

Ayurveda - Vol. 1 : Principles of Ayurveda - 1

Principles of Ayurveda related to Vata, Pitta and Kapha

(English)

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('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.)

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Sanatan Sanstha

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Sanatan's Texts on Ayurveda

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



Science is advancing by leaps and bounds. With recent scientific advances, our understanding of the Universe and humans is much better today. However, the more we learn about the intricacies of human life, the more we realise how little we know. A student of modern medicine can rattle out the functions of various organs like heart, kidneys, liver, brain, etc. very well. However, if he is asked a simple question - what are the functions of man ?, he is taken aback.

From time immemorial, Ayurveda has given guidelines and will continue to give guidelines to mankind about the art of living, science of health and philosophy of life. Ayurveda has studied man in relation to the Universe and has come to the scientific conclusion that man is the epitome of the Universe. All objects in the Universe right from energy particles to huge celestial bodies and from microbes to man are derived from the same basic elements. Maintaining the consistency of the physical as well as biological elements in the body i.e. milieu interior constitute the basic function of physicians.

Ayurveda, the science of life, aims at attaining ideal physical, mental and spiritual health. One can acquire physical health by following Swasththa-vrutta i.e. daily and seasonal regimen. One can develop a strong mind by following Sat-vrutta i.e. rules of good conduct. One can attain spiritual health by understanding the true nature of the self and his relation to the Universe as well as by developing a philosophical attitude.

Principles of Ayurveda are eternal truths, as they are based on sound scientific facts. Understanding the 'Principles





of Ayurveda' will not only help mankind to live a better life, but will also help the present as well as the future scientists and research workers in understanding and unravelling the mysteries and intricacies of human life in a better way.

'The mind is the man' says Bacon. The human mind has mysterious powers and has no limits or boundaries for its development. It is up to us to develop or degrade our mind. It can convert an enemy into a friend, a moment into years, a hell into heaven and man into Almighty. The philosophy of Ayurveda stresses the importance of utilising the mind, the most powerful instrument of man, as given in the following prayer,

'From unreal, lead me to the real.

From darkness, lead me to light.

From ignorance, lead me to knowledge.

From death, lead me to immortality.'

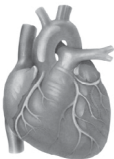
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Vaidyacharya



Sanatan's Text on 'Ayurveda' for a healthy life



**Ayurvedic treatment on
chest pain, heart diseases, etc.**

(Including modern medical analysis)

Contents

| | |
|---|-----------|
| Chapter 1 : The five basic elements | 11 |
| 1. Panchamahabhutas | 11 |
| 2. Panchabhoutik constitution | 15 |
| 3. Selection of medicine and therapeutic measures | 21 |
| Chapter 2 : Origin of the basic biological elements | 27 |
| 1. Five casual elements | 27 |
| 2. Subtle elements | 27 |
| 3. Gross elements and their pentads | 29 |
| 4. Formation of Vata, Pitta and Kapha molecule | 30 |
| 5. Formation of Vata, Pitta and Kapha in the body | 36 |
| 6. Vata, Pitta and Kapha as molecular dhatus, doshas and malas | 37 |
| 7. Similar increase similars in the body | 39 |
| 8. Effect of food on mind, sense organs and motor organs | 40 |
| Chapter 3 : Biological elements | 42 |
| 1. Kapha | 43 |
| 2. Vata | 46 |
| 3. Pitta | 49 |
| Chapter 4 : Constitution | 64 |
| 1. Prakruti (Based on Tridoshas -Vata, Pitta & Kapha) | 64 |
| Chapter 5 : Increase or decrease in Vata, Pitta and Kapha | 84 |
| 1. Aetiological factors | 84 |
| 2. Clinical manifestations | 89 |

| | |
|--|------------|
| 3. Treatment | 92 |
| 4. Doshas and diet | 94 |
| Chapter 6 : Permutations and combinations of doshas | 107 |
| Chapter 7 : Manifestations of diseases caused by three doshas | 114 |
| Chapter 8 : Tridosha theory and modern medicine | 126 |

**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.) |

Note Detailed information on how to prepare medicines such as kadha, ghrit (Ghee used in medicines), vati (Tablets), etc. mentioned at various places in this Text has been provided in Sanatan's Text - 'Ayurvedic remedies on cough, TB, asthma, hiccups, etc.'