

Ayurveda - Vol. 26

Ayurvedic Treatment for Disorders of Blood and Liver

(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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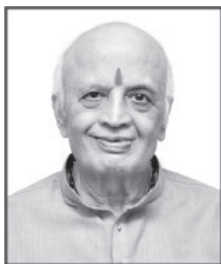


Sanatan Sanstha

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.

Dr Kamlesh Vasant Athavale

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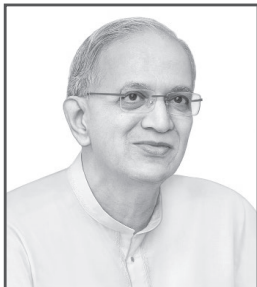
F.A.A.P. (Paediatrics and Neonatology, USA)



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) ^(Note) 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 1,048 seekers are progressing towards Sainthood as of 15.11.2024.
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)

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Preface



According to Ayurveda, the liver and the spleen are derived from blood, in the foetal life. According to modern medicine, blood is formed by the liver and spleen in early foetal life. This illustrates the close association between blood and the liver since foetal life. Ayurveda refers to only the cells in the blood as blood (rakta dhatu). The plasma i.e., the fluid in the blood is included in body fluids (rasa dhatu). Ayurveda refers to blood as jiva (life) - 'रक्तो जीव इति स्थितिः'. Five thousand years ago, Ayurveda mentions that oxygen is carried by blood cells - 'प्राणाः शोणितं अनुवर्तन्ते'. In anaemia, when the haemoglobin content in the blood decreases, the functions of all the body cells are affected as they do not get adequate oxygen. In India, 70% pregnant women and children and 40% adult males suffer from anaemia. This affects their working output and body resistance.

Anaemia is called as panduroga in Ayurveda. The word pandu means white. In anaemia, the skin and the mucous membranes lose their red colour and appear whitish. Bleeding disorders are called as raktapitta in Ayurveda. The detailed description and treatment of both anaemia and bleeding disorders according to modern medicine as well as Ayurveda are given in this book.

Liver is called yakrut in Ayurveda. Both the words are meaningful. It is said that life depends on the liver. Here the word liver is used with a double meaning, that is liver as an anatomical organ of the body and liver which implies one who lives, i.e., the lifestyle of an individual. The word yakrut is derived from 'yaha' i.e., one and 'krut' which literally





means 'does'. Thus, liver is one which performs important functions of the body.

This Text elucidates the functions of the liver and description of jaundice according to modern medicine as well as Ayurveda. In India, laymen who are not qualified in Ayurveda prescribe one or two herbal medicines for the treatment of jaundice. Patients suffering from jaundice should not take treatment from such people as they are not conversant with the varied causes of jaundice and its complications.

Alcohol is toxic to the liver. Drinking alcohol in excess can give rise to acute alcoholic hepatitis, fatty liver, alcoholic intoxication and cirrhosis of the liver. It is difficult to overcome addiction to alcohol as in several cases, the addict is possessed by the soul of a deceased individual who fulfills his desire to drink alcohol through the medium of the addict.

This Text also describes in detail hepatosplenomegaly, cirrhosis of the liver, oedema and ascites as per Ayurveda as well as modern medicine. This Text gives a list of Ayurvedic medicines which have proved to be useful in liver disorders by carrying out experiments on animals or clinical trials on patients. This Text also gives measures to prevent liver disorders. This Text will prove useful not only to patients with blood and liver disorders but it will also be useful to haematologists, gastroenterologists, vaidyas, doctors, medical students and nurses. Everyone shall benefit by reading the book in keeping his blood and liver healthy.

- Authors

