

Ayurveda, which literally means "the science of life", is the natural healing system used throughout India. Ayurveda was originally known to have been first developed and established by the great sages who developed India's original systems of meditation and Yoga. The study of Ayurveda includes herbal medicine, dietetics, body work, surgery, psychology and spirituality. It not only deals with medical science, but also with the social, ethical, intellectual, and spiritual life of man. Ayurveda amalgamates the accuracy of science and the sublimity of philosophy, poetry, and art. According to Ayurveda, a living creature is composed of soul, mind and body. It is the compound of these three elements that constitutes the science of life. The human body is composed of the three fundamental elements called doshas, dhatus and malas. The doshas govern the physio-chemical and physiological activities of the body, while the dhatus enter into the formation of a basic structure of a body cell, thereby performing some specific actions. The malas are impurities partly excreted in a modified form after serving their physiological functions. These three elements are said to be in a dynamic equilibrium with each other for the maintenance of health. Any imbalance of their relative importance in the body results in disease and illness.

Ayurveda is grounded in a metaphysics of 5 elements these are- 1. Prithvi, 2. Jal (water), 3. Agni (Fire), 4. Vaayu (Air), 5. and Akash. all of which compose the universe including the human body. ras dhaatu, Rakt dhatu, mansa dhatu, meda dhatu, asthi dhatu, majja dhatu, and shukra dhatu are held to be the seven primary constituent elements – Sapt dhaatu of the body. Ayurveda deals elaborately with measures of healthful living during the entire span of life and its various phases. Ayurveda stresses a balance of three elemental energies or vata (air & space – "wind"), pitta (fire & water – "bile") and kapha (water & earth – "phlegm"). According to ayurveda, these three regulatory principles—Doshas (literally that which deteriorates -are important for health, because when they are in balanced state, the body is healthy, and when imbalanced, the body has diseases. Ayurveda holds that each human possesses a unique combination of Doshas. In ayurveda, the human body perceives attributes of experiences as 20 Guna meaning qualities) 7- Surgery and surgical instruments are employed. It is believed that building a healthy metabolic system. attaining good digestion and proper excretion leads to vitality. Ayurveda also focuses on exercise, (Yog, massage) Thus, body, mind, and spirit/consciousness need to be addressed both individually and in unison for health to ensue.

The practice of Panch karm is believed to eliminate toxic elements from the body. Eight disciplines of ayurveda treatment, called ashtangas, are given below—

- Internal medicine (Kaaya-chikitsa)
- (paediatric Kaumarabhrtyam)
- Surgery (Shalya-chikitsa)
- Eye and ENT (shalkya tantra)
- demonic possession Bhoot Vidya: Bhuta vidya has been called psychiatry 3 Toxocology (Agadatantram)
- Prevention diseases and improving immunity and rejuvenation (Rasayana)
- Aphrodisiacs and improving health of progeny (Vajikaranam)

In Hindu mythology, the origin of Ayurveda medicine is attributed to the physician of the gods. Effects and nature of any person on the basis of tri dosha—
Vaat prakrati—

VATA is dry, cold, light, mobile, subtle, hard, rough, changeable, and clear. It is the most powerful of the doshas, being the life-force itself, the strongest to create disease. It governs all movement, and carries both Pitta and Kapha. Vata constitutes movement. The bodily air principle. However, air in the external atmosphere is not the same as the air in the body. Bodily air, or vata, rules the subtle energy that governs biological movement. This promotes metabolism. The two elements Ether and Air form vata. Vata governs breathing, blinking of the eyelids, movements in the muscles and tissues, pulsation's in the heart; all expansion and contraction, the movements of

cytoplasm and the cell membranes and the movement of the single impulses in nerve cells. Vata also governs such feelings and emotions as freshness, nervousness, fear, anxiety, pain tremors, and spasms. The large intestine, pelvic cavity, bones, skin, ears, and thighs are the seats of vata. If the body develops an excess of vata, it will accumulate in these areas. Vata people tend to earn money quickly and spend it equally so.

VATA CONSTITUTION

People of vata constitution are generally physically underdeveloped. Their chest is flat and their veins and muscle are visible. The complexion is brown, the skin is cold, rough, dry and cracked. There usually are a few moles present, which tend to be dark. Vata people are generally either too tall or too short, with thin frames which reveal prominent joints and bone-ends because of poor muscle development. The hair is curly and scanty, the eyelashes are thin and the eyes lackluster. The eyes may be sunken, small, dry, active and the conjunctiva is dry and muddy. The nails are rough and brittle. The shape of the nose is bent and turned up. Their sleep may be stripped and they sleep less than the other types. Their hands and feet are often cold. These people are creative, active, alert and restless. They talk fast and walk fast but they are easily fatigued. Psychologically, they are characterized by short memory but quick mental understanding. They will understand something immediately, but will soon forget it. They have little willpower, tend toward mental instability and possess little tolerance, confidence or boldness. Their reasoning power is weak and these people are nervous, fearful and afflicted by much anxiety.

What is Dashmool-

Dashmool is the combination of 10 herbs, 5 laghu mool and 5 vrhat mool, below the name of 10 herbs of dashmool-

- Gokharu
- Chhoti kateli
- Badi kateli
- Prshani parni
- Shalparni
- arni
- Gambhari
- Sona patha
- Belgiri
- Padh

Dashmool use for vaat vicar udar vicar, and also specially it give to after pregnancy for remove the poison from uterus of lady, it also give the strongness to vaat nadi. This is very useful combination, And also Dashmoolarisht is main product of this combination.

We can take it.

Trifala-

Trifla is a common herbs yog, the main 3 ingredients are-

1. Harad
2. Baheda
3. amla

Trifla is a very popular combination use for many types of problems, like for constipation, blood purification, for eye problems, hair problem, obesity, stomach problems, and very use in many various ayurvedic combinations. It make with many type of ratio as per our requirement.

Mostly it make in equal quantity of all 3 ingredients.

For constipation- take ½- 1 teaspoon at night with warm water. You can mix mishri powder in this combination in equal quantity. Kadha for constipation - Sanay- 10 gm, Harad- 6 gm, gulab (rose) flower dry- 5 gm, Amaltaas- 8 gm, saunf- 5 gm crush it and boil in 160 gm water, and when it 1/4th part, filter it and take it in early in the morning. This will remove your old constipation in few days, take only one time a day. This quantity is for adult. Do not give to pregnant lady.

Aloe Vera--

A natural medicine for cancer, cholesterol, diabetes, inflammation, IBS, and other health conditions... You can take in raw shape take 1-3” part of leaf, and crush it’s skin and take with sendha salt or neet as you like, for external use take the part of it’s leaf and apply on your face for pimples, jhainya,, blackness of skin, and get glowing face. Apply same on burned part of skin. Some other benefit are below-

- Halts the growth of cancer tumors.
- Lowers high cholesterol.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Prevents kidney stones and protects the body from oxalates in coffee and tea.
- Alkalizes the body, helping to balance overly acidic dietary habits.
- Cures ulcers, IBS, Crohn's disease and other digestive disorders.
- Reduces high blood pressure natural, by treating the cause, not just the symptoms.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Accelerates healing from physical burns and radiation burns.
- Replaces dozens of first aid products, makes bandages and antibacterial sprays obsolete.
- Halts colon cancer, heals the intestines and lubricates the digestive tract.
- Ends constipation.
- Stabilizes blood sugar and reduces triglycerides in diabetics.
- Prevents and treats candida infections.
- Protects the kidneys from disease.
- Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
- Boosts cardiovascular performance and physical endurance.
- Speeds recovery from injury or physical exertion.
- Hydrates the skin, accelerates skin repair.

Pitt prakrati—

PITTA is hot, light, subtle, sharp, malodorous, soft and clear. It governs heat, temperature, and all chemical reactions. Pitta is fire, although the term does not literally mean "fire". The fire of a candle or the fire in a fireplace may be seen; however, the bodily heat-energy, the pitta- dosha, which manifests as metabolism is not visible. Pitta governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, skin coloration, the luster of the eyes; and also intelligence and understanding. Psychologically, pitta arouses anger, hate and jealousy. The small intestine, stomach, sweat glands, blood, fat, eyes and skin are the seats of pitta. Pitta is formed from the two elements; Fire and Water.

PITTA CONSTITUTION

These people are of medium height, are slender and of a delicate body frame. Their chests are not as flat as those of vata people and they show a medium prominence of veins and muscle tendons. They have many moles or freckles which are bluish or brownish-red. The bones are not as prominent as in the vata individual. Muscle development is moderate. The pitta complexion may be coppery, yellowish, reddish, or fair. The skin is soft, warm and less wrinkled than vata skin. The hair is thin, silky, red or brownish and there is a tendency toward premature graying of hair and hair loss. The eyes may be gray, green or copper-brown and sharp; the eyeball will be of medium prominence. The conjunctiva is moist and copper-colored. The nails are soft. The shape of the nose is sharp and the tip tends to be reddish. Pitta types have a natural craving for sweet, bitter, and astringent tastes and enjoy cold drinks. Their sleep is of medium duration but uninterrupted. They produce a large volume of urine and faeces are yellowish, liquid, soft and plentiful. There is a tendency toward excessive perspiring. The body temperature may run slightly high and hands and feet tend to be warm. Pitta people do not tolerate sunlight, heat or hard work very well.

Kapha prakrati—

KAPHA is cold, wet, heavy, slow, dull, static, smooth, dense and cloudy. It maintains substance, weight and coherence in the body. The translation of Kapha is biological water, and its bodily principle is from the two elements, Earth and Water. Kapha cements the elements in the body, providing the material for physical structure. This dosha maintains body resistance. Water is the main constituent of kapha, and this bodily water is responsible physiologically for biological strength and natural tissue resistance in the body. Kapha lubricates the joints; provides moisture to the skin; helps to heal wounds; fills the spaces in the body; gives biological strength, vigor and stability; supports memory retention; gives energy to the heart and lungs and maintains immunity. Kapha is present in the chest, throat, head, sinuses, nose, mouth, stomach, joints, cytoplasm, plasma and liquid secretions of the body such as mucus. Psychologically, kapha is responsible for emotions of attachment, greed and long-standing envy; it is also expressed in tendencies toward calmness, forgiveness and love. The chest is the seat of kapha. People of kapha constitution have well-developed bodies.

However, they tend to put on and carry excess weight. Their chests are expanded and broad. The veins and tendons of kapha people are not obvious because of their thick skin and their muscle development is good. The bones are not prominent. Their complexions are fair and bright. The skin is soft, lustrous and oily; it is also cold and pale. The hair is thick, dark, soft and wavy. The eyes are dense and black or blue; the white of the eyes is generally very white, large and attractive. The conjunctiva does not tend to be red. Physiologically, kapha people have regular appetites, the digestion functions relatively slow and food intake is less. They tend to move slowly. They crave pungent, bitter and astringent foods. Stools are soft and may be pale in color; evacuation is slow. Their perspiration is moderate. Sleep is sound and prolonged. There is a strong vital capacity evidenced by good stamina, and kapha people are generally healthy, happy and peaceful. Their complexions are fair and bright. The skin is soft, lustrous and oily; it is also cold and pale. The hair is thick, dark, soft and wavy. The eyes are dense and black or blue; the white of the eyes is generally very white, large and attractive. The conjunctiva does not tend to be red. Physiologically, kapha people have regular appetites, the digestion functions relatively slow and food intake is less. They tend to move slowly. They crave pungent, bitter and astringent foods. Stools are soft and may be pale in color; evacuation is slow. Their perspiration is moderate. Sleep is sound and prolonged. There is a strong vital capacity evidenced by good stamina, and kapha people are generally healthy, happy and peaceful.

Diagnosis

- Diagnosis The Charak samhita recommends a tenfold examination of the patient. 14. The qualities to be judged are
- abnormality
- essence
- stability
- body measurements
- diet suitability
- psychic strength
- digestive capacity
- physical fitness
- age

Ayurvedic practitioners approach diagnosis by using all five senses. The study of the vital pressure point or marma is of special importance. Hundreds of plant-based medicines are used in ayurvedic medicine—including cardamom and cinnamon.

Treatments

Ayurveda stresses the use of plant-based medicines and treatments. Hundreds of plant-based medicines are employed, including cardamom and cinnamon. Some animal products may also be used, for example Milk, bones, horns etc. In addition, fats are used both for consumption and for external use. Minerals, include in copper sulphate, sulfur, gold, arsenic, lead, are also consumed as prescribed. This practice of adding minerals to herbal medicine is known as Ras shastra.

In some cases, alcohol is used as a narcotic for the patient undergoing an operation. opium as a narcotic. Both oil and tar are used to stop bleeding. Chanting mantras has been a feature of ayurveda since the Atharvaveda, Atharvaveda (one of the four most ancient books of Indian knowledge, wisdom and culture) contains 114 hymns or formulations for the treatment of diseases. Ayurveda originated in and developed from these hymns. In this sense, ayurveda is considered by some to have divine origin. Indian medicine has a long history, and is one of the oldest organized systems of medicine. Its earliest concepts are set out in the sacred writings called the Vedas, According to a later writer, the system of ayurveda medicine was received by Dhanvantri from Brahma and Dhanvantari was deified as the god of medicine.

The Sushruta samhita of Sushruta appeared during the 1st millennium BC. This contains 184 chapters and description of 1,120 illnesses, 700 medicinal plants, 64 preparations from mineral sources and 57 preparations based on animal sources."

Underwood

Joseph Constantine spent 20 years in India studying local plastic surgery methods. Carpué was able to perform the first major surgery in The western world in 1815. Instruments described in the Sushruta Samhita were further modified in the Western World.

Several international and national initiatives have been formed to legitimize the practice of Ayurvedic medicine. Dhanvantari was an early Indian medical practitioner and one of the world's first surgeons. Based on Vedic traditions, he is regarded as the source of Ayurveda. He perfected many herbal-based cures and natural remedies and was credited with the discovery of the antiseptic properties of Turmeric and the preservative properties of salt which he incorporated in his cures. Birth day celebration of Lord Dhanvantari, the God of health, healing and cure, is celebrated with great enthusiasm and happy environment, by the practitioners of the Ayurveda every year, on Dhan Teras, two days before Deepwali, the Hindu festival of Lights.

For take any type of treatment or consult feel free to contect us: Ayurveda, acupressure and jyotish adhyatm guru-

Dr. Anuj Kumar

Shree Siddh Dhaam adhyatmic sadhna siddhi evam chikitsa Kendra.