

Ayurveda - Vol. 30 : Skin diseases - 1

Ayurvedic Treatment on Acne, Urticaria and other Skin Diseases

(English)

Authors

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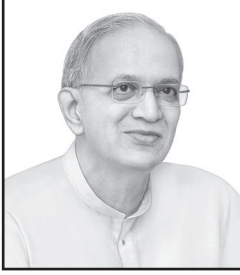
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Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha

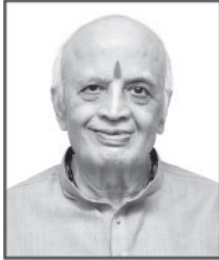


1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 125 seekers have become Saints and 1,046 seekers are progressing towards Sainthood as of 3.9.2023.
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.

(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)

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

M.D. (Paediatrics), D.N.B., M.N.A.M.S.

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.

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**The reason for the honorific Sachchidānanda
Parabrahman for Dr Jayant Athavale**

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Parātpar Guru (Dr) Athavale is being addressed as Sachchidānanda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**



Preface



The skin is the natural covering of the body. Skin performs different functions - It protects the underlying organs from external factors such as dust, breeze, heat, cold, cosmic rays, etc. The skin is the sense organ of pleasant-painful touch, feeling of high-low temperature. It maintains the body temperature through the medium of sweat. Sunlight helps the skin to manufacture Vitamin D, which is linked to cholesterol because we need cholesterol in our skins cells to make Vitamin D from sunlight. Skin has close bonding with the mind. An angry individual's face becomes red, whereas a terrified individual's face turns white. Continuous worry leads to skin diseases.

There are two Volumes on the subject of 'Skin diseases'. In the first Volume, topics such as structure of the skin, measures to be taken for keeping the skin healthy have been discussed. Additionally, symptoms of ailments associated with beauty such as burning of the skin, urticaria, skin ailments associated with beauty, etc. have been discussed and the remedies have been described. In the second Volume, information on the ailments of hair along with ailments such as ringworms, scabies, leucoderma has been given. This Text also elaborates on the various natural and artificial cosmetics. Both the Texts are worth reading for obtaining information on skin diseases and making efforts for maintaining the health of the skin.

One among the many reasons for skin diseases is 'demerits of past lives' and the ancient Texts on Ayurveda advise Divine measures for curing them. These Texts also mention Divine remedies. They have been taken from the Sanskrit Text 'Bruhat Nighantu Ratnakar'.

