ayurvedic framework can be used to structure working models of the unique state of each patient, and to project a vision or goal for a whole state of health, again unique to each case.

Ayurveda offers specific recommendations to each individual on lifestyle, diet, exercise and yoga, herbal therapy, marma, Panchakarma, Home Remedies and even spiritual practices to restore heal and maintain balance in body and mind. Ayurveda sees a strong connection between the mind and the body, a huge amount of information is available regarding this relationship.

This understanding that we are all unique individuals enables Ayurveda to address not only specific health concerns but also offers explanation as to why one person responds differently than another.

Origin of Ayurveda

Historians have not pin-pointed the exact time Ayurveda came into being. Most agree that Ayurvedic classical texts were written in India between 3,500 and 5,000 years ago, though some suggest an even longer history. According to Rishi's, ayurveda is created by Lord Bramha before creating the world for the healthy and disease free life for the people living on Earth.

Legend

The origins of this system of course are lost in time. In legend it is said to have been taught by the creator, Brahma, to the Daksha Prajapati. (One of the lords of the animals) who taught it in turn to the divine twins called the Ashwinikumars. Ashwinikumars are the heavenly healers. They taught Indra, the chief of the shining ones. The personages mentioned were deities of early Vedic times. When mankind started suffering from various diseases the wise men like Bharadvaja learnt from Indra the knowledge of medicine. Gradually the huge amount of knowledge accumulated was divided systematically into different branches.

What is Health according to Ayurveda?



There are many definitions of health in every science and fields of medicine some say it is merely absence of diseases some say to be healthy is to be mentally and physically happy some says health is spiritual awareness and focus WHO says health is Mentally, Physically and emotionally in balance is Health

But ayurveda says beyond all the definitions it says Sushrita Samhita 15:38 "One who is established in Self, who has balanced doshas, balanced agni, properly formed dhatus, proper elimination of malas, well functioning bodily processes and whose mind, soul and senses are full of bliss, is called a healthy person."

Physiology

All matter is thought to be composed of five basic elements (panchamahabhutas) which exhibit the properties of earth (prithvi), water (jala), fire (tejas), wind (vayu) and space (akasha). These elements do not exist in isolated forms, but always in a combination, in which one or more elements dominate. According to Ayurveda, the human body is composed of derivatives of the five basic elements, in the form of doshas, tissues (dhatus) and waste products (malas).

Balanced Doshas

The most fundamental and characteristic principle of Ayurveda is called "tridosha" or the Three Humours. Doshas are the physiological factors of the body. They are to be seen as all pervasive, subtle entities, and are categorized into vata, pitta and kapha. Vata regulates movement and is represented by the nervous system. Pitta is the principle of biotransformation

and is the cause of all metabolic processes in the body. Kapha is the principle of cohesion and functions through the body fluids. Together, these three doshas determine the physiologic constitution of an individual.

Balanced Agni

For the metabolic processes in the body, there are three main groups of biological factors, probably exhibiting enzymatic functions (agnis). Jatharagni is responsible for the digestion and the absorption of nutritious substances. During this process, digestion takes place in three stages: first the digestion of sweet (madhura) and salty (lavana) nutrients, then the digestion of sour (amla) nutrients, and finally the digestion of sharp (tikta), bitter (katu) and astringent (kasaya) nutrients. The respective products of these 3 stages are sweet, sour and bitter.



Panchabhutagnis Containing five types of biological factors, is responsible for the processing of the five basic elements into a composition useful to the body's 7 separate Tissue Fire (Metabolic Fire) Dhatvagnis. The third group contains seven types, each for the assimilation of the seven tissues this assimilation takes place successively. From the absorbed nutritious substance, plasma (rasa) is produced first; from plasma, blood (rakta) is formed, then muscular tissue (mamsa), adipose tissue (meda), bony tissue (asthi), bone marrow (majja) and the reproductive cells (shukra).

Every tissue has its own digestive fire which converts one tissue into the next tissue which has a different color form consistency and shape.

Balanced Dhatus

The tissues are classified into seven categories: Rasa(plasma), Rakta (blood cells), Mamsa(muscular tissue), (Meda)adipose tissue, (Asthi)bony tissue, Majja(bone marrow) and Shukra(the reproductive tissue). The tissues should be in proper proportion if they are very high or low or out of balance then the person is considered as unhealthy.

For example too much bone tissue will give extra teeth or rib, calcaneal spur and bone enlargement same way too less bone will give osteoarthritis, osteoporosis, weak bones, tendons and ligaments, Degeneration in the bones and vertebral column and a person becomes prone to Fractures and ligament tear or injuries.

Balanced Malas

Three main waste products are urine, faeces and sweat. The quantity color consistency and frequency of the excretory products should be not too much or too less it should be balanced then only the person is healthy. He should pass stools, urine and sweat at a proper time and proper quantity with proper color and consistency.

For example in Diabetes frequency of urine and sweating increases and in UTI it reduces both are not healthy situation. In Prostate cancer the smell of urine is like Crab so it is called Karka Roga (Kark is Sanskrit name for Crab) In Jaundice the urine is yellow and in UTI it is white all this are imbalances. The healthy urine should be clear without foul smell and in proper quantity.

Stools are frequent in IBS, Diarrhea and Dysentery but less in Constipation so both conditions are not healthy. The color of stool is yellow in Pitta related problems and white in obstructive

jaundice. The stools should be floating in the water then the digestion is good and the stool is healthy. if it stinks then it indicates aam , indigestion and mucus.