

Lifeline for the adverse times : Ayurveda - Vol. 1

# Cultivating medicinal plants as per the space available

(English)

**Guide for this Text**

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**Sanatan Sanstha**

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## 卐 ————— Preface ————— 卐

Most of us have the memories of our childhood when our grandmother would give us decoction of tulsi (Holy basil plant) during a bout of cold-cough-fever. After about an hour, we would perspire and feel better. Conversely, Allopathy has taught us to take one white and one yellow tablet 3-times-a-day, and in the process, we forgot about Ayurveda. The time has now come when we are left with no option but to accept Ayurveda. One reason for this shift in option is the side-effects of Allopathy, and the other much more important reason is the advent of the adverse times.

During the adverse times Doctors, Vaidyas (Ayurveda practitioner) will not be available for consultation, medicines will not be available in the market, etc. Maintaining individual health and that of the family during the adverse times will be a great challenge. At such times, we will be left with no option but to fall back on the medicinal plants that we have grown. Therefore, we must pay attention to cultivating these medicinal plants now itself. This precisely is the reason for compiling this Text.

This Text includes information on over 200 medicinal plants. These are classified as one's that can be grown in the balcony of a residential flat, in the backyard, one's that can be easily grown on waste land and as intercrop during the current farming.

Those who face difficulties and are unable to cultivate, can donate their land, money, etc. to people who are prepared to cultivate, farmers or any social organisation. This will amount to social work and in a way, spiritual practice too.



Our prayer at the Holy feet of Shri Guru is that may all cultivate medicinal plants now itself from the perspective of the adverse times and to safeguard health in general.

- **Compilers**



### **Reason why the word 'ailment' is used in this Text**

This Text provides information on minor problems such as insomnia, lack of appetite. Such problems cannot be called 'diseases'. As per Ayurveda, 'Deterioration in health' means having some ailment. Therefore, Sanatan's Texts in the series on 'Lifeline during the adverse times' use the inclusive word 'ailment' instead of the words 'problem', 'disease', 'illness'.

### **Tree plantation should be done at the hands of Saints and not politicians !**

The plant grows as per the quality of the seed. Therefore, if trees are planted by politicians, they bear seeds which have Raja-Tama components and pride; whereas, when trees are planted by Saints they bear seeds that develop seekership qualities. - **Paratpar Guru (Dr) Athavale** (20.8.2008)

Ayurveda treats the root cause of a disease. Do the modern Allopathic doctors have even 1% knowledge of what Ayurveda possesses ? Yet, Ayurveda is ignored. This pathetic state of Ayurveda is due to the ignorant rulers of all parties since Independence. In the 'Hindu Rashtra', Ayurveda will be taught to all Allopathic doctors. - **Paratpar Guru (Dr) Athavale** (11.3.2019)