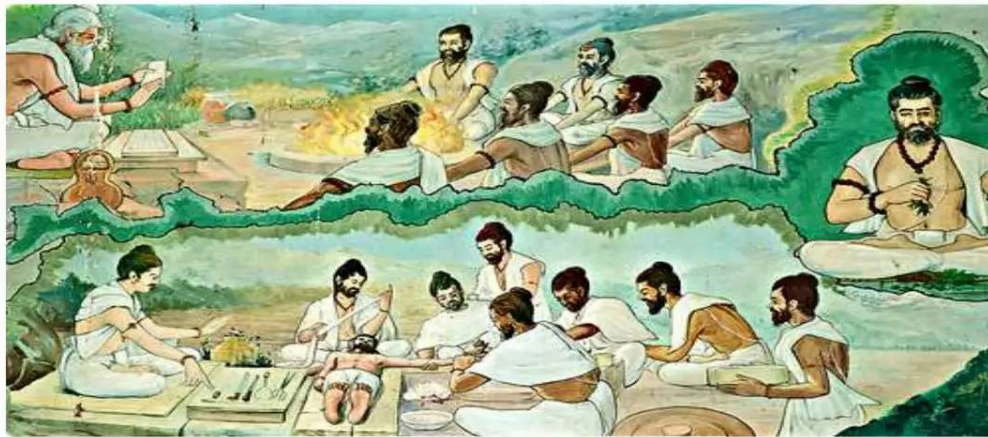
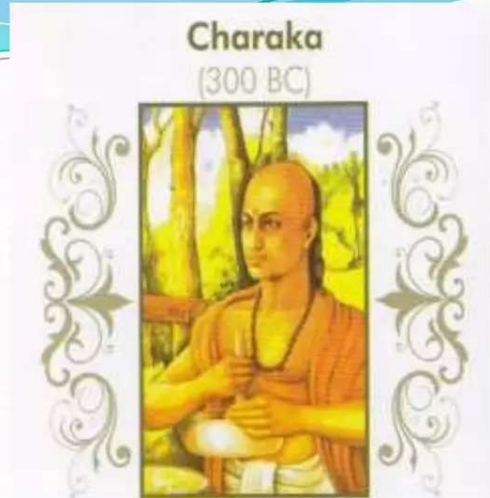
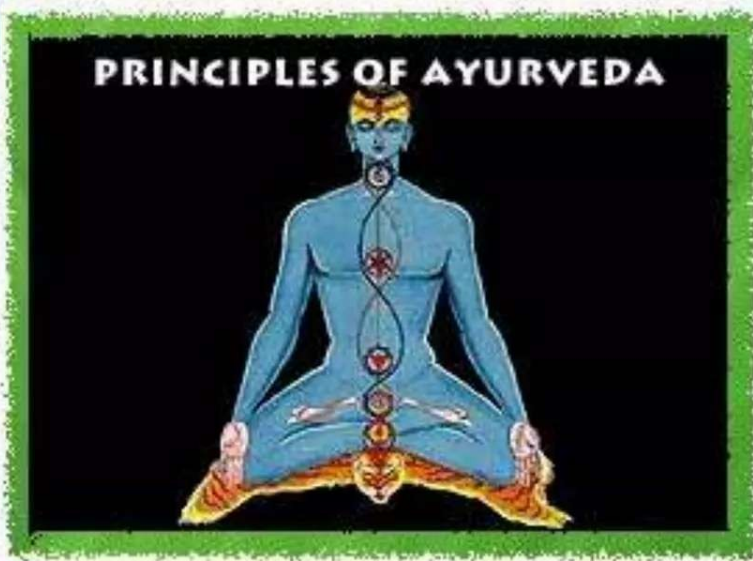
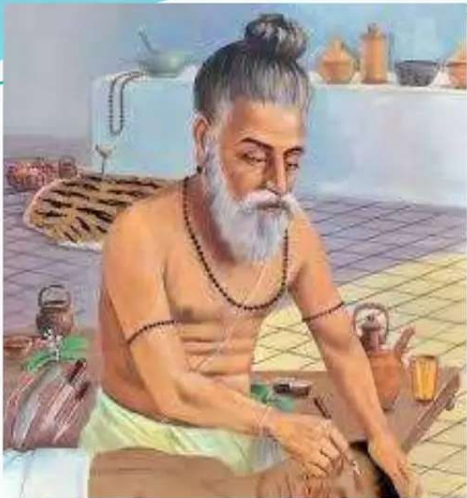


Department :- Ayurved Samhita &
Siddhant

Topic :- The Deep Concept of Ayurveda



Ayurveda - A Complete Science Of Life

AYURVEDA

Ayurveda = Ayur + Veda

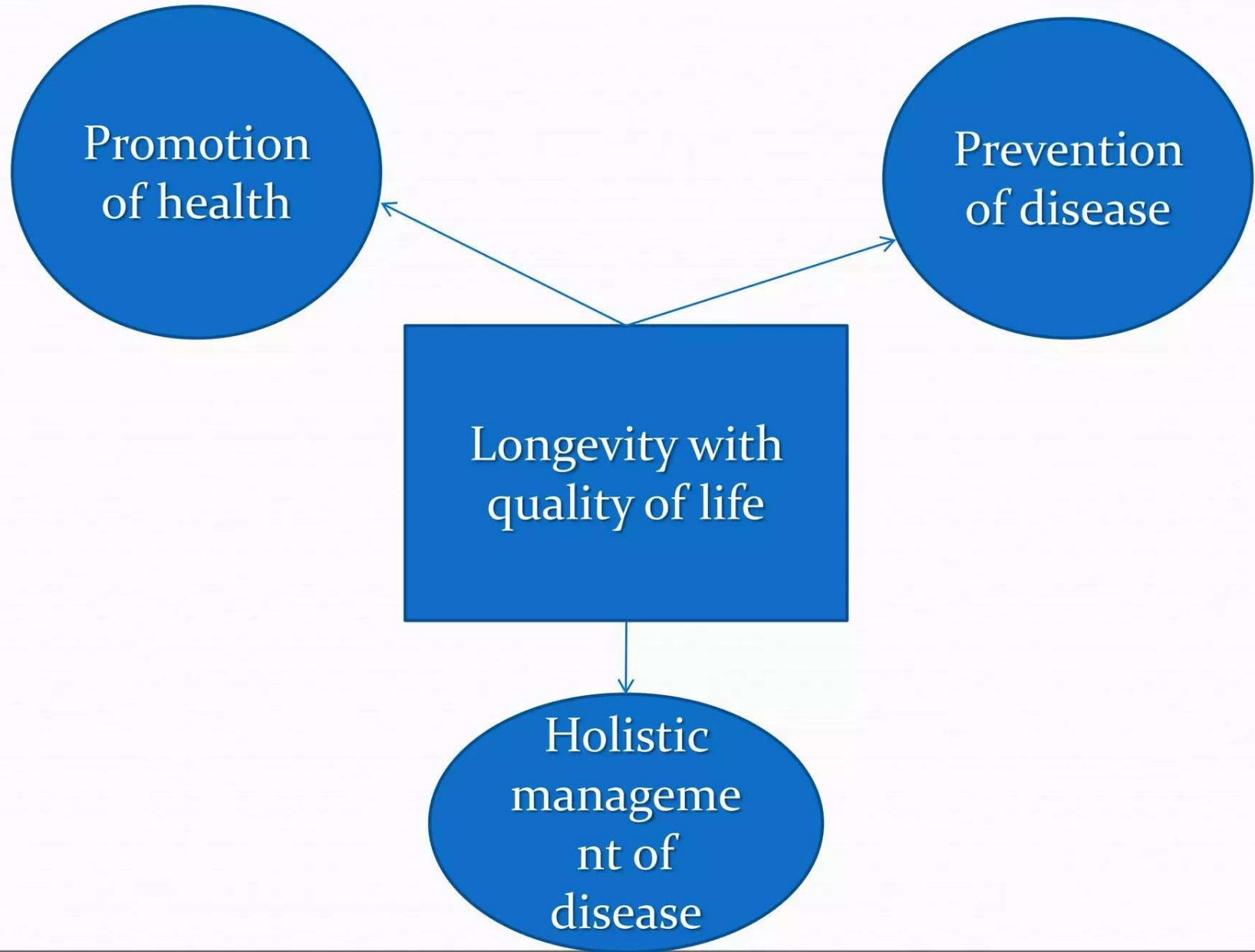
Ayur is life and *Veda* is knowledge or science

Ayurveda **THE SCIENCE OF LIFE**

Objective of Ayurveda

- The two principles objectives of Ayurveda are:
 1. To prolong life and promote perfect health
 2. To completely eradicate the disease and dysfunction of the body
 3. To achieve “NIRVANA” OR Liberation from all kinds of wants.

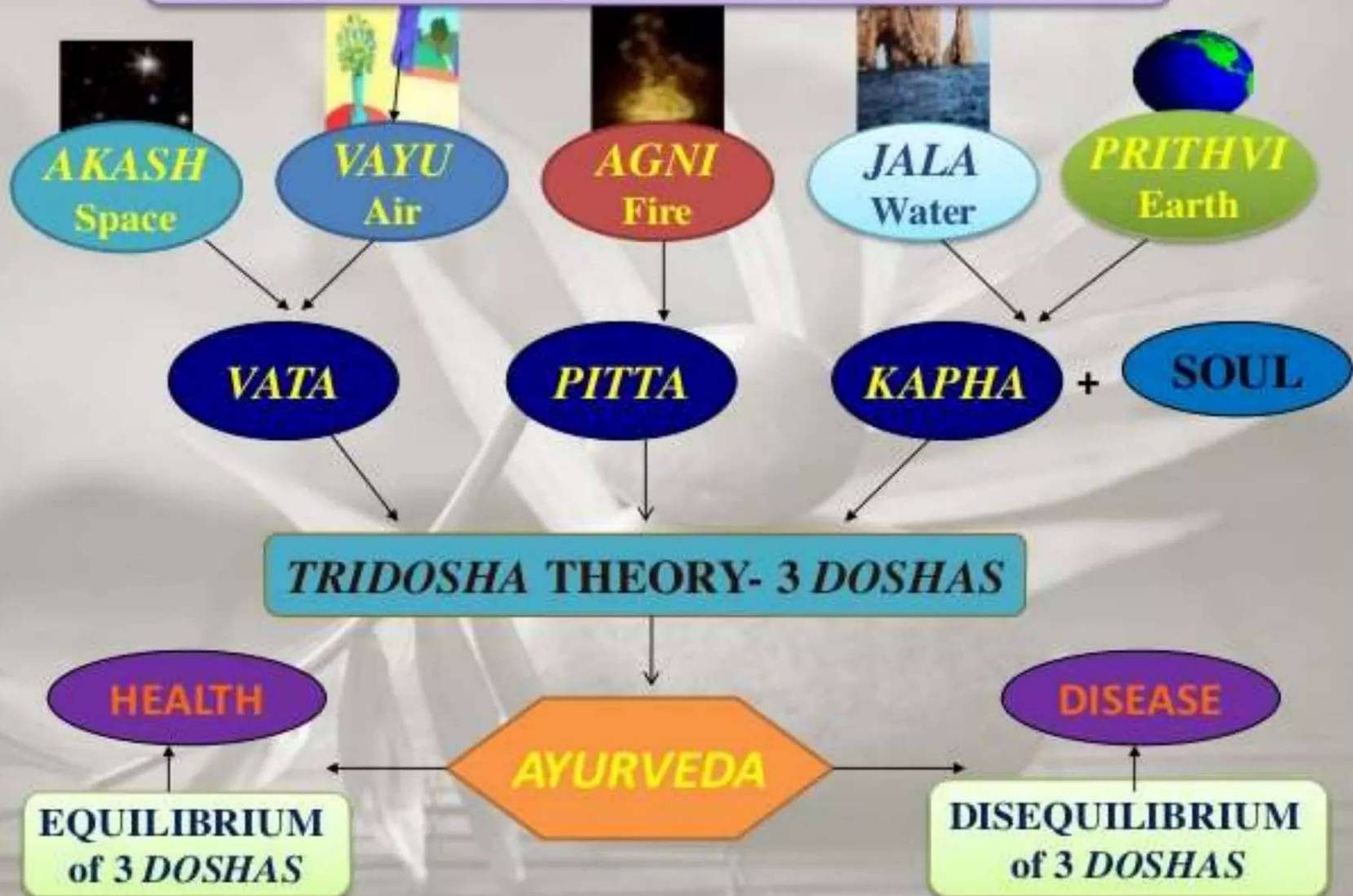
OBJECTIVE OF AYURVEDA



Basic principles of ayurveda

- According to ancient Indian philosophy, the universe is composed of five basic elements or *pancha bhutas*:
 - *Prithvi* (earth),
 - *jal* (water),
 - *Teja* (fire),
 - *vayu* (air) and
 - *akash* (space).
- Everything in the universe, including food and the bodies were derived from these *bhutas*.

PANCHAMAHAABHUTA THEORY- 5 elements



- **Dosha**(biological energies found throughout the human body) **in the body are comparable to universe**
- **The human body is composed of derivatives of these five basic elements, in the form of**
- **TRI-DOSHA**
- **TISSUES(DHATUS)**
- **WASTE PRODUCTS(MALAS)**
- **The PANCHAMAHA BHUTAS, therefore serve as the foundation of all diagnosis and treatment modalities in Ayurveda.**

TREATMENT:

TRI-DOSHAS

- VATA (Air & Space)
- PITTA (Fire & Water)
- KAPHA (Water & Earth)



VATA



PITTA



KAPHA

VATA - Air & Space

- Vata is dry, light, cold, mobile, active, clear, astringent, and it is dispersing.
- Vata season is autumn
- Time of day is afternoon and early morning
- ***Vata* governs the principle of movement and therefore can be seen as the force which directs nerve impulses, circulation, respiration and elemination, etc.**

VATA -Types & Their Functions

- Prana Vata : Governs the senses, creative thinking, reasoning, enthusiasm,
- Udana Vata : Governs quality of voice, memory, movements of thought
- Samana Vata : Governs movement of food through digestive tract
- Apana Vata : Elimination of wastes, sexual function, menstrual cycle
- Vyana Vata : Governs blood flow, heart rhythm, perspiration, sense of touch

Useful Tips To Balance Vata Dosha

- Abhyanga (ayurvedic massage)
- Stay warm in cold and windy weather
- Consume warm and cooked foods (less raw foods)
- Go to bed early and have lot of rest and sleep.
- Favor oily and heavy food with sweet, sour, and salty tastes.

DON'Ts For Vata Dosha

- Avoid light, dry, cold, pungent, bitter and astringent foods
- Avoid raw foods, juices, fasting
- Avoid stimulants, smoking, alcohol
- Refrain from excessive aerobic activity

PITTA - Fire & Water

- Pitta has hot, sharp, light, liquid, sour, oily and spreading qualities.
- Strong smell, like a fleshy odor
- Liking for sour or bitter taste.
- **Responsible for the process of transformation or metabolism. The transformation of foods into nutrients that our bodies can assimilate is an example of a Pitta function.**

Pitta -Types & Their Functions

- Alochaka Pitta : Controls functioning of the eyes
- Bhrajaka Pitta : Responsible for healthy glow of the skin
- Sadhaka Pitta : Controls desire, drive, decisiveness, spirituality
- Pachaka Pitta : Responsible for digestion, assimilation, metabolism for healthy nutrients and tissues
- Ranjaka Pitta : Responsible for healthy, toxin-free blood

Useful Tips To Balance Pitta Dosha

- Keep cool
- Favor cool, heavy, dry, sweet, bitter and astringent foods
- Keep activities in moderation
- Keep regular mealtimes, especially at noon

DON'Ts For Pitta Dosha

- Avoid sesame and mustard oils, fish, buttermilk, mutton, acidic fruits, alcohol, meat and fatty, oily foods.
- Restrict pungent, sour, salty, warm, oily and light foods
- Avoid over work
- Avoid fasting

KAPHA - Water & Earth

- Heavy, slow, cool, oily, liquid, dense, thick, static and cloudy qualities.
- *Kapha* is responsible for growth, adding structure unit. It also offers protection, for example, in form of the cerebral-spinal fluid, which protects the brain and spinal column. The mucousal lining of the stomach is another example of the function of Kapha Dosha protecting the tissues.

Kapha - Types & Their Functions

- Tarpaka Kapha : Responsible for moisture for nose, mouth, eyes and brain
- Bhodaka Kapha : Governs Sense of taste, which is essential for good digestion
- Kledaka Kapha : Controls moisture of the stomach and intestinal mucosal lining
- Avalambaka Kapha : Protects the heart, strong muscles, healthy lungs
- Sleshaka Kapha : Lubricates the joints, Keeps skin soft and supple.

Useful Tips To Balance Kapha Dosha

- Do regular exercise, Begin with Soorya namaskara to warm up your body, which should be followed by a Vigorous activity
- Prefer warm temperatures, Stay warm and dry in cold
- Use Fresh fruits, vegetables and legumes
- Favor pungent, bitter, astringent, light, dry and warm foods

DON'Ts For Kapha Dosha

- Reduce heavy, oily, cold, sweet, sour and salty foods
- Avoid heavy meals.
- Sleep promotes Kapha hence avoid excessive sleep,
- All frozen desserts are to be avoided.

Doshas in relation with body parts



KAPHA

Sinuses
Nostrils
Throat
Bronchi

PITTA

Liver
Spleen
Gall Bladder
Stomach
Duodenum
Pancreas

VATA

Small intestines
Large intestines

The Three Doshas & Their Basic Qualities

<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>
Light	Light	Heavy
Cold	Hot	Cold
Dry	Oily	Oily
Rough	Sharp	Slow
Subtle	Liquid	Slimy
Mobile	Sour	Dense
Clear	Pungent	Soft
Dispersing, Erratic, Astringent.		

Other important basic principles
of *Ayurveda* which are mentioned here are:

1. Sapta Dhatus

2. Mala

3. Srotas

4. Agni

1. SAPTA-DHATUS - *Tissues*

- The Structural elements in the body called **Dhatus**.
- Responsible for maintaining the body in a compact & composed state.
- RASA =(Plasma)
- RAKTA =(Blood)
- MAMSA =(Muscle tissue)
- MEDAS =(Adipose tissue)
- ASTHI =(Bone)
- MAJJA =(Bone marrow tissue)
- SUKRA = (Reproductive fluid)
- According to Ayurveda, Achara rasa(nutritional fluid) nourish these tissues.

2. MALAS – Waste Products

- Purisa =(Faeces)
- Mutra =(Urine)
- Sweda =(Sweat)
- **Waste materials produced as a result of various metabolic activities in the body. Proper elimination of the malas is equally important for good health. Accumulation of malas causes many diseases in the body.**

3. *SROTAS-Micro/Macro* *CHANNELS*

- These are different types of channels which are responsible for transportation of food, *dhatus*, *malas* and *doshas*.
- Proper functioning of *srotas* is necessary for transporting different materials to the site of their requirement.
- Blockage of *srotas* causes many diseases.
- According to Ayurveda, there are 13 Srotas in our body.

AGNI-(Digestive & metabolic factors)

- The digestive & metabolic energy that is responsible for transformation of food to nutrients is called AGNI.
- These are different types of enzymes responsible for digestion and transforming one material to another.
- AGNI signifies life process responsible for entire digestion, endocrine & metabolic.

PATHOLOGY OF AYURVEDA

- Under normal conditions, **the *doshas*, *dhatus* and *malas*** correspond to certain standards. 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*)**
 - **Disturbed assimilation in the tissues.**

THERAPIES

- Taste: Herbal medicines given according to there taste (rasa)
- Touch: Massage (abhyāṅga), yoga, and exercise
- Smell: Aromatherapy

THERAPIES

- Sight: Color therapy
- Hearing: Music therapy, mantra meditation, chanting.
- Spiritual: Include meditation, living ethically and working in a career that one loves or is purposeful.



THANK YOU