

# *Basic Elements of Ayurveda*

For GE 4 Sanskrit Students

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# **Antiquity - How old is the system?**

- ▶ **It existed right from the beginning of life.**
- ▶ **Brahma smritva – Memorized ..**
  
- ▶ **Vedas - 5000 years BC (Spiritual Scriptures)**
  
- ▶ **Adharvana veda - Ayurveda – Upaveda**
- ▶ **A systematized knowledge of Ayurveda started 1000 years before Christ (B.C)**

# What is Ayurveda?

- ▶ **Ayurveda - Ayuh + Veda (Life + Knowledge)**
- ▶ **It is an art and science of healing.**
- ▶ **It literally means “To know about life”**

# How it is defined?

- ▶ It is defined as “one which look after the welfare of all human beings in particular”

**and in general**

“with regard to their physical mental socio cultural and spiritual well being”

# What it is not?

- ▶ **Not merely a herbal medicine**      **or**
- ▶ **Folk medicine**      **or**
- ▶ **Belief system**      **or**
- ▶ **Alternate medicine**

# What is its scope?

- ▶ **The scope is far and wide**
- ▶ **The major divisions of Ayurveda depicts this**
- ▶ **It encompasses Humans, Animals and plants**  
**as stated here under**
- ▶ **Ayurveda - Humans**
- ▶ **Gavayurveda - Animals like cows, horses, elephants etc**
- ▶ **Vrikshayurveda - Related to health of plants**

# What are its specialized branches

- ▶ **Kaya chikitsa** - **General medicine**
- ▶ **Bala chikitsa** - **Pediatrics**
- ▶ **Graha chikitsa** - **Demonology (Invisibles)?**
- ▶ **Urdhvanga chikitsa** - **ENT and Ophthalmology**
- ▶ **Shalya chikitsa** - **Surgery**
- ▶ **Damshtra chikitsa** - **Toxicology**
- ▶ **Jara chikitsa** - **Geriatrics**
- ▶ **Vrisha chikitsa** - **Aphrodisiac**

# What are its Aims?

- ▶ **Promotion of Health and prevention of diseases (By adopting preventive life style from childhood, which include daily regimen, seasonal regimen, food habits, body purificatory procedures)**
- ▶ **Curing of ailments (By taking medicines, diet and other activities influencing restoration of health)**

# What is its basic approach?

- ▶ It is holistic and not merely physical

**Is Ayurveda based on any literature?**

**Yes - the chief sources are as follows**

- ▶ **Charaka samhita      Kashyapa samhita**
  - ▶ **Susrutha samhita      Madhava nidana**
  - ▶ **Asthtanga Sangraha      Sarangadhara  
samhita**
- and many other texts**

# What is life

- ▶ **Shareera (Body)**
- ▶ **Indriya (Sensory organs)**
- ▶ **Sattva (Mind)**
- ▶ **Atma (Soul)**

**- Samyoga (combination) is 'jeevitam' (life)**

# What is the benefit through

**Ayurveda** (Deerghaaya (Longevity of life))

**Why longevity is needed ?**

**- Chaturvidha purushartha sadhaka**

**Dharma - Practicing of Sacred rituals**

**Artha - Earning of livelihood**

**Kaama - Continuing progeny**

**Moksha - Ultimate salvation**

# Important factors in the body

- ▶ **Doshas (Humors) - 3**

**Vata, Pitta, Kapha**

- ▶ **Dhatus (Tissues?) - 7**

**Rasa, Rakta, Mamsa, Meda, Asthi, Majja,  
Sukra**

- ▶ **Malas (Morbid materials) - 3**

**Purisha, Mutra, Sweda**

- **Ayurvedic theory of health is based on Tridosha (primary life forces or biological humors), saptadhatu ( Seven basic tissues) trimalas (Three basic biological wastes) and Panchamahabhuta (five basic elements)**
- **dynamic balance of tridoshas, saptha dhatus and trimalas creates health**

▶ **Ayurveda has a holistic approach to health by integrating the mind, body and soul**

● **Combination of these factors inherited at birth determine an individual's Prakriti (constitution)**

**Swastha..**

## Relation between Shareera and Manasika dosha (Humors) and Mahabhootha (Basic elements)

|              |                    |                     |
|--------------|--------------------|---------------------|
| <b>Vata</b>  | <b>Rajo guna</b>   | <b>Akasha, Vayu</b> |
| <b>Pitta</b> | <b>Sattva guna</b> | <b>Agni</b>         |
| <b>Kapha</b> | <b>Tamo guna</b>   | <b>Apa, Prithvi</b> |

# Basic tastes in the universe and composition

- ▶ **Madhura (Sweet)**      **Prithwi + Apa**
- ▶ **Amla (Sour)**      **Prithvi + Teja**
- ▶ **Lavana (Salty)**      **Jala + Teja**
- ▶ **Tikta (Bitter)**      **Vayu + Akasha**
- ▶ **Katu (Pungent)**      **Teja + Vayu**
- ▶ **Kashaya (Astringent)**      **Prithvi +  
vayu**

# Relation between Doshas and Rasa

- ▶ **Madhura, Amla, Lavana**      **Pacifies**  
**vata**
- ▶ **Tikta, Katu, Kashaya**      **Pacifies**  
**Kapha**
- ▶ **Kashaya, Tikta, Madhura**      **Pacifies**  
**Pitta**

# Ritu (Seasons)

- ▶ **Sisira (Autumn)**
- ▶ **Vasantha (Spring)**
- ▶ **Greeshma (Summer)**
- ▶ **Varsha (Rainy)**
- ▶ **Sharad (Winter)**
- ▶ **Hemantha (Late winter)**

# Ritu (Seasons) and Dosha avastha (State of bodily humors)

| <b>Dosha Avastha</b> | <b>Chaya<br/>(Accumulation)</b> | <b>Prakopa<br/>(Aggravation)</b> | <b>Prashamana<br/>(Pacification)</b> |
|----------------------|---------------------------------|----------------------------------|--------------------------------------|
| <b>Vata</b>          | <b>Greeshma<br/>(Summer)</b>    | <b>Varsha<br/>(Rainy)</b>        | <b>Sharad<br/>(Winter)</b>           |
| <b>Pitta</b>         | <b>Varsha<br/>(Rainy)</b>       | <b>Sharad<br/>(Winter)</b>       | <b>Hemantha<br/>(Late winter)</b>    |
| <b>Kapha</b>         | <b>Sisira<br/>(Autumn)</b>      | <b>Vasantha<br/>(Spring)</b>     | <b>Greeshma<br/>(Summer)</b>         |

# What is the principle of treatment?

- ▶ **The diseases occur due to dis-equilibrium of three bodily humors and two psychic qualities**
- ▶ **This situation has to be brought back to equilibrium status**
- ▶ **It can be achieved by removing the vitiated humors by way of purificatory (shodhana) measures, palliative (Shamana) measures, strengthening of immune system (Ojus) and avoiding the causative factors (Nidana)**

# Cause for Diseases

► **Kala artha karmanam ...**

...Hina mithya ati matraka

**Kala** - Time (seasons)

**Ardha** - Sensory organs / Objects of senses

**Karma** - Deeds / Shodhana karma

**Heena** (Deficient use)

**Mithya** (Improper use) leads to diseases

**Ati** (Excessive use)

# Epidemics - Ayurvedic outlook

- ▶ **Destruction of large scale population occur when following common factors are vitiated and affects villages**
- ▶ **Dushita Vayu Most potent factor**
- ▶ **Dushita Jala**
- ▶ **Dushita Desha**
- ▶ **Dushita kala**

# **Roga prakara (Types of diseases)**

**Shareera (Bodily) and Manasika (Psychic)**

**Nija (due to bodily factors)**

**Agantuja (External factors)**

**Causes: Abhighata (injuries)**

**Abhisanga (Infections)**

**Abhichara (Improper deeds)**

**Abhishapa (Curse of holy people)**

# Aushadhi (Medicines)

- ▶ **Shamanam** (Pacifying)
- ▶ **Shodhanam** (Eliminatory)
- ▶ **Swastha hitakaram (Health promotive)**
  - Rasayana** - Rejuvenation therapy
  - Vajikarana** - Aphrodisiac therapy

# Rogi pariksha (Examination of patient)

- ▶ **Darshana (Inspection)**
- ▶ **Sparshana (Palpation)**
- ▶ **Prashnana (Interrogation)**
  
- ▶ **Ashta sthana (Eight fold examination)**
  
- ▶ **Dashavidha (Ten fold examination)**

# Roga pariksha (Examination of disease)

## Pancha lakshana nidanam

**Nidana** - Etiology

**Purva roopa** - Premonitory symptoms

**Roopa** - Signs & symptoms

**Upashaya** - Compatible / Non compatible

**Samprapti** - Pathogenesis

# Stages of disease manifestation

- ▶ **Sanchaya** (Accumulation)
- ▶ **Prakopa** (Spreading)
- ▶ **Sthana samsraya** (Local lodgment)
- ▶ **Vyaktavastha** (Manifestation)
- ▶ **Bheda** (Complications)

# Types of Rasayana (Rejuvenation)

- ▶ **Naimittika** - Disease specific
- ▶ **Kamyā** - Specific objective
- ▶ **Ajasrika** - Daily usage

# Shodhana - (Eliminatory treatments)

- ▶ **Vamana**      **Emesis**
- ▶ **Virechana**      **Purgation**
- ▶ **Basti**      **Medicated enema**
- ▶ **Nasya**      **Nasal administration**
- ▶ **Raktamokshana**      **Blood letting**

**Also known as Panchakarma (Five fold treatment)**

# Types of medicine formulations

- ▶ **Swarasa**    **Juicy extractions**
- ▶ **Kalka**        **Medicinal pastes**
- ▶ **Kwatham** **Decoctions**
- ▶ **Hima**        **Cold infusions**
- ▶ **Phanta**        **Hot infusions**
  
- ▶ **Churna, Vati, Varti, Anjana etc..**

# Unique contribution of Ayurveda

- ▶ **Dina charya (Daily regimen)**
- ▶ **Ritu charya (Seasonal regimen)**
- ▶ **Dharaneeya adharaneeya vega (Suppressible / Non suppressible urges)**
- ▶ **Sadvritta / Achara rasayana (Ethics)**
- ▶ **Viruddha (Incompatibles)**

**And many other**

# Ayurveda has differentiated organs in to

**Jnanendriya** (organs of perception)

**Karmendriya** (organs of action)

**Ubhayendriya** (perception as well as action) - **manas**

# Location of Manas

- **'Hridaya'** is considered to be the seat of manas
- **Sensory and motor functions** of mind are attributed to **brain**, and **psychological functions, emotional aspects** are attributed to the **heart**

# Functions of Manas

**Chintyam** - Thinking

**Vicharam** - Prolongation / expansion of thoughts

**Oohyam** - Imagination

**Dhyeyam** - Concentration

**Sankalpam** - Planning

**Yatkinchit** - All other perceivable

# Qualities of Manas

- **Sattva** (non-vitiated and stable)
- **Rajas**
- **Tamas** Disease causing

# Types of treatment

- ▶ **Daivavyapashraya**
- ▶ **Yuktivyapashraya**
- ▶ **Sattvavajaya (Psychotherapy)**

# Daivavyapashraya (Divine)

|                      |                        |
|----------------------|------------------------|
| <b>Mantra</b>        | - Chanting of Hymns    |
| <b>Aushadha</b>      | - Sacred Herbs         |
| <b>Gems</b>          | - Precious Stones      |
| <b>Mangala karma</b> | - Auspicious offerings |
| <b>Homa</b>          | - Holy rituals         |
| <b>Niyama</b>        | - Regulations          |
| <b>Prayaschita</b>   | - Atonement            |
| <b>Upavasa</b>       | - Fasting etc          |

# **Yukti vyapasraya (Prescriptions)**

**Single Herbs (Medhya Drugs) Brahmi, Mandukaparni, Ashwagandha, Jatamamsi, Shankapushpi etc.**

**Ghritas (Medicated Ghee)**

**Panchgavya ghrita, Brahmi ghrita, kalyanaka ghrita etc.**

**Herbomineral Preparations**

**Brahmi vati, Smriti Sagar Rasa, Manasamitra vatakam etc.**

# Sattvavajaya Chikitsa (Psycho therapy)

- ▶ **Jnana** - Knowledge
- ▶ **Vignana** - Educating the Patient
- ▶ **Dhairya** - Moral support
- ▶ **Smriti** - Reviving the past memory
- ▶ **Samadhi** - Abstaining from Over Indulgence

# Achara Rasayana

- **Physical, Mental code of conduct**
- **Maintaining personal and social harmony**
- **Proper Sleep, Wholesome Diet**
- **Control over Senses (Cha.Chi 1/30)**

**Thank you ..**