

Session 9: Ethical Considerations

AYUR 1000

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Ethical Considerations

Ayurveda Course for self healing only

Not to replace any type of treatments with this Course info

To Consult your treating doctor about the changes you plan to initiate in your diet and lifestyle

Ayurveda Physicians can be consulted to fine-tune with your personal parameters

Kayachikitsa

- *Kaya* represents the mortal body and also the Agni
- *Chikitsa* means the Treatment
- The restoration of Tridosha, and Agni
- A judicious application of preventive aspects, food, life style, herbs, herbals, and Panchakarma



Types of Treatment

1. Samtarpana treatment-

- For the debilitated
- Against most of Vata & Pitta disorders
- To enhance Kapha

2. Apatarpana treatment-

- For the over nourished
- Against Kapha vitiation
- To enhance Vata & Pitta and Agni



Another classification

1. Langhana / Fasting

2. Langhana Pachana / Fasting, and Herbs

3. Dosha – Avasechana / Panchakarma

Rasayana / Rejuvenation is given in debilitating conditions, and after Panchakarma

Obesity / *Sthaulya*



The most relevant disorders of today



Rampant in all societies, races, geographies and ages



The excessive fat accumulation in the body.



Leads to serious health hazard affecting vital organs

Causes / Nidana

Intake of excessive calories

Lack of mental & physical exercise

Abnormalities of Agni / thyroid or pituitary glands

Symptoms

Abnormal BMI / weight for the given age, sex, ethnicity and height

Exertion breathlessness

Proneness to many diseases as heart problems, diabetes etc.

Management



Diet



Guru Apatarpana- only calorie free food



Reduction in carbohydrate, salt & fat intake



Consumption of plenty of warm water, salads, raw green vegetables and fresh fruits.

Lifestyle



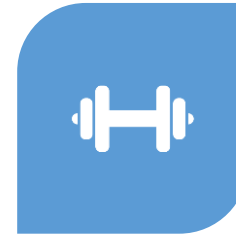
PHYSICAL EXERCISES AS
WALKING, SWIMMING,
CYCLING.



AVOID DAYTIME SLEEP



THREE HOURS TIME GAP
BETWEEN LAST MEAL AND
SLEEP



STRESS CAN INCREASE
WEIGHT BY BINGE EATING.



DRY ABHYANGA /
UDWARTANA, SWEDANA,
VIRECHANA, SHARP VASTI

Herbs

Guggulu

Triphala

Isabgol

Haridra

Trikatu

Punarnava

Medicines

Medohar
Guggulu

Medohar
Lauha

Punarnava
Mandoor

Panchakarma

Dry Abhyanga
/ Udwartana
with Triphala

Swedana

Virechana

Lekhana Vasti

Anaemia / *Pandu*

A fall in the haemoglobin level for the given age and sex

Females suffer more

Causes

Blood is either not formed properly

Destroyed inside the body, or

Bleeds out of body.

Important Diseases for Pandu



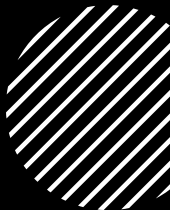
Haemorrhage - injury, hook worms, ulcers, tuberculosis, bleeding piles, bleeding from nose, mouth, lungs or excessive menstruation in case of women.



Inadequate supply of blood-forming ingredients in food taken as Iron, Vitamin B₁₂, Vitamin C, Folate, zinc, etc.



Contd...



Haemolysis as in Jaundice, Malaria, Haemoglobin antibodies etc.



Bone marrow failure



Intestinal disorders, failing absorption of nutrients as Gastritis, intestinal surgeries etc.

Symptoms

- Pale skin and mucus membranes.
- Unhealthy skin, hairs and nails.
- Poor digestion
- Scanty menstruation in females
- Weakness, dizziness and exhaustion.
- Shortness of breath and palpitation on exertion.
- Occasional disturbing headache.
- Slow healing of wounds
- Loss of concentration

Management

Diet

- A balanced diet rich in iron
- Leafy vegetables as spinach
- Beet, soybean, radish, carrots, tomatoes
- Fresh fruits as banana, black berries, strawberries, apple etc,
- Sesame, almonds, dairy products, animal protein etc

Contd...

Lifestyle – Physical exercise, stress management

Herbs – Amlaki, Punarnava, Aloe vera, Haridra

Medicines - Lauh Bhasma, Lohasava, Dhatri Lauh, Triphala, Saptamrita

Panchakarma – Vamana, Virechana, Nourishing Vasti

Herbs

Amlaki

Punarnava

Aloe vera

Haridra

Rheumatism / *Ama Vata*

Ama means Unripe; Vata is Vitiated

Stiffness and inflammation of the joints

Ama is produced and settles in joints & subsequently into other organs

Nidana

Ama deposition in the joints,
due to weakness of Agni

Auto immunity

Aggravated by exposure to
cold weather.

Symptoms

Fever

Morning stiffness of small joints

Sometimes, migrating joint pains

Bony deformities

Management

Diet

Avoid cold drinks and foods, curd, sugar, refined cereals, fried food etc.

Warm water to drink

Bitter, pungent vegetables are beneficial.

Lifestyle

No daytime sleep

Stress management is essential

Avoid damp place and exposure to cold weather

No exertion just after meals

Herbs

Guggulu

Rasna

Castor

Ashwagandha

Guduchi

Medicines

Gandharva Hareetaki

Yograj Guggul

Rashnadi Guggul

Ashwagandharishta

Panchakarma

Dry Abhyanga / Udwartana with Triphala powder

Minimum oil massage with Mahanaryan Taila or Saindhavadi Taila

Vasti with Dashamoola, Bala Ashwagandha decoctions, Castor oil with Mahanarayana oil.

Q and A