

**Ayurveda - Vol. 2 : Principles of Ayurveda - 2**

# **Principles of Ayurveda related to Body Tissues**

(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.)

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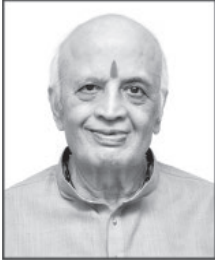


**Sanatan Sanstha**

**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.

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### Dr Kamlesh Vasant Athavale

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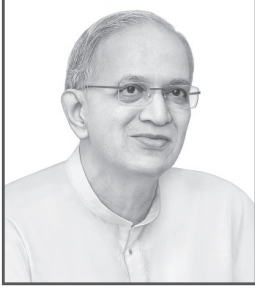
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The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

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) <sup>(Note)</sup> 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 1,040 seekers are progressing towards Sainthood as of 26.07.2024.
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](http://www.Sanatan.org))**

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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.)      |                     |



Science is advancing by leaps and bounds. With recent scientific advances, our understanding of the Universe as well as of man is much better today. However, more we know about the intricacies of human life, more we realise how much more we are yet to 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 viz. 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 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 'Principles of Ayurveda' will not only help mankind to live a better life,



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but will also help all the present as well as 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. Human mind has mysterious powers. Mind has no limits or bounds 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 the 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.”

- Dr Vasant B Athavale

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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.