

ayurveda- a complete science of life

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 lifestyles, our environment and our medicine?

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.

the words like soul and spirituality might sound outdated or create a negative thinking in some of you as they have no place in modern science.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 of us are unhappy. there is unrest, anxiety, mental tension, fighting and terror every where despite best efforts being made to stop them. this is because some part of our body is not being nourished properly.
be open minded and try to understand.

what is ayurveda?

ayurveda literally means "science of life and longevity." and is considered to be the traditional system of medicine of india.

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 and mind.

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. at this time, 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 and understanding variations in disease manifestation.

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, and even spiritual practices to restore 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.

physiology of ayurveda

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 three humors(dosha - 3), tissues (dhatus -7) and waste products (malas-3).

disease process(pathology) in ayurveda

under normal conditions, the doshas, dhatus and malas correspond to certain standards regarding their quantity, quality and function. however, this situation is not static, and due to several endogenous and exogenous factors, the doshas may become unbalanced, resulting in disease. every disease is related to an imbalance of the doshas. other coherent factors can be: the disturbance of the biological factors (agnis), the formation and accumulation of undigested nutrients (ama), obstruction of the body channels (shrotorodha), and a disturbed assimilation in the tissues.

disease management(pharmacology and treatment) in ayurveda

there are four main classifications of management of disease in ayurveda: shodhan, or cleansing; shaman or palliation; rasayana, or rejuvenation; and satvajaya, or mental hygiene.

ayurveda gives us a model to look at each individual as a unique makeup of the three doshas (prakruti) and thereby design treatment protocols that specifically address a

persons health challenges. when any of the doshas (vata, pitta or kapha) become imbalance, ayurveda will suggest specific lifestyle and nutritional guidelines to assist the individual in reducing or increasing the doshas that has become imbalance.

the drugs used in ayurveda are made by several processes from vegetable and mineral raw materials. mostly plant alkaloids are the active ingredients. obviously barring some chemical changes it is mostly natural deviates.

if toxins in the body are abundant, then a cleansing process known as "pancha karma" is recommended to eliminate these unwanted toxins.this "panchkarma" or five internal cleansing methods,is a most profound therapy in ayurveda.

we hope that you will continue to explore ayurveda to enhance your health and to gain further insights into this miracle we call life.

you can learn more about ayurveda by visiting a comprehensive website on ayurveda -
<http://ayurveda-foryou.com/>
dr.shashikant patwardhan , editor@ayurveda-foryou.com