

15th February
2007



6th Issue

SHATAYU KI OR शतायु की ओर



Ayurveda, the best among nectars, provides longevity.

हेतुलिङ्गौषधज्ञानं स्वस्थातुरपरायणम् ॥

चरक सू० 1/24

Ayurveda provides knowledge of aetiology, symptomology and therapeutics for the treatment of a diseased person and essential knowledge for maintenance of health in a healthy person.

DHANWANTARI VATIKA, RAJ BHAWAN

U.P., Lucknow

**धन्वन्तरि वाटिका, राज भवन,
3090, लखनऊ**

HEALTH THROUGH AYURVEDA

[Prakriti (Body type) and its role in health]

Ayurveda advocates to keep a healthy person in health and if due to some factors a person becomes sick, then the aim of Ayurveda is to get rid of that disease.

The body is termed a seat for diseases i.e.

शरीरं व्याधिमन्दिरम् !!

This body is made of :

वातपित्तश्लेष्माण एव देहसम्भवहेतवः। तैरेव अव्यापन्नैरघोमध्योर्ध्वसन्निविष्टैः
शरीरमिदं धार्यतेऽगारमिव स्थूणाभिस्तिसृभिरतश्च त्रिस्थूणमाहुरेकं!! सुप्रसू 21/3

Vata, pitta, and Shleshma (Kapha) only are the causes for the origin of the body. By these (doshas) which are not abnormal and which are spread in the lower, middle and upper parts respectively, support the body just as the house is supported by the pillars; hence these are called "Three pillars" (of the body) by some authorities. These only, when abnormal become the causes for destruction (of the body). These three doshas along with Shonita (blood) are present even during the origin, existence and destruction of the body.

Ayurveda further believes that :-

विसर्गादानविक्षेपैः सोमसूर्यानिना यथा !

धारयन्ति जगद्देहं कफपित्तानिलास्तथा!! सुप्रसू 21/8

Just as soma (moon-water), surya (sun-fire) and anil (air) support the body of this world by functions like visarga (releasing of strength), adana (withdrawing strength) and vikshepa (initiating all actions) respectively, similarly Kapha, pitta and anil (vat) support this human body (with respective functions).

यद्ब्रह्माण्डे तद् पिण्डे !

In respect of the human body, soma (water) is represented by shleshma (kapha), fire/heat by pitta and air by vata. Functions of **shleshma** (Kapha) are moistening, liquifying, lubricating, softening, combining things, adhering, cooling, mild and slow actions, comforting, bestowing strength, resistance and endurance. Function of **pitta** are digestion of food, body temperature, burning sensation, exhaustion, seeing, perspiration, destruction, intelligence and courage. Functions of **vata** are causing movements of all kinds of all things, quickness and unsteadiness of actions, absorption, elimination, separating things, respiration, sensory perception, understanding pain, supporting and maintenance of life activities.

The food articles or medicines to be taken for elimination of disease have six tastes (rasas) i.e. Madhur, Amla, Lavana, Katu, Tikta and Kashaya. The three rasas i.e. Madhur, Amla and Lavana are due to kapha; Amla, Lavana and katu are due to pitta; katu, tikta and kashaya rasas are due to vata.

The persons may have three-body types i.e. prakriti viz, Kaphaj, Pittaj or Vataj. The predominance of any one of doshas results in forming the prakriti of a person. The person with that prakriti shall show signs and symptoms of that particular dosha.

Table showing symptoms to assess Prakriti

Body Type	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
Physical Constitution	Poor muscular development, disharmonious	Moderately developed And Balanced	Strong, stout, good muscular development
Body Weight	Vata types tend not to put on weight	Medium	Heavy, kapha people are prone To obesity
Skin Color & Complexion	Dark, greyish, olive complexion	Reddish, coppery-red, prone to reddening	White pale
Skin	Thin, dry, very cold	Hot, moist	Thick, white, smooth
Face	Small, long, dark, wrinkled	Medium, prone to redness	Big, round, soft contour
Eyes	Small, winking with nervous tics	Medium, sensitive to the light	Large, prominent, attractive
Nose	Bent, thin, small, long, dry	Medium. often sharp, long and pointed	Large, thick, oily with broad nostrils
Shoulder	Thin, narrows, stooping	Balanced, medium	Large, broad, well formed
Arms	Thin, under developed	Medium, strong and resistant	Large, long, well developed
Hands	Small, dry, very cold, rough	medium, warm, pink, always hot even in winter	big, thick, moist, cold, steady
Legs	Thin with prominent knees	Medium, strong and vigorous	Will built, sturdy
Feet	Thin, rough, dry, very cold	Medium, soft, and pinkish	Large, hard, steady
Nails	Dry, rough, easily brittle	Regular, pink or reddish	White, smooth
Appetite	Variable, irregular, anxious	Vigorous and good appetite	Stable, moderate desire
Thirst	Variable	Excessive	Sparse
Digestion	irregular	Fast, can digest more	slow but regular
Sweat And Body Smell	Scanty even in summer without any smell	Abundant with a strong Smell	Moderate, do not smell bad

Activity	Irregular, inconstant	Motivated with precise purposes	Slow, constant, solemn
Pulse	Fast, weak, irregular	Strong and regular	full, deep, slow, constant
Resistance To Disease	Scanty, tendency to chronic disease	Medium, prone to infections haemorrhages	Good, constant, the immune system is strong
Tendency To Disease	Disorders involving the nervous system	Fever, infections	Diseases involving respiratory system
Nature Of The Mind	Rapid, adaptable, indecisive	Lively, penetrating, critical	Slow, constant, intelligence
Manner Of Speaking	Quick, contradictory, jerkily, very talkative	Concise, moderate, convincing	Slow, precise, not talkative
Memory	Scanty	Piercing	They remember for life
Neurotic Tendencies	Attacks of anxiety, hysteria, tremors	Excess of anger, hate, jealousy	Depression, apathy, distress
Sleep	Tendency to insomnia, irregular	Medium, fall sleep easily	Go to sleep easily, urge to sleep in the day.

A person can assess his or her Prakriti from the above table by marking (✓) the symptoms which applies to him. Predominance of these symptoms decides the Prakriti of a person. (for example- if a person has 8 in Vata, 13 in Pitta and 5 in Kapha then his Prakriti would be of Pitta predominance)

If a person knows his prakriti then he or she can modify it by use of certain food and medicines, which pacify those doshas. The main seat of kapha is Amashya, the main seat of Pitta is between Amashya and Pakwashya i.e. small intestine. The main seat of vata is large intestine. To pacify these doshas i.e. for Kapha-Vaman, for Pitta-Virechan and for Vata-Vasti has been advised.

The main aim is to confirm the prakriti and then pacify the predominant dosha by above-mentioned karmas.

AHAR (Diet) & VIHAR for person of different Prakriti :-

Vata Prakriti -

General guide-lines for preparing the Vata diet	pinch of Asafoetida (Hing), mustard seeds and avoid excess of oil.
Condiments	Coriander (Dhaniya) leaves, Cumin (Jeera), cloves (Long), Cinnamon (Dalchini) and cardamom (Ilaiychi), other spices in small amounts.
Fruits	Sweet fruits, Banana (Kela), Coconut (Nariyal), Mango (Aam), Fig (Anjir), Grapes (angoor), Sweet melon (Kharbooja), Orange (Santara), Papaya (Papita), Pineapple (Annanas), Raisins-soaked (Munakka), Dates (Khajur), Ripe and unripe Falsa, Berries, Cherries, Peaches, Apricots.
Vegetables	Cooked vegetables, Fenugreek leaves (methi shak), carrot (Gajar) Cucumber (Kheera), Garlic (Lahsun), Green beans, Potato (sweet), Radishes.
Cereals	All kind of rice, wheat (Gehun).
Pulses	Mung, Kulthi, Linseed (Alsi).
Milk Products	All kinds of milk products, Ghee, Butter milk (Mathha) - add salt in sour buttermilk, cottage cheese (Panir), Ice Cream, Curd (Dahi).
Oils	All oils are good.
Beverages	Fresh juice of all fruits, Milk Shakes, Lass i-add Cumin (Jeera) powder and honey or dates (Khajoor).
Nuts	Almonds (Badam), Walnut (Akhrot), Pista
Non- Vegetarian	Chicken (Murga), Eggs (fried), Fish, Crab (Kekra), Prawns (Jheenga) Lobsters.
Herbs	Psyllium (Isabgol) husk, Triphala, Caster oil (Erand), Asavagandha, Bala, Shatvari, Kapikachhu, Amalki, Haritkai, Jatamanshi, Basil (Tulsi), Nutmeg (Jaiphal).

Following should be avoided because these are Vata intensifying activities :

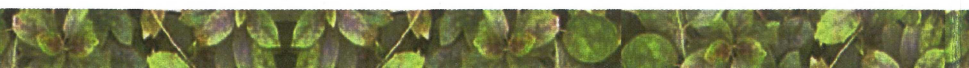
- Fasting and irregular diet.
- Consumption of cold, frozen, fried food.
- Bitter, Pungent and astringent tasting food.
- High speed travel.
- Swimming, excessive aerobic exercises.
- Excessive excitation of senses.
- Anxiety, fear, worry and grief.
- Noisy, air-conditioned work places.
- Frequent interruption at work.
- Stress full responsibilities.
- Late night work.

Pitta Prakriti -

General guide lines for preparing the Pitta diet	Use less amount of pepper, garlic, tomato puree, mustard seed and add spices which have effect on Pitta like Coriander (Dhaniya) seeds, Cumin (Jeera) seeds and Cardamom (Dalchini). Always drain off the excessive oil.
Condiments	Coriander (Dhaniya) leaves, Cumin (Jeera), Cinnamon (Dalchini) in smaller quantity, Curry leaves (Karipatta), Roasted Coconut (Bhuna Nariyal), Turmeric & a small amount of black pepper, Fennel seed (saunf) and Saffron (Keshar).
Fruits	Sweet fruits, Sweet apple, Coconut (Nariyal), Mango (Am), Fig (Anjir), Grapes (angoor), Sweet melon (Kharbooja), Orange (Santara), Pineapple (Annas), Raisins (Munakka), Dates (Khajur), Pears (Nashpati), Pomegranate (Anar), Watermelon (Tarbooj), Ripe Ber, Ripe Falsa, Kismish (Raisins), Jamun.
Vegetables	Sweet & Bitter vegetables, Cabbage (Gobhi), Broccoli, Cucumber (Kheera), Sprouts, Ladies finger (Bhindi), Pea (Matar), Potato (Alu), Sweet Potato (Shakarkand), Bitter Gourd (Karela), Ridged Gourd (Turai), Loki., Cauliflower, Green beans, Lettuce, Mushrooms, Parsley, Peppers (green).
Cereals	Barley (Jaun), Rice (Chaval), Wheat (Gehun), Wheat bran (Chokar).
Pulses	Kidney beans, Mung beans, Soya beans, Yellow Lentil (Arhar).
Milk Products	Butter (Makkhan), Ghee, Milk, Cottage cheese.
Oils	Coconut, Olive, Sunflower, Soy.
Beverages	All sweets fruit juices, Milk Shake, Lassi -add Coriander (Dhaniya) Powder and avoid in spring.
Non-Vegetarian	Chicken (Murga), Egg -white portion (Anda Safed Bhag), Fish, Hare (Khargosh), Lobster (Kekra), Prawn (Jhenga).
Herbs	Aloe, Senna, Psyllium, Shatavari, Bala, Amalki, Saffron, Liquorice (Madhu Yasti), Guduchi, Bhringraj, Sandalwood, Rose, Lotus seeds.

Following should be avoided because these are Pitta intensifying activities :

- Fasting or excessive eating.
- Hot fried food.
- Salty, pungent, spicy or sour food.
- Fast and rash driving.
- Exposure to sun & heat.
- Exercise during mid day, excessive adventures.
- Excessive thinking, concentration.
- Violence.
- Suppression of emotions.
- Anger, hate, jealousy, fear of failure.
- Highly illuminated work places.
- Competitive, Challenging jobs.
- Volatile situation of success or failure.
- Working near furnaces and fire sources.



Kapha Prakriti -

General guide lines for preparing the Kapha diet	Avoid deep fried preparation or use occasionally. Some preparations like Vada, Pakora etc. should be baked in spite of deep-frying. Add greater amount of Mustard seeds and 1/4 th teaspoon full of Fenugreek (Methi), Fresh green chillies or dry ginger (Saunth).
Condiments	Coriander (Dhaniya) leaves, Cumin (Jeera), Cayenne pepper (lal mirch), Cloves (Long), Cinnamon (Dalchini) and Cardamom (ilaychi), other spices in small amounts.
Fruits	Apple (Seb), Pears (Nashpati), Apricot, Berries, Cherries, Figs (dry), Pomegranate, Mango, Raisins (Munakka), Jamun.
Vegetables	Pungent (Titi) and Bitter (Kadvi) Raw vegetables, cabbage (Patta gobhi), Carrot(Gajar), Fenugreek leaves (Methi), Garlic (Lahsun), Green beans (Sem), Lady finger (Bhindi), Peas (matar), Chillies (Mirach), Onion (Piyaj), Radish (Muli), Spinach (Palak), Sprouted seeds, Lettuce, Mushrooms, Parsley, Spinach, Ridged Gourd (Turai), Bitter Guard (Loki), Karela.
Cereals	Wheat bran (Chokar), Barley (Jau), Maize (Makka), Millets (Bajra), Yellow Lentil (Arhar), Kulathi.
Pulses	Yellow Lentil (Arhar), Kulathi, Mung, Massor, Chana.
Milk Products	Milk in small quantities, Goat's milk, Buttermilk with Dried ginger (Saunth), Pepper (Mirach) and Pippal.
Oils	Almond, Corn or Sun flower in small amounts.
Beverages	Carrot juice (Gajar), Ginger juice (Adrak), Carbonated cold drinks.
Non-Vegetarian	Chicken (Murga), Egg, Hare (Khargosh).
Herbs	Garlic, Long Pepper, Shilajit, Honey, Guggul, Aloe, Basil.

Following should be avoided because these are Kapha intensifying activities :

- Excessive eating or eating without variety.
- Cold frozen food and high cholesterol diet.
- Foods with excessive sweet, salt or sour taste.
- Lack of exercise.
- Excessive sleeping, Sleeping during day time.
- Excessive thinking and concentration.
- Lazy, bored and lethargic attitude.
- T.V. shows of tragedies.
- Doubt, greed and possessiveness.
- Exposure to cold weather.
- Repetitive administrative job work.

Note - Guidelines provided in above tables are in general, specific adjustments for individual requirements may need to be made e.g. Asatmaya (food allergies), strength of Agni, season of the year and degree of dosha predominance or aggravation.

Herbs used in common diseases:-

Ashwagandha-(winter cherry)

Latin Name- Withania somnifera

Morphology- A small hairy under shrub, about 3-4 ft high branches are zigzag and clothed with stellate hairs. Leaves simple cuneate, narrow at base and clothed with stellate hairs. Flowers in clusters, yellowish green in axils. Fruits are berry endothered with persistent calyx.

Taste- Bitter

Actions:- Aphrodisiac, Rejuvenating tonifier (rasayan), Diuretic, Anti-inflammatory, Analgesic, Anti depressive, immunomodulatory, Antioxidant.

Used in:- Roots- Fever, Painful swellings, Ulcer, Neurological disorder, cardiovascular system, Physiological and Psychological stress, Gastric activity and general weakness.

Leaves- obesity

Parts used- Roots and leaves

Shatawari-

Latin Name- Asparagus racemosus

Morphology- Extensive spinous much branched climber, leafless with cladodes white & small flowers.

Taste- Sweet

Action- Rejuvenator, Nervine-tonic, Galactagogue, spermo poietic.



Used in- Threaten abortion, Leucorrhoea, Agalactia, Seminal and General debility, Hysteria and Hyperacidity.

Parts used:- Fleshy roots and cladodes.

Tulsi (Holy basil)

Latin Name- Ocimum sanctum

Morphology- An annual much branched, hairy herb with square stem. Leaves light green & aromatic. Flowers in Verticillaster.

Taste- Acrid Bitter

Actions- Expectorant, Diaphoretic, Stimulant, Stomachic, Demulcent, Carminative, Heart tonic, Anthelmintic.

Used in;- Rhinitis, Bronchitis, Malarial and viral fever, Asthma, Vomiting, indigestion, earache, Diabetes and liver disorders.

Parts Used- whole plant, leaves, stem and seeds.

Mulethi (Licuorice Root)

Latin Name- Glycyrrhiza glabra

Morphology- A perennial small shrub with pinnate compound leaves, purple flowers.

Taste- Sweet

Action- Appetizer, Anti-emetic, Cooling, Rejuvenator, Expectorant, Diuretic, Anti-inflammatory and Wound healing, Blood Purifying.

Used in- Cough, Vomiting, Wound healing, Haematemesis, Thirst, Skin disease, Heart disease, Epilepsy, Hyperacidity and peptic ulcer.

Parts used- Root, Under ground stem, Leaves.

Gugul (Indian Bedellium tree)

Latin Name- Commiphora Mukul

Morphology- A small tree with spine scent branches. Leaves are glabrous; Fruits are fleshy and globular.

Taste- Bitter

Actions;- Astringent, Anti Spasmodic, Anti Bacterial, Blood purifier, Anti inflammatory

Used in;- Arthritis, Hemiplegia, Liver disorders, Wound healing.

Parts used- Gum Resin

Ghrit Kumari (Indian aloe)

Latin Name- Aloe Vera

Morphology- A small herb with stolon, fleshy and radical leaves, flowers pinkish on long scape (height 1-2 ft).

Taste- Bitter

Actions;- Purgative, Carminative, Digestive, Anti-inflammatory, hepatoprotective.

Used in;- Constipation, Piles, Rheumatism, Colic, Menstrual disorder, skin care.

Parts used- Pulp of leaves, Dried juice

Lahsun (Garlic)

Latin Name- Allium sativum

Morphology- A small herb with half tunicated bulb; Leaves flat linear grass like, flower white on a globose umbel (height 1-2 ft).

Taste- Acrid sweet

Actions;- Digestive, Antiseptic, antibacterial, Stimulant-expectorant, diaphoretic, Bone healing, Rejuvenator, hypocholestrimic.

Used in;- Flatulence, Epilepsy, ear troubles, Malarial fever, Tuberculosis, Skin disease, Chronic Cough, Bronchitis.

Parts used- Bulb and Leaves

Pippali (Long Pepper)

Latin Name- Piper Longum

Morphology- A slender under shrub, creeping and rooting below, branches rambling, root is erect and thick, leaves are delicate orbicular, heart shaped.

Taste- Acrid

Actions;- Carminative, Aromatic, Rejuvenator, Digestive, CNS stimulant, anti bacterial, Anti- inflammatory.

Used in;- Cough, Chronic Bronchitis, Cold, Throat disorder, Spleenomegaly, Dyspepsia, Lumbago, Antidote to snakebite, Uterine hypotonia.

Parts used- Dried unripe fruits and roots.

Gulab (Rose)

Latin Name- Rosa centifolia

Morphology- An erect perennial shrub about 1 to 1.5 meter high branches with large hooked prickles, leaves-compound with 5 leaflets, Flowers with many petals stamens and carpels, aromatic.



Taste- Bitter

Actions;- Aromatic, Appetizer, Astringent, Heart Tonic, Digestive, Laxative.

Used in;- Skin disease, Burning sensation, acne, constipation, Gulkand is a preparation from equal parts of sugar and petals is Astringent and heart tonic, Rose water is used as vehicle for medicine. Rose water is very useful for Eye, Skin and chest problems.

Parts used- Flowers

Chandan (Sandal wood)

Latin Name- Santalum album

Morphology- Evergreen medium sized tree about 25-30 feet high which is semi parasite, leaves opposite, ovate, flowers small of purple color and clusters.

Taste- Bitter

Actions;- Cooling, styptic, demulcent, antidote, Diuretic, Diaphoretic.

Used in;- Fever, thirst, vomiting, Disuria, Leucorrhoea, Dysentery.

Parts used- Heart wood and oil.

Sanaya (Indian Senna)

Latin Name- Cassia angustifolia.

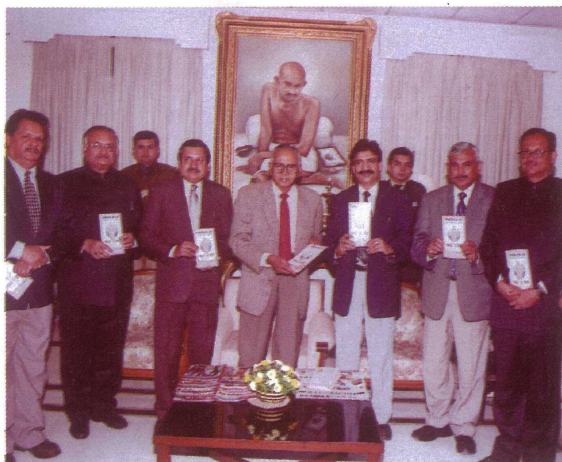
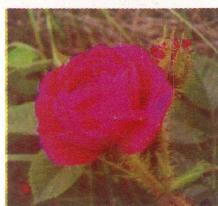
Morphology- A small herb about 2-3- feet high, compound leaves with 1-8 pairs of leaflets, yellow flowers in axillary raceme. mainly cultivated in Tamil Nadu.

Taste- Bitter

Actions;- Laxative, Anthelmintic, Blood purifier.

Used in;- Constipation, skin disease, cough, Abdominal troubles.

Parts used- Pod and Leaves.



17th February 2006 - H.E. Sri T.V. Rajeswar, Governor, Uttar Pradesh, releasing "Shatayu Ki Or" leaflet on the occasion of fifth anniversary of Dhanvantari Vatika.

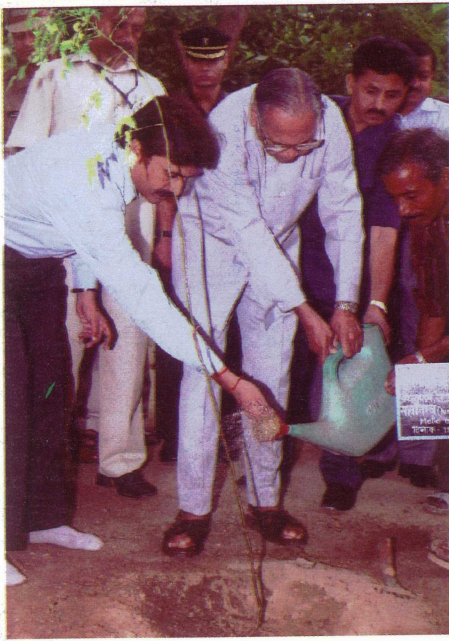
Objective of Dhanvantari Vatika

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 benefited by the valuable heritage of our ancestors in the form of Ayurveda.

पश्येम शरदः शतं जीवेम शरदः शतं शृणुयाम शरदः शतं प्रब्रवाम
शरदः शतमदीनाः स्याम शरदः शतं भूयश्च शरदः शतात् ।।

— यजुर्वेद 36:24

Which means we may see for hundred years, live for hundred years, hear for hundred years, continue to have speaking power for hundred years, should be self dependent for hundred years i.e. we should not be dependent on others. This has been the desire in the Vedic age.



19th October 2006 - H.E. Sri T.V. Rajeswar, Governor, Uttar Pradesh, planting the sapling of "Melia azedarach" (Mahanimb) tree in Dhanvantari Vatika on the occasion of Dhanvantari Jayanti.



19th October 2006 - Sri Lov Verma, Principal Secretary to Governor, Uttar Pradesh, planting the sapling of "Ceiba pentandra" (Shwet Semal) tree in Dhanvantari Vatika on the occasion of Dhanvantari Jayanti.

अव्यापन्नानायोशधीनामपां चोपयोगः !! सुश्रुत सू० ६/१८

The use of pure water and medicines are advised for the cure of diseases.

Our Gratitude for the co-operation of :
U.P. Agriculture Department

MAIN SCHEMES OF AGRICULTURE DEPTT. U.P. :-

- 25% - 30% cost subsidy on certified seed distribution.
- 25% cost subsidy on agriculture implement distribution.
- 50% cost subsidy on plant protection instrument distribution.
- Bhumi Sena Yojna for reclamation of Usar, Barren & Water logged lands of farmers.
- Farmers Training at Various Levels.

For further information kindly call on free helpline No. 1551 or visit our site www.upagriculture.org

Script :

Dr. Shiv Shankar Tripathi, M.D.(Ay.)

Medical Officer, Raj Bhawan Ayurvedic Dispensary and
Officer In-charge, Dhanvantari Vatika, Raj Bhawan, U.P., Lucknow
Phone: 0522-2620494 (Ext.-210), 0522-2419887 (R)

Published by :

Dhanvantari Vatika, RajBhawan, Uttar Pradesh, Lucknow
on the 6th Anniversary of Dhanvantari Vatika.

Printed by :

Joint Director,

Agriculture Bureau, 9, University Road, Lucknow ; Ph : 0522-2781042