

Ayurveda - Vol. 24 : Diseases of the Digestive Tract - 1

# Ayurvedic treatment on Indigestion, Vomiting, Stomachache, etc.

(Includes treatment for Mouth and Teeth ailments)

(English)

## Authors

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 %  
spiritual level, ‘Stage of a Sadguru’ denotes 80-89 % and  
‘Stage of a Paratpar Guru’ denotes 90% and above.)

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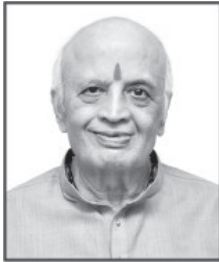


**Sanatan Sanstha**

**Sanatan's Texts on Ayurveda**

Read, put into practice and get rid of any disease from its source !

## Introduction to Authors



### **Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale**

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

#### **1. The journey from being a seeker to becoming a disciple**

**A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice :** He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

**B.** In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

## 2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

**A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality :** Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

## 3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

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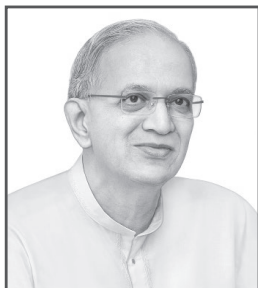
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The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

## Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) <sup>(Note)</sup> and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 128 seekers have become Saints and 1,043 seekers are progressing towards Sainthood as of 20.09.2024.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.
11. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

**(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))**

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## Preface

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According to Ayurveda 'रोगाः सर्वेऽपि मन्देऽग्नौ । (Ashtanga-rhudaya, Nidansthan, Adhyaya 12, Shloka 1), meaning, weakening of the digestive power is the root cause of all ailments. For a healthy life, the digestive system has to function in flawlessly. Detailed analysis on the functioning of the digestive system and the ailments associated with the digestive system in day-to-day life, have been given in the texts, 'Ayurvedic treatment for indigestion, vomiting, stomachache, etc.' and 'Ayurvedic treatment for dysentery, constipation, piles, worms, etc.' For the reader to understand the Ayurvedic perspective in an appropriate manner, the Allopathic perspective is also mentioned at the respective places. For understanding the entire subject, both the abovementioned texts are worth reading.

According to Ayurveda, 'अग्निरेव बलं पुंसाम् ।', meaning, good digestive power is an individual's asset; because, if the digestion is good, we obtain energy from the food. These texts are useful for students, Vaidyas and general people. Human beings in general do not have control over their tongue, and hence, they suffer from some or the other ailment associated with the stomach. Therefore, we pray at the Holy feet of Agnidevata - 'May the readers study this Text and abide by the rules mentioned for preserving good health and thus, lead a healthy life'. - **Authors**

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**Sanatan's Text on 'Ayurveda' for a healthy life**  
**Ayurvedic treatment on Dysentery,**  
**Constipation, Piles, Worms, etc.**