

Session 1: Philosophy, and Introduction to Ayurveda

AYUR 1000

Centre for Innovative and Lifelong Learning, University of Mauritius (UoM)

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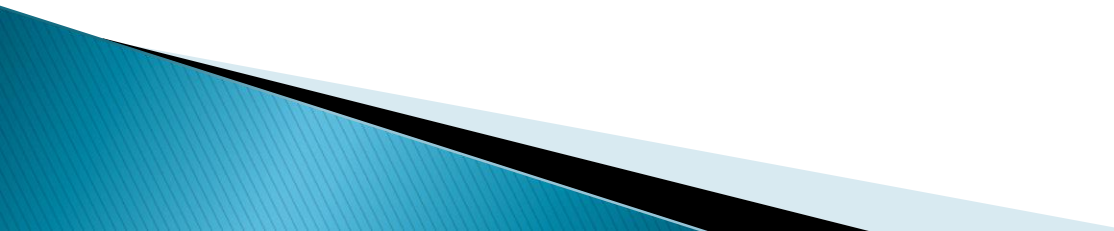
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Schools of Indian Philosophy

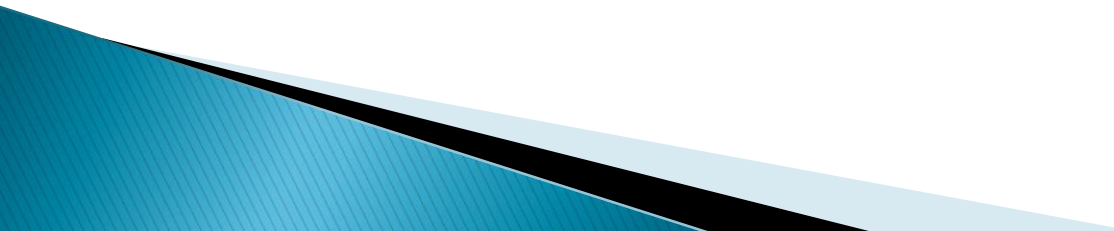
Believers v/s Non-believers in Veda

| | |
|---------------|----------|
| Vaishesika | Jain |
| Nyaya | |
| Samkhya | Buddhist |
| Yoga | Ajivika |
| Purva Mimansa | Charvaka |
| Vedanta | |

Lay out of Vedas

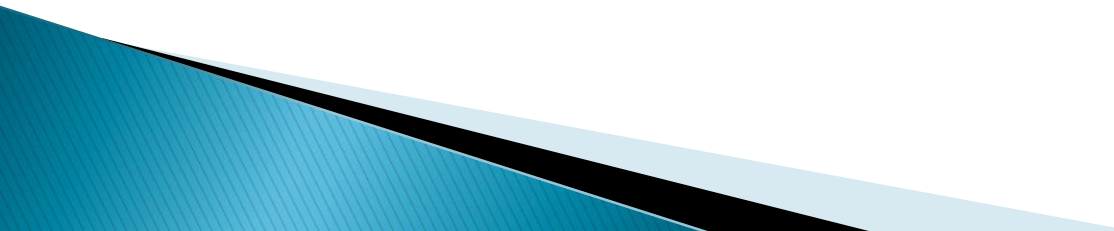
- ▶ Samhita: Contains the Mantras and hymns
 - ▶ Brahman: The ritualistic teachings
 - ▶ Aranyaka: The meditational section
 - ▶ Upanishad: Mystic and philosophical section, known as Vedanta
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Ayurveda in Veda

- ▶ A sub-Veda of Atharwa Veda (289 herbs); with contributions from Rig Veda (67 herbs) or Yajurveda(81 herbs)
 - ▶ Vedas mention medicines for pain, poisons, worms, obs / gynae care, Tuberculosis, geriatrics, aphrodisiacs etc
 - ▶ Sources – Plants, water, animal & minerals
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Introduction to Veda

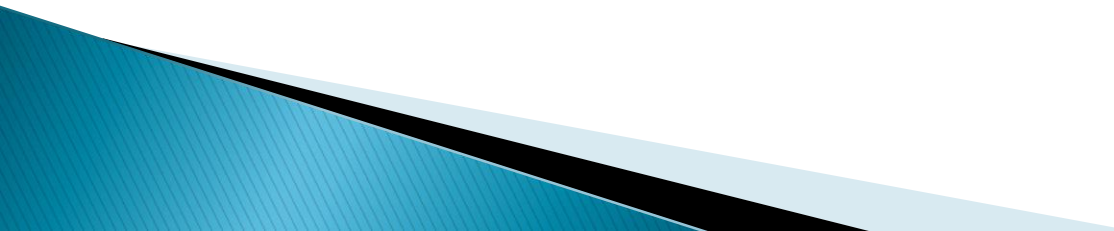
Four; The Oldest Scriptures

1. Rig Veda by saint Vyasa
 2. Yajur Veda by Vaishampayan
 3. Sama Veda by Jaimini
 4. Atharva Veda by Sumantu
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Contents

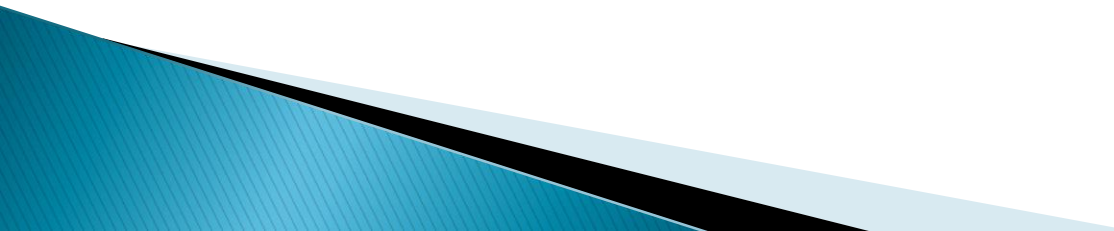
- ▶ Approx. 100,000 verses in 1,180 branches
 - ▶ Only 20,379 verses are available –
 1. Rig Veda 21 Branches – Religious rituals
 2. Yajur Veda 109 Branches – Social rituals
 3. Sama Veda 1000 Branches – Music, Dance, Drama
 4. Atharva Veda 50 Branches – Health, Magic
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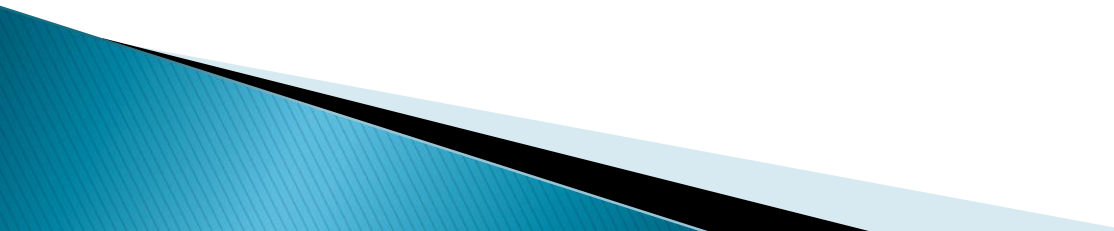
- ▶ Consistent and a complex system of knowledge
 - ▶ Details Medicine, sociology, Astrology, Astronomy, Music, Dance, Ritual practices etc.
 - ▶ The core text is known as the *Samhita*
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Goals of life

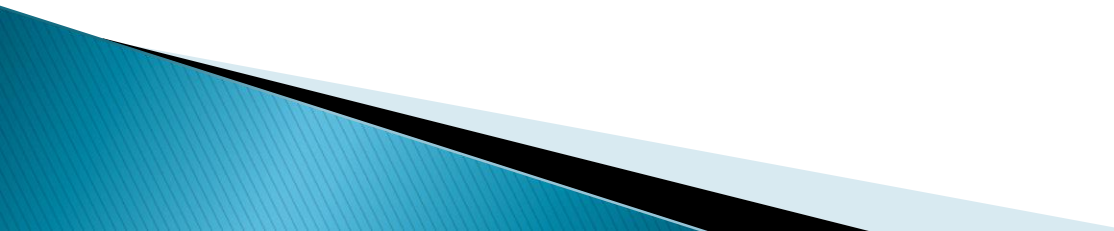
Purushartha Chatushtya

- ▶ Dharma : Righteousness, Duty
 - ▶ Artha : Wealth / Materials required to survive
 - ▶ Kama : Desire
 - ▶ Moksha : Liberation
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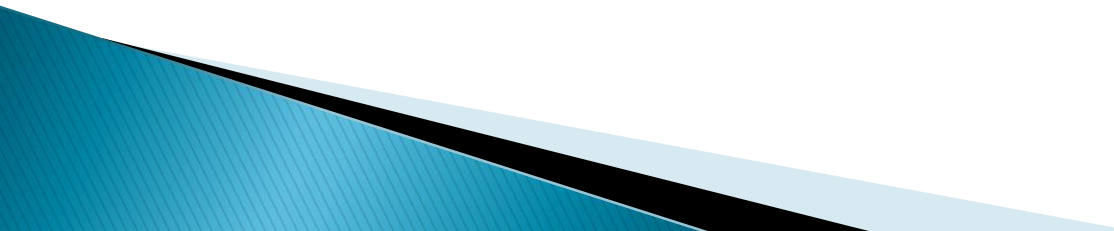
Dharma

- ▶ The mental, physical, spiritual or social work that a person is expected to do
 - ▶ The duties of a person
 - ▶ *Adharma* – The prime Etiology
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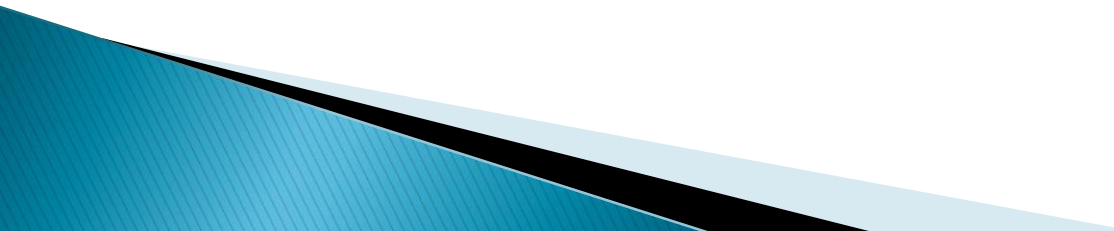
Artha

- ▶ The pursuit of material wealth
 - ▶ Brings material comforts to a person
 - ▶ Not to hoard wealth; to avoid distress of poverty
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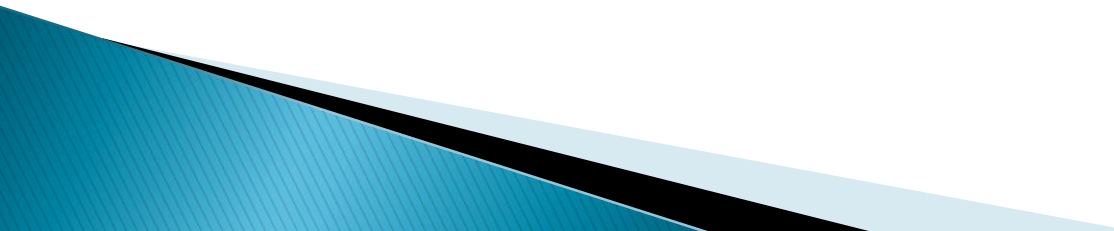
Kama

- ▶ The desire
 - ▶ To survive, to be loved, to be wealthy, powerful, recognition, service, etc
 - ▶ Should use these desires judiciously & within acceptable social limits
- 

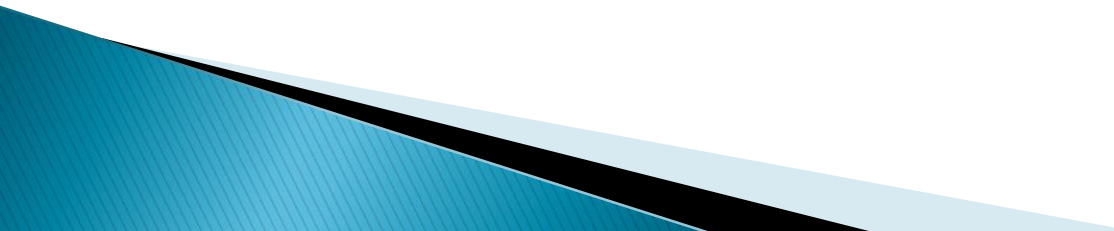
Moksha

- ▶ Freedom, Liberation, Realizing
 - ▶ The ultimate destination for this human birth
 - ▶ The experience of the cosmos within one's self
 - ▶ *To be free from vices in this life*
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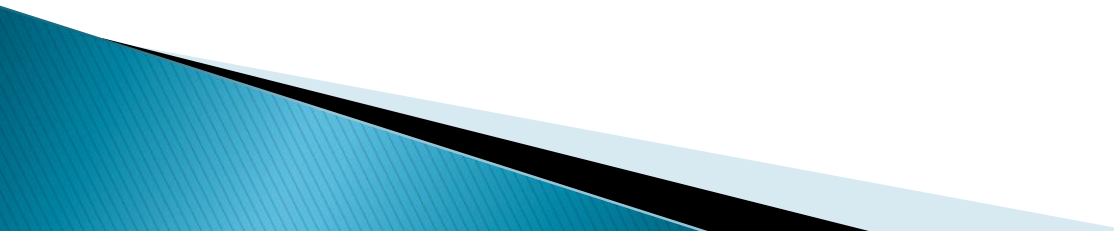
Tri-Danda / Tripods of Life

- ▶ Satva – Mind
 - ▶ Atma – Soul
 - ▶ Shareera – Body
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Satva / Mind

- Focuses on one entity at a time
 - Most subtle and lightening fast
 - Brain – The office
 - Heart – The residence
- 

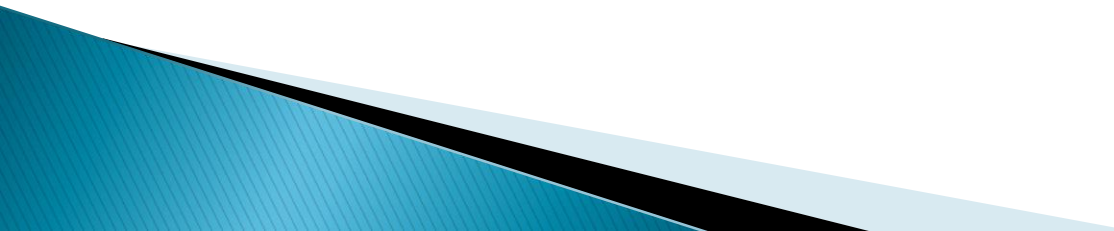
Functions

- ▶ The thinking process / Selection of sense organ to acquire information
 - ▶ The intellectual understanding that derives from knowledge
 - ▶ The ability to retain knowledge and make use of it
- 

Applications

- ▶ Right behaviour
 - ▶ Right thinking
 - ▶ Right action and right response
 - ▶ Right eating, right lifestyle

 - ▶ Connection to all psychological disorders

 - ▶ Linked to Psychosomatic disorders
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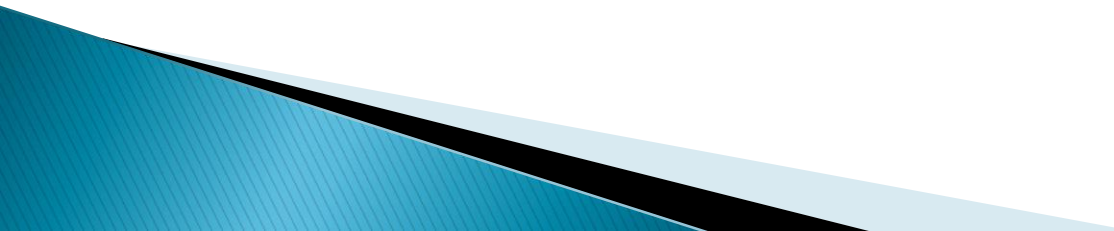
Atma / Soul

The most important sign of life; *Purusha*

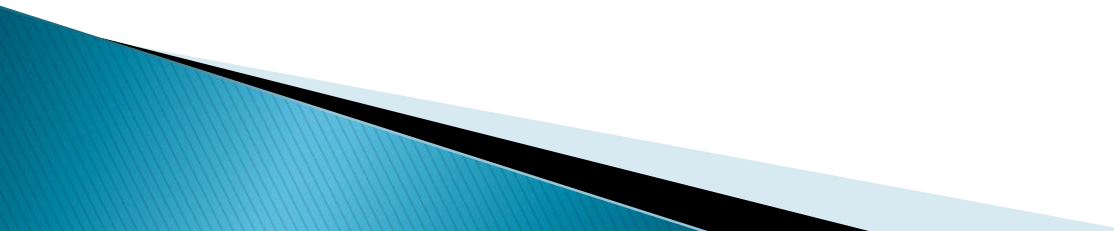
Two types -

- ▶ Jeevatma
- ▶ Paramatma

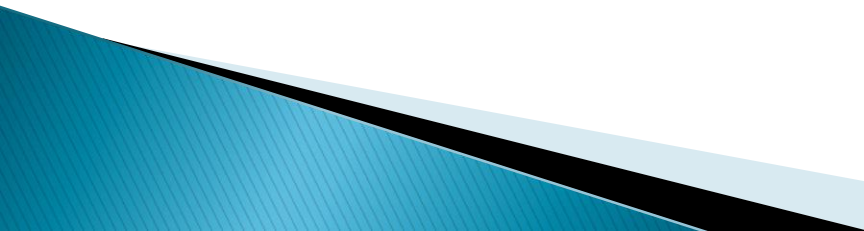
Paramatma

- ▶ Non-involved
 - ▶ Never affected by sorrows or joys
 - ▶ The observer
 - ▶ Never gets any illness
- 

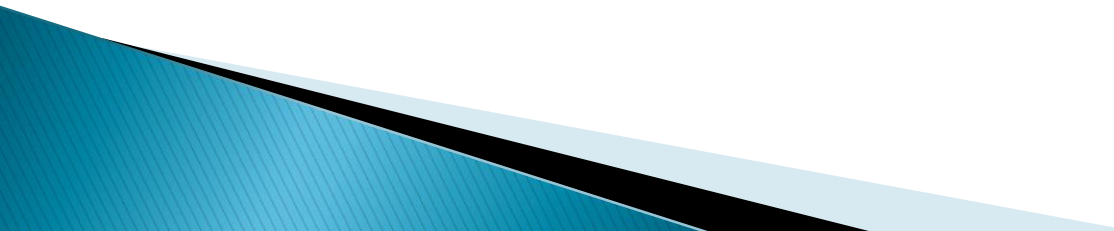
Jeevatma

- ▶ A portion of Paramatma locked inside a body
 - ▶ Experiences joy & pain
 - ▶ Have worldly desires and falls ill too
 - ▶ When the departs from the body, one dies
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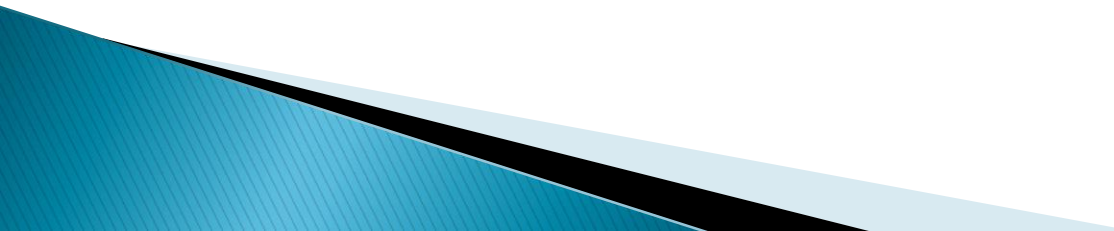
Introduction to Ayurveda

- ▶ One of the ancient most systems of medicine
 - ▶ The source of Ayurveda – Vedas
 - ▶ A life–style, Beyond a medical stream
 - ▶ Documented 5000 years ago
 - ▶ Individualized, safe, Promotive, Preventive & Curative
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Contd..

- ▶ 1000 Medicinal plants, 58 minerals, 54 animal products; currently 540 plants approved by the Government of India
 - ▶ Strength in the Preventive Medicine & management of Chronic health conditions.
 - ▶ >20 Post Graduation Specialties
- 

Inception

1. Lord Brahma
 2. Lord Prajapati
 3. Ashwini Duo
 4. Lord Indra
 5. Bhardwaj – Brought to Planet Earth
 6. Punarwasu Atreya and Dhanawantari
 7. Agniwasha and Sushruta
 8. Charaka
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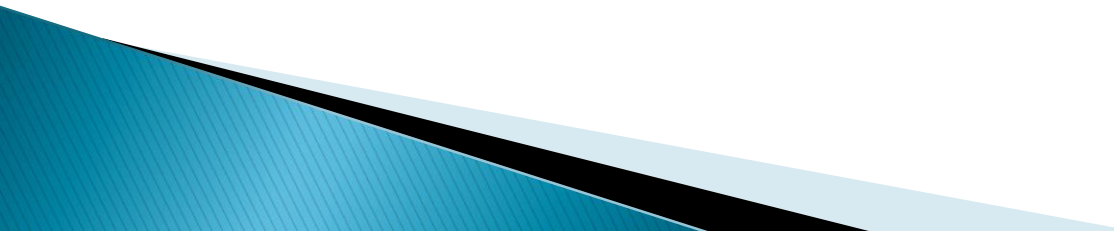
Definition of Ayurveda

- ▶ ‘Ayu’ and ‘Veda’ – The science of life

“That is designated as Ayurveda where advantageous and disadvantageous as well as happy and unhappy life along with what is good and bad for life, its measurement and life itself are described”

Charaka Samhita, Sootra sthana, chapter 1, verse 41

Unique Principles

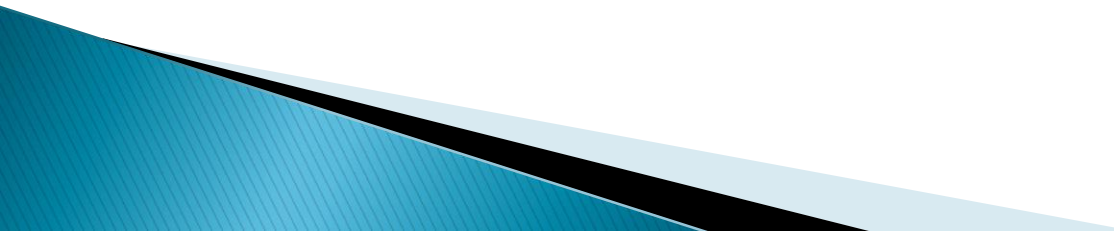
- ▶ *Mahabhoota*
 - ▶ *Tridosha*
 - ▶ *Prakriti / Constitution – Physical/Psychological*
 - ▶ *Dhatu / Cells to Systems*
 - ▶ *Atma*
 - ▶ *Agni / Metabolism*
 - ▶ *Shad Rasa*
 - ▶ *Clinical Examination eg Pulse*
 - ▶ *Panchakarma / Detoxification*
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Panchamahabhoota form Tridosha

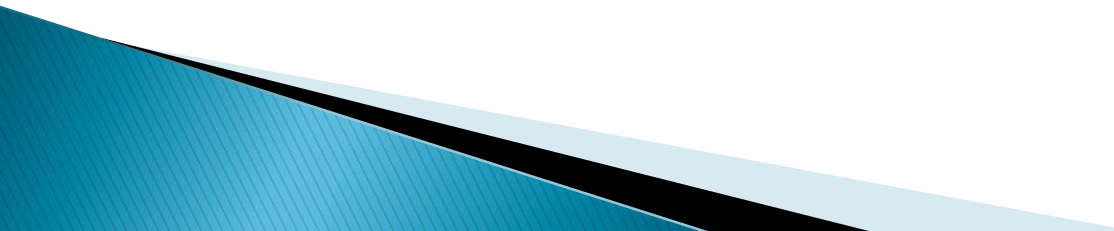
| PMB | DOSHA |
|--------------------------------|--------------|
| Akasha / Space & Vayu / Air | VATA |
| Agni / Fire & Jala / Water | PITTA |
| Jala / Water & Prithvi / Earth | KAPHA |

Causal Theory of Ayurveda

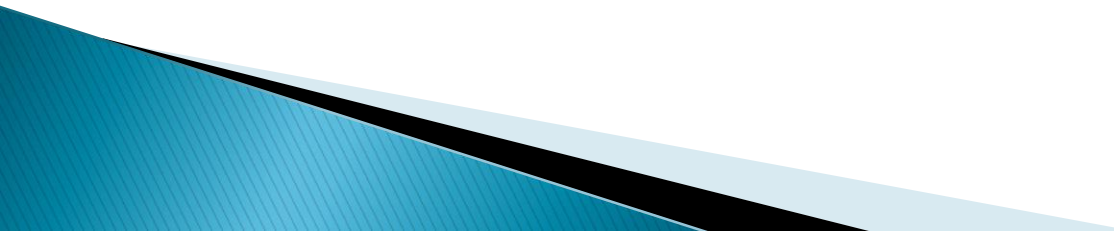
Nine *Causal Elements*–

1. Earth
 2. Water
 3. Energy
 4. Air
 5. Space
 6. Direction / Place
 7. Time
 8. Mind
 9. Soul
- 

Prakriti / Individuality

- ▶ Physical and Psychological Constitution of a person
 - ▶ Determined at the time of conception of the fetus; Permanent
 - ▶ Knowledge of *Prakriti* helps in maintenance of health and treatment of diseases
- 

Clinical Specialities

1. Medicine
 2. Surgery
 3. Eye, E.N.T. , Dentistry
 4. Toxicology
 5. Paediatrics / obstetrics–gynaecology
 6. Rasayana (Anti–ageing)
 7. Sexology
 8. Psychiatry
- 

Definition of Life

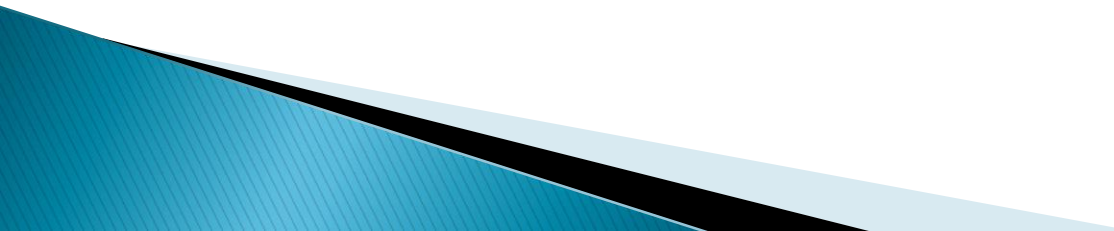
- ▶ A consortium of *Body, Senses, Mind & Soul*
- ▶ *Prana* – 12 (*Satwa, Raja, Tama* for mind, Vayu, Agni, Soma for body, 5 sense organs, Atma)

Definition of health

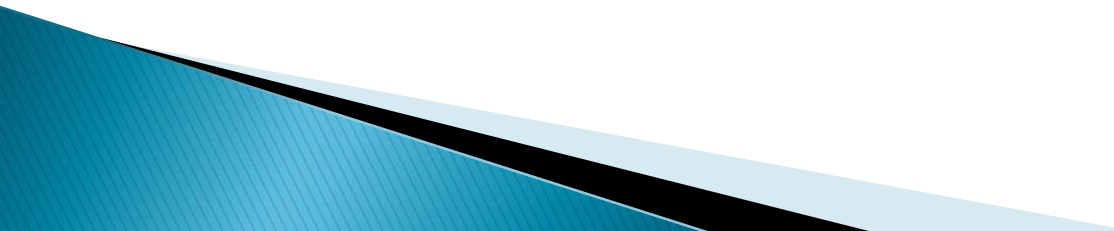
*Sama Doshah Sama Dhatu Sama Agnishcha
Mala Kriyah*

*Prasanna Atmendriya Manah Swasth
Ityabhidheeyate*

Components of Health

- ▶ Doshas
 - ▶ Agni
 - ▶ Dhatus
 - ▶ Malas
 - ▶ Atma (spirit), Indriya (senses) and Mana (mind)
- 

Shareera / The Body

- ▶ Atma enters the combination of sperm & ovum
 - ▶ Converts some of the Panchamahabhoota into newer entities, capable of sustaining life
 - ▶ Tridosha is the most important of such developments.
- 

Q & A

