

SHATAYU KI OR शतायु की ओर



Fourth Issue

हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् ।

मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ॥ च.सू० १/४१

Ayurveda is the knowledge which deals with good, bad, happy and unhappy life, its promoters and non-promoters, measurement and nature.

समदोषः समाग्निश्च समधातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥ सुश्रुत सू० १५/४४

That individual is healthy whose Dosha (functional entities), Agni (bio-fire), Dhatu (structural entities) and Mala (excretory products) are balanced and the soul, sense organs and mind are in happy state, i.e. harmonious equilibrium of body, mind, sense organs and soul is a state of health.

DHANWANTARI VATIKA, RAJ BHAWAN,

U.P., Lucknow

धन्वन्तरि वाटिका, राज भवन,

उ०प्र०, लखनऊ



18 February 2005

Health Through Ayurveda

Ayurveda is one of the most ancient medical sciences of the world and is a valuable heritage of India. Since the time immemorial Ayurveda is being practiced successfully despite other prevalent modern systems of therapy. Our ancient sages visualised healthcare as an integral part of life and lived in a healthier state than most of us today. They were more scrupulous and observed strictly the prescriptions and proscriptions in their day-to-day life based on scientific profile.

The influence of Ayurveda is on the anvil-increase globally, as people are realising its usefulness through simplicity. Ayurveda preaches, "Prevention is better than cure". The universe, as well as our body is made up of "Pancha Maha Bhutas" i.e. Aakash (Space), Vayu (Air), Agni (Fire), Jala (Water) and Prithvi (Earth) and in their various distinct forms 1- Doshas (Vata, Pitta and Kapha i.e. the metabolic components), 2- Dhatus (Rasa, Rakta, Mansa, Meda, Asthi, Majja and Shukra i.e. the vital components) and 3- Malas (Waste products). Any deficiency, excess or vitiation either in Dosha, Dhātu or Mala may induce disease.

“दोष धातुमल मूलं हि शरीरं”!!

Ayurveda aims at keeping a physiological equilibrium in the requisite proportion of these by means of **diet, activities and medicines**. The scope of Ayurveda is very vast. It is not merely preservation of health. Its primary aim is to promote perfect health for the sake of Dharma (performance of duty), Artha (acquisition of wealth) Kaama (fulfillment of desires) and Moksha (attainment of self-realisation). Treatment of disease becomes a necessity because disease is a hindrance to the human effort in reaching these four aspirations of life.

धर्मार्थकाममोक्षणामारोग्यं मूलमुत्तमम् !

रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च ॥ चरक सू० १/१५

The equilibrium of the tridoshas is health and imbalance between them is disease. In their normal state vata, pitta and kapha, the organism lives on nutritive fluid through the nervous, digestive and lymphatic systems respectively.

VATA upholds all the supporting constituents and their due circulation throughout the body. It is initiator of all voluntary & involuntary movements, the producer of restraint, as well as concentration of the mind, the initiator of all the senses and carries all sensory impressions to the mind.

PITTA is responsible for digestion, heat production, hunger, thirst, lusture, cheerfulness and intelligence.

KAPHA is responsible for Snehnām (oiliness), smooth working of joints, general stability of the body and general built.

DIET also consists of Panchamahabhootas and is responsible for production of Dhatus and Doshas in the body. So to prevent vitiation of doshas and to maintain adequate and balanced production of Dhatus it has been advised to take the food of proper quality in proper quantity.

All substances have been classified according to their 1- Guna (physical and chemical properties), 2- Rasa (taste), 3- Veerya (direct action), 4- Vipaka (remote action after digestion) and 5-Prabhava (specific action).

Constituents of a well balanced diet - Charaka has advised -

षष्टिकाञ्छालिमुग्दांश्च सैन्धवामलके यवान् !

आन्तरीक्षं पयः सर्पिर्जाङ्गलं मधु चाभ्यसेत् !!

च.सू. ५/१२

Jaggary and fine rice from 60 days' crop, red (unpolished) rice, green gram, gooseberry, barley, rain water, milk, ghee, flesh of animals living in forests and honey, should be part of the general diet. This diet if compared with modern concept contains carbohydrate, fat, protein, natural vitamins, minerals and pure water. Thus the food should be easily digestible, nutritious, safe and saatwika, which will not only make one physically strong but also develop one's mental and spiritual faculties.

यथा खादुयतेऽन्नं तथा सम्पद्यते मनः ।

यथा पीयते वारि तथा निगद्यते वचः ॥

Pure food makes the mind pure and pure mind achieves stable knowledge which helps free oneself from worldly attachments.

आहारशुद्धौ सत्वशुद्धिः सत्वशुद्धौ ध्रुवा स्मृतिः ।
स्मृतिलब्धे सर्व ग्रन्थीनां विप्रमोक्षः ॥ (छान्दोग्योपनिषद्)

Some important rules regarding diet :

- One should eat warm food.
- Food should be taken in proper quantity.
- One should take another meal only when previous one is properly digested.
- The constituents taken in food should not be antagonistic to each other in properties.
- One must eat food slowly and in proper sitting posture.
- One should not talk, laugh or view T.V. while eating .
- Proper concentration while eating is necessary.

ACTIVITIES: All activities are to be performed by the body.

सर्वमन्यत् परित्यज्य शरीरं अनुपालयेत् ॥ च.नि. ६/७

"Preserving one's health should be given priority over any other commitment in life. This is the most important dictum of Ayurveda."

नित्यं संहितामित्रं समीक्ष्यात्मानमात्मवान् ।

नित्यं युक्तः परिचरेदिच्छन्नायुरनित्वरम् ॥ च.सू. १७/११६

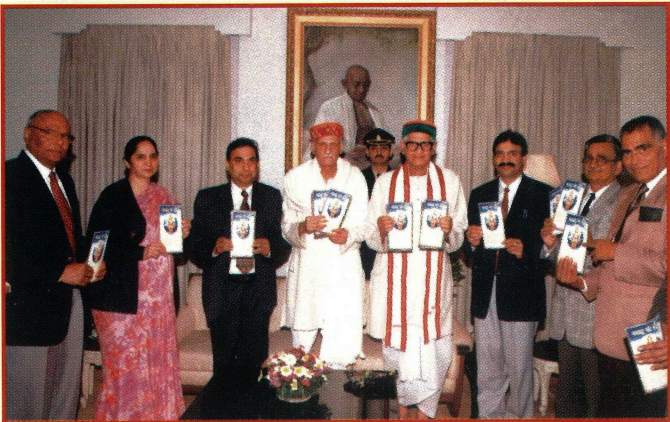
"The enemy(disease) is always in one's proximity and as such, one endowed with wisdom, should therefore, observe the conduct of oneself (Aachaar Rasayan) with concentrated attention to have a long life."

Dincharya - (Routine regimen of life)

1. ब्राह्मे मुहूर्ते उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः । अ.ह. २/१
By rising early in the morning, health can be preserved.
2. After rising from bed at Brahma muhoorta, one should attend to calls of the nature and then attend to general cleanliness.
3. Cleanliness, both external and internal, should be maintained. Cleanliness of the body should be ensured by taking bath everyday.
4. Internal cleanliness is achieved by performing religious duties.
5. The mouth should be cleaned by twigs of trees such as Nimba, Khadir, Madhuka or Karanja.
6. The mouth should be gargled a number of times with cold water.
7. Every part of the body should be properly exercised.
8. Body should be well massaged with oil.
9. A proper sleep is as important as food. A proper sleep refreshes both the body and the mind.

Benefits of exercise - It makes the body stout and strong, helps the symmetrical growth of the limbs and muscles, improves the complexion and digestive power, prevents laziness and makes the body light and glossy, firm and compact.

It gives the power of endurance to insist fatigue, weariness, the variations of temperature, thirst etc.; and ultimately leads to a healthy existence.



17th February, 2004 - H.E. Sri Vishnu Kant Shastri, The then Governor, Uttar Pradesh, releasing "Shatayu Ki Or" leaflet on the occasion of the third anniversary of Dhanvantari Vatika.



10th November, 2004 - H.E. Sri T.V. Rajeswar, Governor, Uttar Pradesh, planting the sapling of "Arjun" tree in Dhanvantari Vatika on the occasion of Dhanvantari Jayanti.

“ शरीरोपचयः कान्तिर्गात्राणां सुविभक्तता !
दीप्ताग्नित्वमनालस्यं स्थिरत्वं लाघवं मृजा ।।
श्रमक्लमपिपासोष्णशीतादीनां सहिष्णुता ।
आरोग्यं चापि परमं व्यायामादुपजायते !! सु.चि. २४/३६-४०

Ritucharya - With the variation of season one should change its routine life style. According to Ayurveda there are six Ritus 1-Shishir, 2-Vasant, 3-Greesham, 4-Varsha, 5- Sharad, 6- Hemant, each consists of two months, but for general purpose we understand them as Summer (Greeshm), Rainy Season (Varsha) and Winter (Sharad Ritu). Changes if made accordingly preserve the health and diseases cannot affect the body.

हरेद् वसन्ते श्लेष्माणं पित्तं शरदि निहरेत् !
वर्षासु शमयेद् वायुं प्राग्विकार समुच्छ्रयात् !! सु.सू. ६/३८

Before the disease sets in, the dosha should be brought to its normal range in all Ritus, i.e. Kapha dosha in Vasant Ritu, Pitta dosha in Sharad Ritu and Vayu dosha in Varsha Ritu.

MEDICINE: Charaka says :- तदेव युक्तं भैषज्यं यदारोग्याय कल्पते !

Medicine is used to treat diseases. Ayurvedic treatment consists of :-

1. Purging out the offending agents
2. Soothing the injured body.
3. Removing the cause or causes of ill-health in all diseases according to circumstances.

संशोधनं संशमनं निदानस्य च वर्जनम् ।
एतावद्विषजा कार्यं रोगे रोगे यथाविधि !! च.वि. ७/३०

Methods for purging out or purification of offending agents-

Panchakarma, the process of purifying, consists of -

1. Vamana Karma (Emesis)
2. Virechana (Purgation)
3. Nirooh Vasti (Decoction Enema)
4. Anuvastana Vasti (Oil Enema) and
5. Nasya Karma (Nasal Insufflation)

Soothing the injured body : Under the advice of a medical practitioner three procedures are adopted

1. Antah parimarjan (Internal purification)
2. Bahya parimarjan (External purification) and



18th November, 2004 - H.E. Sri T.V.Rajeswar, Governor, Uttar Pradesh, inaugurating the newly constructed building of Rajbhawan Ayurvedic Dispensary.

3. Sastra Pranidhanam (Surgical operation)

All these courses and operations are ways and means to help nature to remove injurious substances and subtle mental disturbances such as emotions.

Medicines when taken internally, act on the body by their Rasa, Guna, Veerya, Vipaka, Prabhava.

द्रव्यो रसो गुणो वीर्यविपाकः शक्तिरेव च !

पदार्थाः पंच तिष्ठन्ति स्वं स्वं कुर्वन्ति कर्मच !! भवमिश्र !!

For the purpose of treatment it is very important to know the time as well as the frequency of taking medicine.

Charaka has advised :-

दिनातुरौषधव्याधिजीर्णलिङ्गत्ववेक्षणम् !

कालं विद्यादिनावेक्षः पूर्वह्नि वमनं तथा !!

रोग्यवेक्षो यथा प्रातर्निरन्तो बलवान् पिबेत् !

भेषजं लघुपथ्यान्नैर्युक्तमद्यात्तु दुर्बलः ।। च.चि. ३०/२६६-६७

Sanshaman medicines (drugs which pacify the vitiated doshas) should be taken empty stomach, appetizers and digestives should be taken half an hour before or after meals, Emetics in the early morning, Laxatives at the bed times, diuretics during the day, drugs which induce sleep should be taken while going to bed.

Anupan (Vehicle) : The substance along with which the medicine is taken is called anupan and it has important role to play.

यथा जलागतं तैलं क्षणेनैव प्रसर्पति !

तथा भैषज्यमंगेषु प्रसर्पत्यनुपानतः !! (शा०)

With the help of anupan the medicine is easily absorbed and spread all over the body and has a quick effect. The anupan is decided on four factors-

1. According to vitiation of dosha
2. According to medicine
3. According to the taste and availability to patient and
4. According to disease.

The common diseases and the prescribed herbs -

- | | |
|------------------------|--|
| 1. Fever | - Guduchi, Chandan, Dhaniya, Tulsi, Shunthi, Karanj, Saptarna. |
| 2. Diarrhoea | - Bilva, Chitrak, Ajwain, Dadim, Jeera |
| 3. Dysentery | - Bilva, Shunthi, Pippali, Isabgol, Jaiphal, Kutaj |
| 4. Piles | - Ajwain, Chitrakmool, Triphala, Nimb |
| 5. Loss of Appetite | - Marich, Ajmod, Jeera, Ajwain, Abhaya |
| 6. Anorexia | - Amlavetsa, Dadim, Nimb, Adrak, Ajoin, Saunf. |
| 7. Anaemia | - Amalki, Haritaki, Palak, Shunthi, Khajoor, Draksha |
| 8. Jaundice | - Haridra, Dhatri, Punarnawa, Patol, Trivrat, Bhuimla, Kutaki |
| 9. Bronchitis & Asthma | - Vasa, Pippali, Bharangi, Shunthi, Puskarmool, Kantakari, Somlata, Karkatshringi. |

- | | |
|-------------------------|---|
| 10. Epilepsy | - Yashtimadhu, Vacha, Tagar, Tulsi, Mandukparni, Lahsun, Jatamansi, Shatavari |
| 11. Gout | - Guduchi, Shunthi, Dhania, Patha, Guggulu, Erandbeej, Mustak, Manjishtha, Aragvadh |
| 12. Rheumatism | - Abhya, Vacha, Ativisha, Amrita, Erand, Dashmool, Rasna, Devdaru, Aragvadh, Rason, Gokhsur |
| 13. Pain in Abdomen | - Saindhav, Hingu, Sauvarchal, Ajwain, Dadim, Shunthi, Jeerak |
| 14. Painful Micturation | - Pancha Trinamool, Gokshur, Shatavari, Aragvadh, Pashanbhed, Ela, Kadliras, Amrita |
| 15. Renal Calculi | - Varuna, Gokshur, Yavkshar, Panchtrinamool, Shilajatu, Kulath, Punarnawa, Sahijan |
| 16. Raktapradar | - Neelotpal, Guduchisatva, Dhatkipushp, Ashok, Raktachandan, Laksha, Mochras, Manjishtha, Shyonak |
| 17. Diabetes | - Haridra, Bimbi, Jambuphalasthi, Triphala, Gudmar, Vilwa, Haridra, Methika, Karela |
| 18. Constipation | - Abhya, Triphala, Aragvadh, Trivat, Draksha |
| 19. Heart Diseases | - Dashmool, Arjun, Bala, Vacha, Pushkarmool, Hritpatri, kamal, Karveer |

Duty of a physician -

योगमासां तु यो विद्यादेशकालोपपादितम् ।

पुरुषं पुरुषं वीक्ष्य स ज्ञेयो भिषगुत्तमः । च०सू० १/१२४

The best physician is one who knows administration of drug according to place and time and also keeping in view the individual constitution. A wise physician should think, argue and devise himself his own line of treatment.

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उत्तर प्रदेश में औषधीय पौधों के प्रोत्साहन में वन विभाग तथा वन निगम का योगदान-

उ.प्र. वन निगम द्वारा जड़ी-बूटी संग्रहण, भण्डारण एवं विपणन का कार्य प्रदेश के विन्ध्य तथा बुन्देलखण्ड क्षेत्रों में किया जा रहा है, जिनमें प्रमुख प्रजातियाँ - गुडमार पत्ती, नागरमोथा, बेलगूदा, बहेड़ा, आंवला, वन तुलसी बीज, शंखपुष्पी, भृंगराज, काकनाशा, इन्द्रजौ, गिलोय व सफेद मूसली हैं। उ.प्र. वन विभाग द्वारा (i) औषधीय पौधों के कृषिकरण के प्रोत्साहन हेतु राज्य औषधि पादप बोर्ड की स्थापना की गयी है। इस बोर्ड के माध्यम से औषधीय पौधों के कृषिकरण में रुचि रखने वाले प्रगतिशील कृषकों को वित्तीय अनुदान भी दिलाया जा रहा है। विशेष जानकारी एवं पंजीकरण के लिए सचिव, औषधि वन विकास समिति 21/475, इंदिरानगर, लखनऊ से सम्पर्क करें। (ii) वन अनुसंधान संस्थान, कानपुर द्वारा कानपुर, बरेली, झांसी, कोटावा (मिर्जापुर) तथा लखनऊ में हर्बल वाटिकाओं का निर्माण (जिनमें लगभग 100 औषधीय प्रजातियाँ संग्रहित), जुलाई 2005 से वाणिज्यिक लाभप्रद प्रजातियाँ जैसे- पिप्पली, सफेद मूसली, अश्वगंधा, सर्पगंधा, सतावर, जेट्रोफा, तुलसी तथा कालमेघ के पौधों की रु. 4/- प्रति पौध की दर से आपूर्ति की जायेगी। इच्छुक क्रेता वन विभाग/निगम के निम्न कार्यालयों से सम्पर्क कर सकते हैं -

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