

INTRODUCTION TO AYURVEDA

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Basics of Ayurveda

- Derivation of the word – “AYURVEDA”

Ayu = Life

Veda = Knowledge

Thus, Ayurveda in totality means

“The science of life and longevity”.

Definition of Ayurveda

Ayusho: vedah:

It is not merely the science of medicine which deals with diseases but it is known as the science of life which provides guidance regarding every aspect of life.

Origin of Ayurveda

- Originated as a part of “ Vedic Science”. The Vedic texts have scattered references of Ayurvedic Remedies and associated aspects of medicine and Health.
- Extensive Ayurvedic Information is mentioned in *Athervaveda*. Hence Ayurveda is considered as the offshoot of *Atharvaveda*.

Aim of Ayurveda

*Swastastha Swasthya rakshanam
Aatursya vikara prashamanach||*

To maintain the **HEALTH** of a **HEALTHY PERSON** and to heal the **DISEASE** of an **DISEASED PERSON.**

Current Educational Status

- Kinder-garten to 12 years of schooling
- 5 & ½ years full time course : B.A.M.S (Bachelor of Ayurvedic Medicine and Surgery)
- 3 more years full time course : M.D (Ayurveda)

8 Branches of Ayurveda (Ashtang Ayurveda)

Kayachikitsa	General Medicine
Prasuti tantra & Kaumar Bhrutya	Gynaecology & Paediatrics
Bhoot vidya	Psychiatry
Agad Tantra	Toxicology
Shalakyia Tantra	E.N.T & Ophthalmology
Shalya Tantra	Surgery
Jara (Rasayan)	Geriatrics
Vaajikaran	Reproductive Health

Othe important subjects

- A) Dravya gun vignyan (Pharmacology and Pharmacognosy of the plants)**
- B) Rasa Shashtra and Bhaishajya Kalpana (Ayurvedic Pharmaceutics and Pharmacotherapeutics)**
- C) Swastha Vritta (Personal and Social Hygiene)**

Pancha Mahabhuta (Five Basic Elements)

All the matter in the Universe is considered to be composed of five basic elements “ Panch Mahabhutas”

Panchmahabhutas	Sense Organ	Senses
<i>Aakash</i> (Ether)	Ear	Hear
<i>Vayu</i> (Air)	Skin	Touch
<i>Teja</i> (Fire)	Eyes	See
<i>Jala</i> (Water)	Tongue	Taste
<i>Prithvi</i> (Earth)	Nose	Smell

Important things to know

Doctrine of three fundamental Groups called:

“Dosha” “Dhatu” and “Mala”

- ***Dosha : Biological humors (Functional Entities)***
- ***Dhatu : Bodily tissues (Structural Entities)***
- ***Mala : Excretory materials***

Concept of Tridosha

3 *Dosha* : which govern the bio-chemical and physiological activities.

- ***Vata***
- ***Pitta***
- ***Kapha***

Concept of Sapta Dhatu (7 tissues)

The *dhatu*s are seven in number.

- *Rasa* (Plasma / lymph)
- *Rakta*(Blood)
- *Mamsa* (Muscle tissue)
- *Meda* (Fat tissue)
- *Asthi* (Bone tissue)
- *Majja* (Bone marrow)
- *Shukra* (Reproductive factor)

Concept of Mala

Excretory products from the body

1. Stool
2. Urine
3. Sweat

Concept of Agni

- AGNI : Digestive Fire

Digestion , Absorption and Assimilation

Prakruti (Constitution) : Unique concept of Ayurveda

- Constitution of the individual (Prakruti)
 - Vata Prakruti
 - Pitta Prakruti
 - Kapha Prakruti
 - Vata- Pitta Prakruti
 - Vata –Kapha Prakruti
 - Pitta –Kapha Prakruti
 - Sama dosha Prakruti

Pulse Diagnosis

- One of the important tools in Diagnosis
- The Dosha and Dhatu imbalance or Balance can be found out

Treatment modules

Two main types of treatments in Ayurveda.

Palliative Treatment

1. Aahar (Diet)
2. Vihar (Routine)
3. Aushadi (Medicines)

Panch Karma (Cleansing methods)

Concept of Diet in Ayurveda

An important verse from Ayurveda

*“Pathyesathi gadaarthasya kimoushada nishewanaihi !!
Patheye asathi gadarthasya kimnoushada nishewanaihi”!!*

If the **RIGHT** food is used , there is **NO NEED** of the medicine.

If the **RIGHT** food is not used , there is **NO USE** of the medicine.

Concept of Diet in Ayurveda

Pillars of Health

Diet (Aahar)

Sleep (Nidra)

Moderation

Balanced Diet comprising of all the six tastes

Sweet

Sour

Salty

Pungent

Bitter

Astringent

Vihar (Life style)

- Daily Conduct
 - Life style according to the Constitution
- Seasonal Conduct
 - Life style according to the seasons

Types of Formulations

- **Herbal preparations**
 - **Mineral preparations**
 - **Herbo-Mineral Preparations**
1. **Expressed juice**
 2. **Paste**
 3. **Decoction**
 4. **Cold Infusion**
 5. **Hot Infusion**
 6. **Avaleh**
 7. **Gutika / Vati (Pills)**
 8. **Varti (Suppositories)**
 9. **Powders**
 10. **Fermented drinks**
 11. **Oils**
 12. **Ghrita / Ghee**

Commonly used herbs

Curcuma

Ashwagandha

Aloe vera

Castor oil

Shatavari

Tulsi

Commonly used herbs

Piper longum

Ginger

Mandukaparni

Guduchi

Haritaki

Amalaki

Popular Herbal Preparations

- TRIPHALA
- CHYWANPRASH
- DASHMOOL

Panchakarma

Vaman (Induced Vomiting)

Virechan (Purgation)

Nasya (Nasal insufflation)

Basti (Enema)

Rakta mokshan (Blood letting)

Some Allied therapies

Abhyanga : Whole body Oil Massage

Udvardana : Whole body Powder Massage

Swedan : Sauna / Fomentation

Padabhyanga : Foot Massage with Oil

Shiroabhyanga : Head Massage with Oil

Shirodhara : Oil dripping over the head

Shirobasti : Oil holding over the head

Pinda sweda : Bolus Massage (Bolus filled with herbs or powder or cooked rice)

Some Allied therapies

Netra tarpana : Eye Treatment

Kati Basti : Holding Oil over the lumbar region

Janu Basti : Holding Oil over the Knees

Griva Basti : Holding Oil Over the Cervical Region

Hrid Basti : Holding Oil over the Heart

Kaya Kalpa / Kutipraveshik Rasayana

- Unique concept of Rejuvenation
- After Panchkarma , staying in a specially designed room for a period of few weeks , disconnecting from the materialistic world



THANK YOU