

Ayurveda - Vol. 21 : Heart diseases - 2

Ayurvedic Treatment on Blood Pressure, etc.

(Including Daily Regimen for Heart Patients)

(English)

Authors

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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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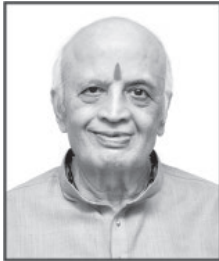


Sanatan Sanstha

卐 **Sanatan's Texts on Ayurveda** 卐

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

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

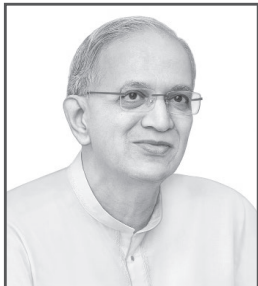
F.A.A.P. (Paediatrics and Neonatology, USA)



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.

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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**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.)		



Preface



In simple words, the heart is a live pump which supplies blood to the entire body and is also one that pulls the blood back from it. It is a pump that never rests. Just like respiration, if the beating of the heart stops for even a minute, the body will not remain alive.

This Text analyses from the perspective of Ayurveda various diseases of the heart such as blood pressure, formation of blocks in the blood vessels of the heart, infection of the heart, heart failure, etc.

This Text also analyses other aspects such as what should be the diet for heart patients, what should be their daily routine, how to prevent diseases of the heart.

This is the second Volume in the series on 'Diseases of the Heart'. The first Volume provides detailed classification of heart diseases according to Ayurveda and additional relevant information. For comprehensive knowledge on the subject, it would be ideal to read both the Volumes. The study of these Volumes will be useful for the heart patients, Vaidyas (Ayurveda practitioners) and doctors; besides, they will also get guidance on how to maintain a heart that is healthy and efficient.

We pray from the bottom of our heart unto the Almighty, who controls the entire world - 'May the heart patients fully recover from their disease and may all enjoy the Bliss of leading a healthy life !' - **Authors**



**Sanatan's Text in the series on 'Ayurveda' for a healthy life
Diseases of the Nervous System**