

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

Ayurvedic treatment on indigestion, vomiting, stomachache, etc.

(Includes treatment for mouth and teeth ailments)

(English)

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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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Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhita is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.



Preface



According to Ayurveda 'रोगाः सर्वेऽपि मन्देऽनौ । (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. Detail 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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