

Ayurveda - Vol. 3 : Principles of Ayurveda - 3

Evolution of Disease in Ayurveda

(English)

Authors

Doctor & Vaidyacharya, Sadguru Vasant Balaji Athavale

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

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

Dr Kamlesh V Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S.;
F.A.A.P. (Paediatrics & Neonatology, USA)

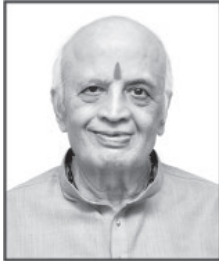


Sanatan Sanstha

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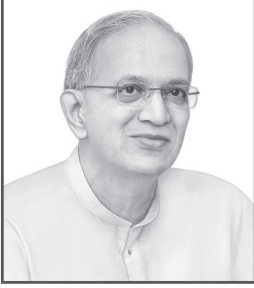
F.A.A.P. (Paediatrics and Neonatology, USA)



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', 127 seekers have become Saints and 1,058 seekers are progressing towards Sainthood as of 15.05.2024.
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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Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers initially.

Reason for mentioning use of alcohol and meat in Ayurveda

Since Ayurveda is a science, it describes the qualities of meat and alcohol along with other aspects. Consumption of these items in daily life is contraindicated in Hindu Scriptures as well as in Ayurveda. From ancient times, Ayurveda has considered consuming these only as the last resort to save an individual's life. Only from this perspective, meat and alcohol have been mentioned in this Text.

Detailed information on how to prepare medicines such as kadha, ghrut (Ghee used in medicines), vati (Tablets), etc. mentioned at various places in this Text has been provided in Sanatan's Marathi Text - 'Ayurvedia Aushadhanche Gunadharm Anni Aushadhnirmiti'.



Preface



Evolution of disease deals with 1. Various aetiological factors 2. How aetiological factors bring about changes in the structural and the functional units of the body that is vata, pitta and kapha 3. How these molecular changes bring structural derangement in various tissues and organs 4. How these structural changes derange the function of the organs 5. How the deranged function of one organ leads to the derangement of other organs that is complications.

Ayurveda describes in detail the various stages of evolution of disease as 1. Chaya that is accumulation of doshas because of action of aetiological factors, 2. Prakopa that is further increase in the doshas, 3. Prasara that is dissemination of the doshas which correspond to the stage of septicemia, viremia or toxemia, 4. Sthanasanshraya that is localisation of dosha in a particular tissue or organ, 5. Vyakti that is manifestation of disease because of functional derangement, 6. Bheda that is further differentiation into the sub-type of the disease.

Ayurveda emphasises that the physician should not allow the disease to develop further by recognising manifestations of the disease in its incubation period and guiding the patient appropriately. It is surprising that even 5,000 years ago, Ayurvedic physicians could visualise the derangement at the molecular level as the root cause of disease. Ayurveda has rightly emphasised the importance of understanding the evolution of disease (Pathogenesis). Unless the physician gets an insight into it, he cannot treat the patient appropriately. A physician who does not bother to go to the root cause of the disease suppresses the symptoms and is unable to eradicate



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the disease. This book describes in detail the basic principles of pathogenesis which will help the reader to understand pathogenesis of any symptom or disease.

One can't but appreciate the wisdom of ancient physicians, when one realises that our understanding of the disease process and its evolution has not altered significantly even today, inspite of all the modern research. I am sure that not only Ayurvedic physicians, but students, teachers and research workers of modern medicine will also be benefited by reading this book.

- Authors

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**Some abbreviations used for names of classical Texts
(Represented by first alphabet/s)**

चरकसंहिता (च.)	सुश्रुतसंहिता (सु.)
वाग्भटसंहिता (वा.)	अष्टांगसंग्रहसंहिता (सं.)
काश्यपसंहिता (का.)	भेलसंहिता (भे.)
हारितसंहिता (हा.)	माधवनिदान (मा.नि.)
शाङ्गधरसंहिता (शा.)	भावप्रकाशसंहिता (भा.)
योगरत्नाकर (यो.र.)	निघंटुरत्नाकर (नि.र.)

**Some abbreviations used for the sections of classical Texts
(Represented by following alphabet/s)**

सूत्रस्थान (सू.)	निदानस्थान (नि.)
विमानस्थान (वि.)	शारीरस्थान (शा.)
इंद्रियस्थान (इं.)	चिकित्सास्थान (चि.)
कल्पस्थान (क.)	सिद्धिस्थान (सि.)
खिलस्थान (खि.)	उत्तरतंत्र (उ.)
पूर्वखंड (पू.)	मध्यमखंड (म.)
उत्तरखंड (उ.)	