

# SHATAYU KI OR शतायु की ओर



Fifth Issue



आयुः कामयमानेन धर्मार्थसुखसाधनम्।

आयुर्वेदोपदेशेषु विधेयः परमादरः ॥

- वाग्भट्ट

People desirous of long life along with attainment of *dharma*, worldly well-being and state of bliss, should follow the principles and teachings of Ayurveda with utmost respect.

**DHANVANTARI VATIKA, RAJ BHAWAN,**

U.P., Lucknow

**धन्वन्तरि वाटिका, राज भवन,**

**उ०प्र०, लखनऊ**

17 February 2006



## HEALTH THROUGH AYURVEDA

षट्त्रिंशत् सहस्राणि रात्रीणां हितभोजनः ।

जीवत्यनातुरो जन्तुर्जितात्मा संमतः सताम् ॥

(हितकारी आहार-विहार करने वाले, जितेन्द्रिय पुरुष ही सज्जनों से प्रशंसा प्राप्त करते हुए रोग रहित होकर ३६००० रात्रि (दिन) अर्थात् १०० वर्ष तक जीवित रहते हैं।)

चरक सू० २७/३४८

The endeavour to lead a long and a healthy life is as old as the creation itself. Right from the most primitive man to the generation of new millennium, the quest for long and healthy life has remained the most essential desire of mankind.

स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च ।

चरक सू० ३०/२६

Ayurveda believes in longevity as well as quality of life through preservation, restoration and promotion of health. Our great seers of ancient India concluded that there are four goals in the life of a human being, namely, (i) Dharma (ii) Artha (iii) Kāma and (iv) Moksha.

The Ayurvedic Scientists including Acharya Charaka stated that "Health" is the prerequisite for attaining these four Goals.

धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम् ।

रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च ॥

चरक सू० १/१५

Ayurveda helps the healthy person maintain his health, and the ailing recover and become healthy. It is a spiritual healing science and the mother of all healing arts. The practice of Ayurveda is designed to promote human happiness, health and creativity.

Most modern diseases are caused by prolonged exposure to a combination of faulty life styles, food habits and toxic environmental factors. Chronic stress has a vital role in immune disorders. There are two types of immunity, which protect our body from any infection - These are Innate (Sahaj) and Adaptive (Kalaj or Yuktikrata).

**Innate Immunity :-** This type of Immunity is present since birth and provides the first barrier against micro organisms which causes infection.

**Adaptive Immunity :-** It is the second barrier to infections and acquired later in life through natural and acquired immunization. Ayurveda stresses on the improvement of immunity right from birth; a little honey with suvarna bhasma or honey with ghrita in unequal quantity must be given to the baby as this has an immunomodulatory effect. Regular use of milk and ghrita also increases immunity. Preparations like chyavanprash are also beneficial.

Ayurveda believes that food nourishes body, mind and consciousness. Hence, our food should change according to the state of mind and body to suit the changing climate, season and environment. Proper and balanced food, when taken with joy is capable of producing immunity.

विकारोधातु वैषम्यं साम्यं प्रकृतिरुच्यते ।

सुखसंज्ञकमारोग्यं विकारो दुःखमेव च ॥

(च०सू० ६/४)

Health is order and disease is disorder. Within the body there is a constant interaction between order and disorder. The wise man learns to be fully aware of the presence of disorder in his body and then sets about to re-establish the order to maintain health.

Ayurveda believes that unless there is an imbalance in Vāta, Pitta and Kapha (the three humours) the disease cannot settle in. Vāta is for movement, Pitta is for restoring metabolic activity at digestive level and Kapha is for balancing cold, strength and overall defence mechanism.

तान्युपस्थितदोषाणां स्नेहस्वेदोपपादनैः ।

पञ्च कर्माणि कुर्वीत मात्राकालौ विचारयन् ॥

(च०सू० २/१५)



To achieve this equilibrium the "PANCHKARMA" theory has been propounded. **PANCHKARMA** is a scientific process of detoxification. It consists of Five actions namely Vaman (Vomiting), Virechana (medicated purgation), Niruh Vasti (Decoction enema) Anuvāsana Vasti (Oil enema) and Nasya (Medication through Nasal route). These five measures may be applied to those having imbalance of dosas after performing unction and sweating with due consideration of dosage and time.

**वमनं रेचनं नस्यं निरुहश्चानुवासनम् ।**

**ऐतानि पंचकर्माणि कथितानि मुनीश्वरैः ।।**

(शा०उ० ८/७०)

#### **Vaman (Vomiting) :**

Therapeutic vomiting is indicated for skin diseases, chronic asthma, diabetes, chronic cold, chronic indigestion, oedema (swelling), epilepsy, chronic sinus problems etc. Vaman is the cleaning of "Kapha".

#### **Virechan (Medicated Purgation) :**

Virechana is the cleaning of Pitta. It can be given three days after Vaman therapy. Medicated purgation is indicated for skin diseases, chronic fever, piles, worms, gout, jaundice etc.

#### **Nasya (Nasal Administration) :**

Medication through nasal route is called Nasya. An excess of bodily humours accumulated in throat, nose, sinus and head is eliminated by means of nearest possible opening.

Nasal administration is indicated for dryness of nose, sinus congestion, migraine, convulsions and certain eye and ear problems.

#### **Vasti (Medicated Enema) :**

Ayurvedic medicated enema treatment (Vasti) is the cleaning of "Vāta" - the main etiological factor in the manifestation of disease.

#### **Types of Enemas :**

1. Niruh Vasti (oil enema)
2. Anuvā sana Vasti (decoction enema) -

Vasti is indicated for constipation, distention, low backache, gout, rheumatism, sciatica, arthritis, nervous disorders, vāta headache, emaciation, muscular atrophy, paralysis & insomnia.

#### **RASĀYAN THERAPY IN AYURVEDĀ :**

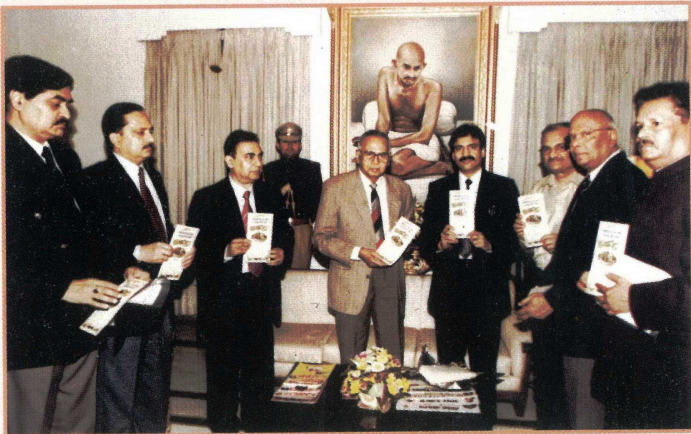
**रसायनं च तज्ज्ञेयं यज्जराव्याधिनाशम् । (शार्ङ्गधर)**

**दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः ।**

**प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ।**

**वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।**

(च०चि० १/७)



18th February, 2005 - H.E. Sri T.V. Rajeswar, Governor, Uttar Pradesh, releasing "Shatayu Ki Or" leaflet on the occasion of fourth anniversary of Dhanvantari Vatika.





29th October, 2005 - H.E. Sri T.V. Rajeswar, Governor, Uttar Pradesh, planting the sapling of "Reetha" tree in Dhanvantari Vatika on the occasion of Dhanvantari Jayanti.

Ayurveda also prescribes "Rasāyans" to purify and re-vitalise the cells. Rasāyans are the essence of fruits and herbs brought together to build the molecules thereby balancing the body. Some powerful Rasāyans are : Indian goose berry (called Amla), Haritaki (*Terminalia Chebula*) and Ashwagandhā (*withania somnifera*). They Rejuvenate the body.

Rasāyans like chyawanprash, for example, contain many readily available ingredients in honey/ghee base. It is the best tonic for all ages and specially for chest diseases, anemia and other immune disorders. Honey is considered the shukra, or pure essence, of the plant world.

## HERBS THAT ARE USEFUL IN IMMUNITY DISORDERS :

### AMLA (*Emblica officinalis*):

Amla or Indian goose berry is a popular fruit cultivated in India that has long been valued for its rejuvenating properties. According to traditional Ayurveda, preliminary evidence suggests that amla may help boost the immune response, presumably due to its Vitamin C content.

### GILOYA (*Tinospora Cardifolia*):

The plant is used in Ayurvedic rasāyans to improve the immune system and the body's resistance to infections. The Giloya plant is well known to have antispasmodic, anti inflammatory and antipyretic properties.

### Ashwagandha (*Withania Somnifera*):

Ashwagandha is one of the main herbs for promoting immunity and rejuvenating the body. It is a well-known vigour-tonic and it cures impotency and infertility. It has strong antistress properties also.

### Neem (*Azadirachta Indica*):

It is used for skin disorders, pimples, diabetes, tumors, obesity, arthritis, viral fever, Jaundice and blood impurity. In order to increase immunity of the body Neem leaves are taken internally in the form of Neem Capsule or a drink made with Neem powder. The drink is traditionally taken internally to reduce fever caused by Malaria. It has also reported to work against termites. In Ayurveda, neem leaves are used in curing neuromuscular pain. Chewing of 8-10 neem leaves early in morning for twenty-four days protects the body from diseases like diabetes and hypertension.

### DIET:

One should take easily digestible food and drink fresh water. One must take milk, curd, butter, sugarcane and juices.

### LIFE STYLE:

One should follow the right path and his own conscience. The following natural





**29th October 2005, Sri Lov Verma, Principal Secretary to Governor, Uttar Pradesh  
Planting the Sapling of "Tejpatra" tree in Dhanvantari Vatika on the occasion of Dhanvantari Jayanti.**

urges should not be suppressed. Passing of flatus, defecation, urination, sneezing, thirst, hunger, sleep, coughing, breathing when fatigued, yawning, weeping and vomiting.

### **YOGA & AYURVEDA :**

The practice of Yoga, a spiritual science of life, is a very important natural preventive measure to ensure good health. Ayurveda and Yoga are sister sciences. Yoga is restraint of the modifications of the mind and is an exact science.

The Yogic Practices described by Patanjali, the father of Yoga, are very useful in maintaining good health, happiness and longevity. Patanjali described the eight limbs of Yoga i.e. Yama, Niyama, Asana, Prāṇāyām, Pratyahar, Dharna, Dhyana and Samadhi. These are the natural regulators of mind and nervous system.

Yoga brings men to the natural state of tranquility which is equilibrium. Thus Yogic exercises have both preventive and curative values. Yogic Practices help bring natural order and balance to neuro hormones and metabolisms and improve the endocrine metabolism and thus provide fortification against stress.

Yoga is the science of union of the individual soul with the supreme soul. When Yogis follow certain disciplines and perform certain postures; they open up and move energies that have accumulated and stagnated in the energy centers. When stagnant, these energies create various ailments.

Ayurveda indicates which type of yogasan is suitable for each person, according to his particular constitution; for example, a person of pitta constitution should not perform the headstand posture for more than one minute. Similarly a person of vāta constitution should not perform the shoulder stand for a long time. The person of kapha constitution should not perform the hidden lotus posture for an extended time.

### **Breathing And Meditation (Prāṇāyām) :**

Breathing exercises, called Prāṇāyām, is a Yogic healing technique that brings about an extra ordinary balance in the consciousness. In practicing Prāṇāyām one experiences pure being and learn the true meaning of peace and love. Prāṇāyām has many healing benefits and also affects creativity. It can bring joy and bliss into life.

As with Yoga, there are different types of Prāṇāyām. Ayurveda indicates which exercises are suitable for different constitutional types. A person of pitta constitution should perform left nostril breathing. A person of kapha constitution should do right nostril breathing and a person of vāta constitution should perform alternate nostril breathing.

### **SUGGESTIONS FOR A CREATIVE & HEALTHY LIFE :**

- \* Awake before Sunrise.
- \* Evacuate bowels and bladder after awaking.
- \* Bathe every day to create a sense of bodily freshness.
- \* Prāṇāyāms in the morning or evening create freshness of mind and body.
- \* Wash hands before and after eating.



- \* Brush teeth after meals.
- \* Eat in silence with awareness of food.
- \* Eat slowly.
- \* Take light food at night.
- \* Each day massage the gums with finger and sesame oil.
- \* Fast one day a week to help reduce toxins in the body.
- \* Sleep before 10:00 PM.
- \* One tea spoon of grated fresh ginger with a pinch of salt is a good appetizer.
- \* Over eating is unhealthy.
- \* Drinking water immediately before or after taking food adversely affects digestion.
- \* Prolonged fasting is unhealthy.
- \* Water stored in a copper vessel is beneficial to drink.
- \* Resist a nap after lunch, which may increase kapha and body weight.
- \* Fear and nervousness dissipate energy and aggravate Vāta.
- \* Worry weakens the heart.
- \* Excessive Talking dissipates energy and aggravates Vāta.
- \* Meditate daily for at least a few minutes.

### Objective of Dhanvantari Vatika

The main aim of Dhanvantari Vatika established in the Governor house is to propagate the knowledge of medicinal plants among the masses. This is possible only when such types of Vatikas are established in different parts of the state and the awareness regarding the importance of these medicinal plants is spread among people, so that they can be benefitted by the valuable heritage of our ancestors in the form of Ayurveda.

**Script: Dr. Shiv Shankar Tripathi, M.D. (Ay.)**

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Officer Incharge, Dhanvantari Vatika, Raj Bhawan, U.P., Lucknow

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उत्तर प्रदेश में वन औषधीय प्रजातियों के प्रोत्साहन में वन निगम का योगदान -

उत्तर प्रदेश वन निगम द्वारा जड़ी-बूटी संग्रहण, भण्डारण एवं विपणन का कार्य प्रदेश के बिन्ध्य व बुन्देलखण्ड क्षेत्रों में किया जा रहा है, जिनमें प्रमुख प्रजातियाँ - गुड़मार पत्ती, नागरमोथा, बेलगूदा, बहेड़ा, आंवला, वन तुलसी बीज, शंखपुष्पी, भृंगराज, काकनाशा, इन्द्रजौ, गिलोय व सफेद मूसली हैं। इन क्षेत्रों से प्राप्त होने वाली उपरोक्त औषधियों की बिक्री हेतु ललितपुर, झाँसी, कर्वी, दुखी, लखनऊ व इलाहाबाद केन्द्रों पर त्रैमासिक निविदायें आमंत्रित की जाती हैं ताकि दवा निर्माताओं, उपभोक्ताओं को ताजी जड़ी-बूटियाँ उपलब्ध हो सकें। इस पद्धति का आशय दवा निर्माताओं को अपने उत्पाद विशुद्धतम रूप से बनाने में मदद करना है।

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