

Fundamentals of Ayurveda



Dr. R.L.S. Sikarwar
AKS University, Satna (M.P.)

Ayurveda – the Wisdom of Life

- Ayurveda is one of the world's oldest medical systems. It originated in India and has evolved there over thousands of years. The Ayurvedic medicine is mostly derived from several sacred Indian texts which were written in Sanskrit between 1500 BC and 400 AD.
- Ayurveda is a holistic system. A Comprehensive System with equal emphasis on the body, mind and spirit. Strives to restore the innate harmony of the individual.
- आयुर्वेद दुनिया की सबसे पुरानी चिकित्सा प्रणालियों में से एक है। इसकी उत्पत्ति भारत में हुई और हजारों वर्षों में इसका विकास हुआ। आयुर्वेदिक चिकित्सा ज्यादातर कई पवित्र भारतीय ग्रंथों से ली गई है जो 1500 ईसा पूर्व और 400 ईस्वी के बीच संस्कृत में लिखे गए थे।
- आयुर्वेद एक समग्र प्रणाली है। शरीर, मन और आत्मा पर समान जोर देने वाली एक व्यापक प्रणाली। व्यक्ति के सहज सामंजस्य को बहाल करने का प्रयास करता है।

- It is not only about treating sickness but – preventing disease and enhancing health, longevity, vitality and happiness.
- यह न केवल बीमारी का इलाज करने के बारे में है, बल्कि - बीमारी को रोकने और स्वास्थ्य, दीर्घायु, जीवन शक्ति और खुशी को बढ़ाने के बारे में भी है।
- **Ayurveda is a** holistic approach to health that is designed to help people live long, healthy, and well-balanced lives.
- आयुर्वेद स्वास्थ्य के प्रति एक समग्र दृष्टिकोण है जिसे लोगों को लंबा, स्वस्थ और संतुलित जीवन जीने में मदद करने के लिए डिज़ाइन किया गया है।

Vedas

Veda is the bedrock upon which Ayurveda rests. Considered to be composed around 1500-5000 BC.

वेद वह आधार है जिस पर आयुर्वेद टिका है। इसकी रचना लगभग 1500-5000 ईसा पूर्व मानी जाती है।

There are Four Vedas:

- *Rig-veda*: contains hymns to be recited
- *Sam-veda*: collection of hymns to be sung
- *Yajur-veda*: entire sacrificial rite
- *Atharva-veda*: contains information on health and sickness

ऋग्वेद: इसमें उच्चारित किये जाने वाले मंत्र हैं

सामवेद: गाए जाने वाले भजनों का संग्रह

यजुर्वेद: संपूर्ण यज्ञ अनुष्ठान

अथर्ववेद: इसमें स्वास्थ्य और बीमारी के बारे में जानकारी है

Ancient authentic texts of Ayurveda

Ayurveda is considered as Upveda of Atharvaveda. Ayurveda is survived through two sets of original authentic texts is consisting of

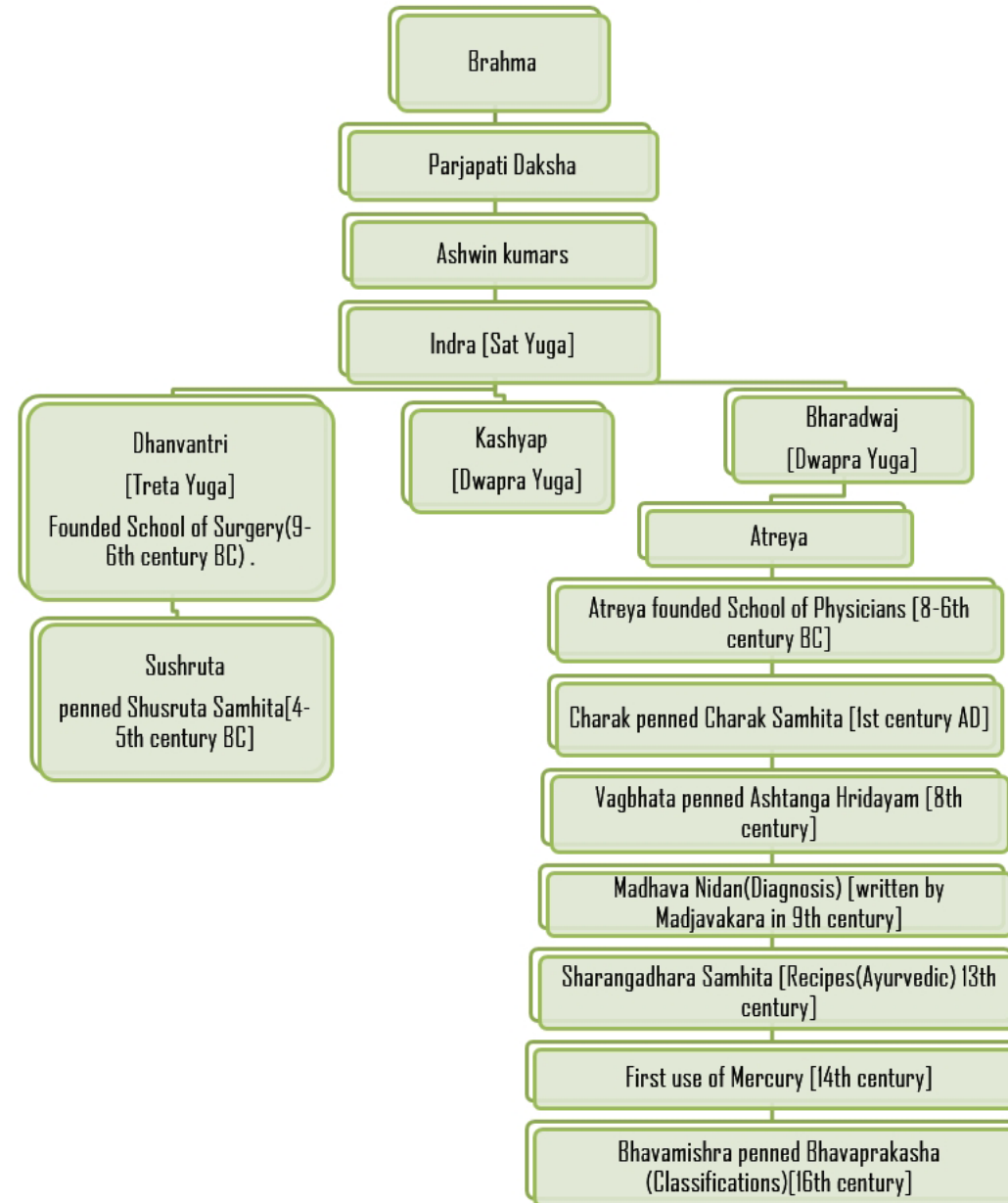
Brihatrayii i.e. the three major classics-

- *Charak samhita* (600BC) (Herbal Pharmacopoea)
- *Sushruta Samhita* (500 BC) (Surgical Approaches)
- *Ashtangahridaya* (The samhitas of Vagbhatta (600 AD) summary of previous two).

Laghutrayii i.e. the three minor classics namely:

- *Madhava Nidana* (900 AD) (Ayurvedic Diagnosis)
- *Sharangadhar Samhita* (1300 AD) (Pulse diagnosis)
- *Bhava Prakash* (1600 AD) (Plant classification)

History of Ayurveda



Definition of Ayurveda

हिता हितं सुखं दुखं आयु तसया हितहितम्!
मन च तच्छ यत्रोक्तं आयुर्वेद स उच्यते !

(C.Su.1/41)

संस्कृत में आयु का अर्थ है जीवन की प्राचीन प्रणाली और वेद का अर्थ है ज्ञान। अतः जीवन की सुखी, दुःखी, स्वस्थ एवं अस्वस्थ स्थिति के ज्ञान को आयुर्वेद कहा जाता है।

The Science which deals with good, bad, happy and unhappy life is known as Ayurveda.

- The term Ayurveda is taken from the ancient Indian language, Sanskrit words **Ayus**, meaning life or lifespan, and **Veda** meaning knowledge literally means “The Knowledge of Life”.
- **Ayu (Life):** The unified State of Body, Mind & Soul
- **Veda** (Science, Knowledge)

So the Ayurveda is “The Science of Life” or “Knowledge of Life”

Objectives of Ayurveda

- Ayurveda lays great emphasis on preservation and promotion of health and preventing the occurrence of disease.
- Supreme Scholars of Ayurveda- Charka and Sushruta have told that-

स्वस्थस्य स्वास्थ्य रक्षणं,
आतुरस्य विकार प्रशमनं।

(चरक संहिता सूत्र ३०।२६)

i.e. to maintain the positive health of a healthy person and to cure the disease of the patient.

Definition of AYU (Life)

- Constant and continuous union of body, sense organs, mind as well as soul is defined as ayu (life). Ayu is a period from Birth to Death.
- शरीर, इंद्रिय, मोटर अंगों, मन के साथ-साथ आत्मा के निरंतर मिलन को आयु (जीवन) के रूप में परिभाषित किया गया है। • आयु जन्म से मृत्यु तक का काल है।
- **Basis of Life:** Mind, soul, sense organs and body-these are the pillars of life, which exists in all living beings.

शरीरेन्द्रियसत्त्वात्मसंयोगो धारि जीवितम् ।
नित्यगश्चानुबन्धश्च पर्यायौरायुरुच्यते ॥

The body when combined with the
sense organs, mind and soul,
becomes life

Source: charak samhita Sutrasthana
chapter 1 - Shloka 42

Primary Instincts and Goals of Life

1. ***Pranaishana***=Instinct for Survival
2. ***Putraishana***=Instinct for propagation of species
3. ***Dhanashana***= Desire for acquiring Wealth
4. ***Sukhashana***=Desire for leading a happy life
5. ***Parlokaishana***=Desire for leading a good religious and respectful life on this earth as well as in next life
6. ***Mokshaishana***=Desire for Eternal and supreme happiness = Salvation 6

Some characteristics and advantages of Ayurveda

- the oldest form of medical care
- only makes use of natural resources
- improves quality of life
- attacks health issues from the source
- has methods to remove toxins and pollution from the body, considerably improving the immune system
- reimbursed by most health insurances
- recognised by the WHO (World Health Organization)

The basic principles of Ayurveda

दोषधातुमालमूलं हि शरीरम्

- The human body is made with three bio-energy forces, known as Tridosha (Vatta, Pitta, Kapha), Sapt Dhatu (Ras, Rakt, Mans, Med, Asthi, Majja, Shukra) and Trimal (Mal, Mutr, Swed).
- Each person is made with unique combination of these Tridosha which defines the person's temperament and characteristics called Prakruti.
- **Panchmahabut:** Earth (Pruthvi), Water (Jal), Fire (Agni), Air (Vayu) and Ether (Akash). According to Ayurveda everything around you made with Panchmahabhut.
- According to Ayurveda, health is the harmony of a healthy body, a peaceful mind and a happy spirit.

The Four Components of Life

1. **BODY** (the physical entity) is composed of 3 Doshas, 7 Dhatus and 3 Malas.
2. **INDRIYA** (Senses & Functions):
 - *Gyan-Indriya* (Senses) : Sight, Hearing, Smell, Touch & Taste
 - *Karm-Indriya* (Voluntary functions) : Mouth, Hands, Feet, Sexual organs, Excretory organs
3. **MANAS** (Mind) : Supreme Indriya that controls all Indriyas (Mind is that ability of the brain which enables a human being to have thinking power, memory power, decision power, intelligence, emotion, sensory perception, concentration, behavior, cognition (insight), etc.
 - Has three abstract qualities – ‘*Sattva*’, ‘*Rajas*’ and ‘*Tamas*’.
4. **ATMA** (Soul/Self) :
 - *Param Atma*: Supreme, immortal pure has only *Sattva*, free of happiness or sorrow.
 - *Jiva Atma*: Resides in living body attached to *Rajas* and *Tamas*, witness every function & emotion throughout the life.

Importance of Healthy Life

- Persons desirous of long life, which is the means for achieving dharma (righteousness), artha (wealth) and sukha (happiness) should have utmost faith in the principles of Ayurveda.
- Arogyata (Health) is the best source of virtue, wealth, gratification and emancipation while the diseases are destroyers of welfare and life itself.
- लंबे जीवन की इच्छा रखने वाले व्यक्तियों को, जो धर्म (धार्मिकता), अर्थ (धन) और सुख (खशी) प्राप्त करने का साधन है, आयुर्वेद के सिद्धांतों में अत्यधिक विश्वास रखना चाहिए।
- आरोग्यता (स्वास्थ्य) सद्गुण, धन, संतुष्टि और मुक्ति का सबसे अच्छा स्रोत है जबकि रोग कल्याण और जीवन को नष्ट करने वाले हैं।

Concept of Prakriti

- Concept of Prakriti (human constitution) is related to physiological attributes to health and disease.
- Prakriti is determined by relative predominance of dosha in intra-uterine life of a fetus.
- Prakriti is unchangeable throughout the life span, but one can take remedial measures in diet and behavior suitable to his/her prakriti to maintain health and prevention of disease.

Significance of Prakriti in Clinical Medicine

- **For Preventive Health** – Know your prakriti and diseases susceptibility – Prakriti will tell the risk factors, course of disease, complications and prognosis – Follow your diet, behaviour, profession and life style suitable to your prakriti to lead a healthy life.
- **For Curative Health** – Select the drugs and dose as per prakriti – Drug body interaction and reaction pattern depend upon the prakriti of individual & drug. Associated complications of a disease, prognosis and their treatment can be improved as per prakriti of disease & individual.

3 Doshas- Panchamahabhuta Theory

5 fundamental elements governs three doshas VATA, PITTA, KAPHA,

- PRITHVI (Earth)
- JALA (Water)
- AGNI (Fire)
- VAYU (Air)
- AKASH (Space)
- EQUILIBRIUM of 3 DOSHAS makes good health and DISEQUILIBRIUM of 3 DOSHAS causes HEALTH DISEASE.



Five Fundamentals Elements of Ayurveda

- 1. Space (Aakash)** -Ears/Hearing Sound Akash forms vacuumed organs of the body. All body channels, working for the movement of the nutrients and all other fluids. It produces softness, lightness and porosity
- 2. Air (Vayu)**-Skin/Touch Governs inhalation, exhalation, opening and closing of eyelids, locomotion and other motor functions. Air creates dryness, lightness and emaciation.



- 1. Fire (Agni or Teja)**-Eyes/Visual (Sight) Fire controls temperature and luster of body colour. It helps in digestion and assimilation of food, maturation and improves eye sight.
- 2. Water (Jala)**- Tongue/Taste Jal is the connecting force and fluid part of the body and slimy, fat and sweat by nature. It makes things supple and smooth, Imparts glossiness and Enhances fluid content. It acts as nutrient, emollient and purgative.
- 3. Earth (Prithvi or Bhoomi)**- Nose/Smell Prithvi controls organs as teeth, nails, flesh, skin, tendons and muscles. It is heavy, immobile, compact and rough and increases firmness & strength of the body. It acts as nutrient, emollient and purgative.

Dosha, Dhatu and Mala

The concept of 'Dosha Dhatu Mala' theory is the basic philosophy of Ayurveda, which deals about 'Tridoshas'. **Tridosha Ayurveda is based** on 3 energies. Their balanced state is health and imbalance disease.

- VATA (Wind) – the kinetic energy, movement, division, growth, etc.
- PITTA (Fire)– the thermal energy, heat generation, intellect, sight, etc.
- KAPHA (Water)– the potential energy

- Tridosha concept is applicable in living organisms
- Tridoshas are biological entities responsible for structure, function and behaviour of all living organisms
- Therefore human body and mind constitution (Prakriti). The diseases, Medicines and Food all has been categorized in Vata type, Pitta type and Kapha type.
- But nothing is absolute pure; every thing is permutation and combination of Tridoshas.

Concept of Sapta Dhatus

- In Ayurveda, the Body is made up of Seven 7 dhatus(Tissues) and their function is to maintain the body matrix. The seven dhatus are:
 1. **Rasa:** Plasma/lymph fluid.
 2. **Rakta:** Blood.
 3. **Mamsa:** Muscles.
 4. **Meda:** Fat.
 5. **Asthi:** Bone.
 6. **Majja:** Bone marrow.
 7. **Shukra:** Reproductive fluid or Semen.

Concept of Agni

According to Ayurveda, the 4 Types of Agni (Digestion) are:

- ***Vishama Agni***: irregular digestion (erratic)
- ***Tiksna Agni***: hyper-metabolism (hot & sharp)
- ***Manda Agni***: hypo-metabolism (slow & heavy)
- ***Sama Agni***: Samagni ensures complete digestion of the food ingested at the proper time without any irregularity.

Concept of Malas

Malas in Ayurveda are the waste products of the body. The trimala (three malas) include

- 1. *Mutra*** (urine),
- 2. *Purisha*** (stool) and
- 3. *Sveda*** (sweat)

In Ayurveda, the excreta of the eyes, ears, nose, tears, nails, and hair are also categorized as mala.

Health

- According to Charak, the sensory and motor organs and mind, atma must be also in a pleasant state. Such a person is called a healthy person or Swastha.
- According to Shushruta:

समदोषः समाग्निश्च समधातु मलक्रियाः।

प्रसन्नात्मेन्द्रियमनाः स्वस्थः इत्यभिधीयते ॥

(जिस व्यक्ति के दोष (वात, कफ और पित्त) समान हों, अग्नि सम हो, सात धातुयें भी सम हों, तथा मल भी सम हो, शरीर की सभी क्रियायें समान क्रिया करें, इसके अलावा मन, सभी इंद्रियाँ तथा आत्मा प्रसन्न हो, वह मनुष्य स्वस्थ कहलाता है)।
यहाँ 'सम' का अर्थ 'संतुलित' (न बहुत अधिक न बहुत कम) है।

- Swasthya = state of being healthy. Good health is that state of equilibrium of the three doshas Vata, Pitta and kapha, where the mind and all the organs of the body work in harmony and the person enjoys peace and happiness and performs his/her duty of life with comfort and ease.

Eight Wings of Ayurveda (Ashtanga Ayurveda)

1. ***Kaya Chikitsa*** - (Medicine treatment)
2. ***Shalya Chikitsa***- (General Surgery)
3. ***Shalakyā (Urdhvanga) Chikitsa***- (Diseases of ear, nose, throat, ENT, eye, head, oro-dentistry)
4. ***Bala (Kaumar-Bhritya) Chikitsa***- (Care of the child from the Conception to till the Maturity)
5. ***Rasayana (Jara) Chikitsa***- (Rejuvenating therapy)
6. ***Vajikarana (Vrishya Chikitsa)***- (Aphrodisiacs, virility and improving health of progeny).
7. ***Bhoot Vidya (Graha Chikitsa)***- (Demonology) Manasa roga (Ayurveda Psychology/Psychiatry).
8. ***Visha Chikitsa (Agad tantra)***- (an ancient Indian method of toxin elimination that has been used for centuries in Ayurvedic medicine).

Types of Treatment in Ayurveda:

- 1. Shamana Chikitsa** (Curing of diseases - Alleviating Therapy)
Ayurvedic medicines are used internally and externally to manage the symptoms and cause of the disease through the balancing the equilibrium of Dosha, Dhatu, Mala and Agni and also to increase the Immunity.
 - In Ayurveda there are thousands of medicines consisting of herbs, minerals and biological products, which are used alone or in compound form to suppress and cure diseases, particularly when the disease is at an early stage.

2. Shodhana Chikitsa (Prevention of diseases-Purification Therapy)
The main aim of Shodhana treatment is to eliminate the internal causative factors of the disease. It is one the most important techniques in Ayurveda and is an internal purification process.

- **Panchakarma** (Bio-cleansing therapeutic procedures) are used to facilitate the elimination of harmful factors through following processes: **Vaman** (Therapeutic Emesis for Kapha dosha) 2. **Virechana** (Therapeutic purgation for Pitta dosha) 3. **Asthapana Vasti** (Therapeutic Decoction Enema for Vatta dosha) 4. **Anuvasana Vasti** (Therapeutic oil Enema for Vatta dosha) 5. **Nasya Karma** ((Administering medicines especially through nose) for Kapha dosha, from head Raktamokshan (Blood letting) for Rakta and Pitta dosha.

3. **Rasayana (Rejuvenation Therapy)**- Rejuvenative approach of Ayurveda through Rasayana therapy

- Prevents the effects of Ageing.
- Improve intelligence, memory, complexion and sensory and motor functions.
- Rasayan drugs have immune enhancement, free radical scavenging, adaptogenic or anti- stress and nutritive effects.
- **Rasayana** – Rejuvenating Herbs are Ashwagandha (*Withania somnifera*), Guduchi (*Tinospora cardifolia*), Brahmi (*Bacopa monneri*), Shatavari (*Asparagus recemosa*), Amalaki (*Phyllanthus emblica*), Yashtimadhu (*Glycyrrhiza glabra*), Pippali (*Piper longum*), Haritaki (*Terminalia chebula*), Haridra (*Curcuma longa*).

4. Health promoting regimen:-To maintain and improve the quality of life. It includes:

- *Dincharya* (Specific daily regimen)
- *Ritucharya* (Seasonal regimen)
- *Sadvritta* (Behavioral and ethical considerations.)
- *Pathya vyavastha* (Health promoting regime)

Advantages of Ayurveda and Ayurvedic treatments

- Ayurvedic treatments use natural products so no side effects at all, it's safe and chemical free
- Cures diseases from the roots so the chance of getting same diseases again as is a lot less, it aims at a long term cure for diseases
- Helps to make a good digestive process and the patient gets eventually a healthy and strong digestive system
- Helps the soul and mind to work in a natural way and gives peace in body, mind and soul
- Remain younger for a longer time

- The body becomes strong and healthy
- Lowers the stress and depression
- Helps building up a strong immunity system
- Ayurveda is not only treatment, it is a way of life
- It has no side effects
- Gives happy, healthy disease free long life
- Makes you Tension Free, Relaxes mind
- Provides knowledge about life
- Tells about good and bad dietary effects to life
- Tells the way for life goals, with keeping good health status

COMPONENTS OF AYURVEDIC MEDICINES

- Plants : 90-95 %
- Minerals : 1-2 %
- Metals : 1-2 %
- Animal Products : 1-2 %
- Marine Products : 1-2 %

These are used in single and compound Formulations.

DOSAGE FORMS OF AYURVEDIC FORMULATIONS (Multiple Ingredients)

1. **Swarasa** (Expressed Juice) 5-10 ml.
2. **Churna** (Powder of the combinations) 3-5 gm.
3. **Kwath Churna** 20-30 gm. (Coarse powder for making decoction)
4. **Pravahi Kwath** 10-20 ml. (Preserved decoction - ready for use)
5. **Asava and Arishta** 20-30 ml (Fermented liquids - multiple ingredients)
6. **Arka** (Distilled medicated water) 10-20 ml
7. **Avaleha** (Jam like formulations) 5-10 gm.

- 8. Paka Khand** (Confectionary) 5-10 gm. like formulation)
- 9. Guggulu tab./pill form** (Guggulu base formulation) 1-3 gm.
- 10. Ghrita** (Classified butter based formulations) 5-10 gm.
- 11. Taila** (Medicated/oil based formulations) External
- 12. Lepa** (For external applications) External
- 13. Malhama** (Ointment) External



Thank
You