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Basics of Ayurveda

(Ayurvedic Diet and Nutrition Course)



Day 1- Topics covered

- ? **Ayurveda**
- ? **Panch Mahabhuta**- The Five Elements
- ? **Dosha**- Definition, #3, Vridhhi-Kshaya causes and symptoms
- ? **Dhatu**- Definition, #7, Vridhhi-Kshaya causes and symptoms
- ? **Mala**- Definition, #3, Vridhhi-Kshaya causes and symptoms
- ? **Basic examination:**
 - ? Tri-fold examination
 - ? Eight-fold examination
 - ? Ten-fold examination
- ? **In-detail examination:**
 - ? Nadi Pareekshana
 - ? Jihwa Pareekshana
- ? **Causes of Disease in Body**



Ayurveda

Ayurveda = Ayu + Veda

- ? The word Ayurveda comprises of two words- 'ayu' and 'veda' meaning the knowledge of life. 'Ayu' means Life, the unified collaboration of body (sharira), senses (indriya), mind (sattva), soul (atma). 'Veda' means knowledge. Thus, Ayurveda pertains to improve the health of all of these attributes.
- ? Ayurveda is the healing touch of nature where everything around us is having the capability to heal us, be it our kitchen spices, daily meals, metals or elements we use or the healing herbs from the flora worldwide. These help to maintain the health of healthy ones and heal the diseased ones.

? **PURPOSE OF AYURVEDA**

Swasthasya-swāsthya rakśnam āturasya-vikāraprashamanam



Panch-Mahabhuta

Just like there's a universe outside, there's a universe inside too. Both the outside and the inside universe are in synchronization with each other. Both constitute of the same 5 elements, i.e., *akasha, vayu, agni, jala, prithvi*.

The purusha holistic human being is formed by unification of panchamahabhuta and consciousness (chetana).

[Cha.Sa.Sharira Sthana 1/16]



Mahabhuta (Elements)	Sense Organs	Sense Objects	Characteristics	Action / Provides
Akasha (Ether element)	Ears	Shabda (Sound)	Apratighatata (Free Flow)	Smoothness Hollowness Space Lightness
Vayu (Air element)	Skin	Sparsha (Touch)	Chalatva (Mobility)	Dryness, Lightness Clarity, Fatigues Promotes and monitors different activities
Agni (Fire element)	Eyes	Roopa (Physical Features)	Ushnatva (Heat)	Burning sensation Suppuration Digestion/ Metabolism Complexion, Glow and good Colour
Jala (Water element)	Tongue	Rasa (Taste)	Dravatva (Liquidity)	Dampness/ moisture Lubrication Compactness, Integrity Smoothness/ buffer Satisfaction
Prithvi (Earth element)	Nose	Gandha (Smell)	Kharatva (Roughness)	Nourishments to tissues Heaviness Hardness and compactness Stability



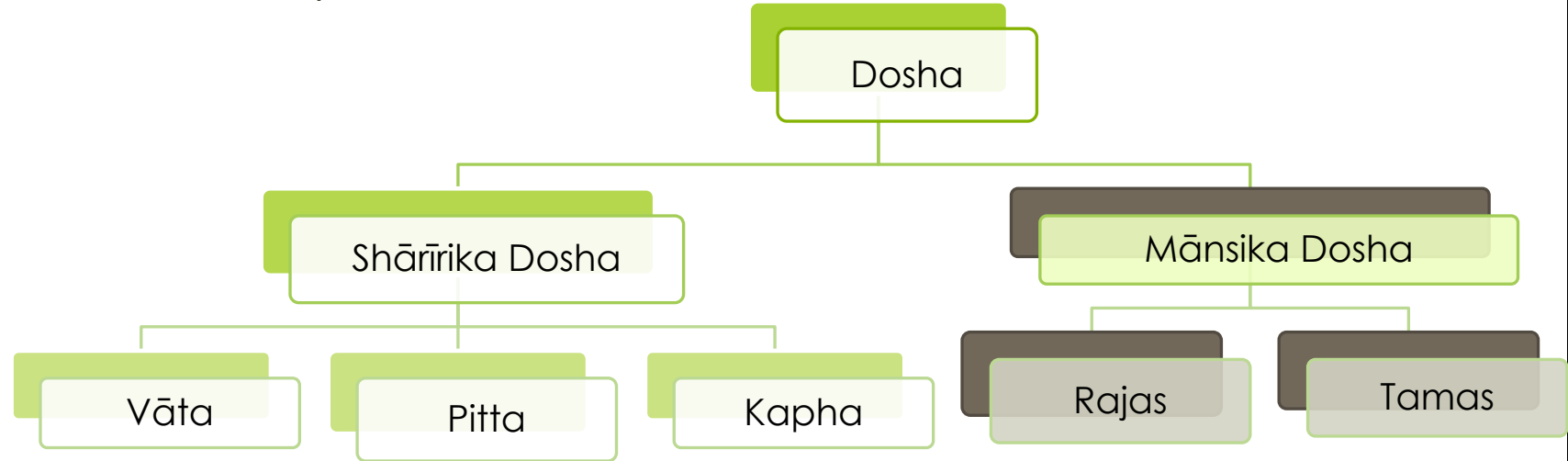
Application of Panch-Mahabhuta in Diagnostic Measures

Mahabhuta (Elements)	Diagnostic Points	Prone to Disorders relating to-
Akasha (Ether element)	Free flow of body constituents in hollow cavities, Various sounds produced inside the body	Depression, Hernia,
Vayu (Air element)	Conduction and transmission activities, Transportation Processes	Neurological system Limbic System
Agni (Fire element)	Digestion, Metabolism Transformation Heat Production	Burning sensation Suppuration Digestion/ Metabolism Complexion, Glow and good Colour
Jala (Water element)	Fluid balance Maintaining moisture and coldness	Organs of Reproductive system, Excretory system
Prithvi (Earth element)	Body Mass Body Odour	Skin, Flesh. Bones

Shareera = Body

Doshadhātu malāmūlam hi shareeram

- ? Composition of body:
 - ? Doshā – The energies which possess the body and mind. These energies or humours have the power to be maleficent for the body and cause discomfort, therefore known as *doshā*.
 - ? Dhātu – The 7 tissues are key constituents of the physical body. Sanskrit meaning of the term *dhatu* is 'Primary element'
 - ? Mala – Waste matter, or substances, that are excreted out of the body. Elimination of mala from the body in effective way is necessary for maintenance of better health.





Tri-Dosha (Shāririka Dosha)

Dosha are beneficial for the body when in equilibrium. They perform their physiological functions-

Sāmyāvasthā



When even one of the dosha go out of balance, body loses its state of being disease-free. These humours become cause of ailments-

Vaikārika-avasthā





Mānsika Dosha

- ? Rajas and tamas are contaminants of the mind.
- ? Sattva, Raja, and Tama are Tri-gunas- these are the three cosmic qualities. Out of these, Raja and tama are responsible for impurifying the mind with thoughts and thus the actions, which relate to the Karmic Cycle.
- ? Since, Sattva Guna people are highly positive minded people, it does not harm them and others, thus, its not the dosha.

Tri-Gunā



SATTVA



RAJAS



TAMAS



Vāta

- ? **Vata** in scientific language can be described as wind or the biological humor that moves things.
- ? **Quality**: Vata is dry, cold, light, subtle, mobile, rough.
- ? **Actions**: The two other biological humors, pitta and kapha are considered to be lame without vata.;
It initiates physical, lingual, and mental activities of the body;
Maintains proper functioning of the 7 dhatu;
Maintains proper excretion of the wastes at proper timings;
Responsible for inspiration and expiration.
- ? **Aggravated State causes**: Emaciation, debility, desire for warmth, disorientation, ataxia, dizziness, mental confusion and depression. Ācārya Caraka has described **80 diseases** caused by aggravation of vata
- ? **Site**: The primary site of vata is the **colon**. Other sites include thigh, hips, ear, bones and skin



- ? **Elements**: Air & Ether
- ? **Body Characteristics**: Most often thin with a narrow frame and long neck and bones
- ? **Personality**: Fast speaking, fast moving. Creative & energetic.
- ? **Physical Challenges**: Prone to constipation and chronic immune challenges. Weakness in the nervous & circulatory systems.
- ? **Emotional Challenges**: Nervousness, worry and fear
Becomes overwhelmed under stress and staying focused can be difficult.
- ? **Balanced By**: Heavy, moist, warm & stable qualities
- ? **Gifts**: Creative, enthusiastic and inspiring. Those of Vata nature make excellent artists & healers.

Pitta

- **Pitta** in scientific language can be described as biological fire, the digestive fire.
- **Quality**: Pitta is slightly oily, hot, fluid, unstable, moist, and sour.
- **Actions**: Pitta is responsible for digestion, body temperature, visual perception, hunger, thirst, complexion, courage, softness and intelligence.
- **Aggravated State causes**: When aggravated pitta imparts yellow color to stool, urine, eyes and skin. It leads to hunger, thirst, burning sensation and inflammation. Caraka has described **40 diseases** caused by aggravation of pitta.
- **Site**: The primary site of pitta is **small intestine**. Other sites include stomach, liver, gall bladder, sweat, sebaceous glands, blood, lymph and eye.



- ? **Elements**: Fire & Water
- ? **Body Characteristics**: Moderate, reasonably steady weight me & good with a medium musculature.
- ? **Personality**: Focused, energetic & intense.
- ? **Physical Challenges**: Prone to loose stools, heartburn. weakness in the liver & skin rashes.
- ? **Emotional Challenges**: Anger, resentment and jealousy. Can sometimes become cynical. Becomes more focused under stress.
- ? **Balanced By**: Cool, heavy, stable & slightly dry qualities
- ? **Gifts**: Clearly perceptive and dynamic. They make excellent teachers, leaders & guides.

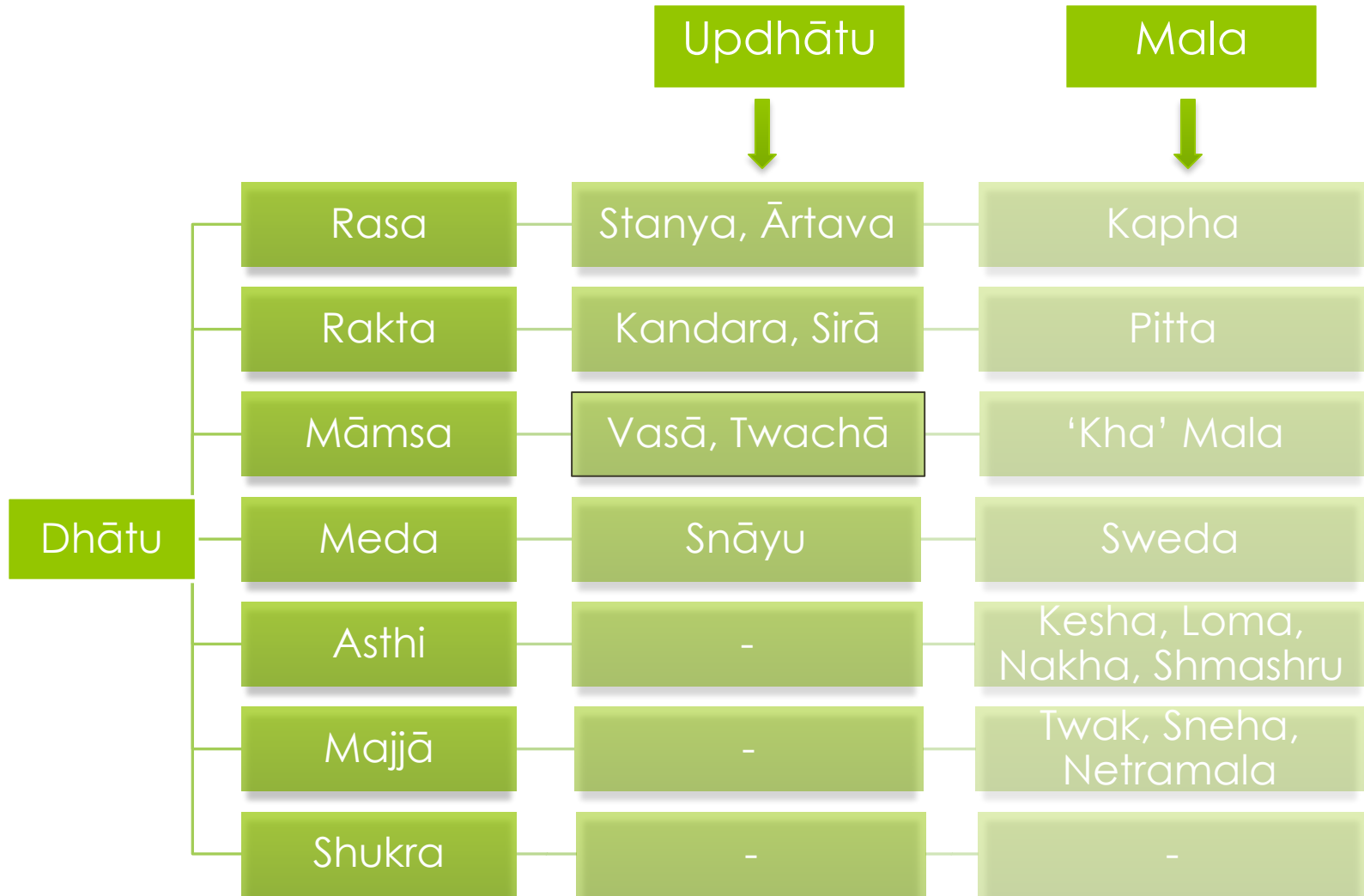
Kapha

- **Kapha** in scientific language can be described as mucus or phlegm or water humour.
- **Quality**: Kapha is cold, moist, heavy and stable.
- **Actions**: Kapha imparts stability, lubrication, integration of joints and patience.
- **Aggravated State causes**: When aggravated kapha lead to depressed appetite, nausea, lethargy, white coloration, chills, looseness of joints, cough, dyspnoea and hypersomnia. Caraka has described **20 diseases** caused by aggravation of kapha.
- **Site**: The primary site of kapha is **stomach**. Other sites include chest, throat, head, and pancreas, lateral side of the body, lymph, fat, nose and tongue.



Kapha (Contd.)

- ? **Elements**: Water & Earth
- ? **Body Characteristics**: Stocky with a potential to become overweight. Good muscular development. Short neck & large bone structure.
- ? **Personality**: Slow speaking, slow moving. consistent & dedicated.
- ? **Physical Challenges**: Prone to mucous conditions of the lungs and sinuses. Has the potential for water retention & diabetes
- ? **Emotional Challenges**: Lethargy, depression & over-attachment
- ? **Balanced By**: Warm, light, dry & mobile qualities
- ? **Gifts**: Unconditional love, nurturing and devotion. Those of Kapha nature make wonderful caretakers & supporters.



* Updhātu and mala are mentioned respective to their dhātus.

Sapta-Dhātu

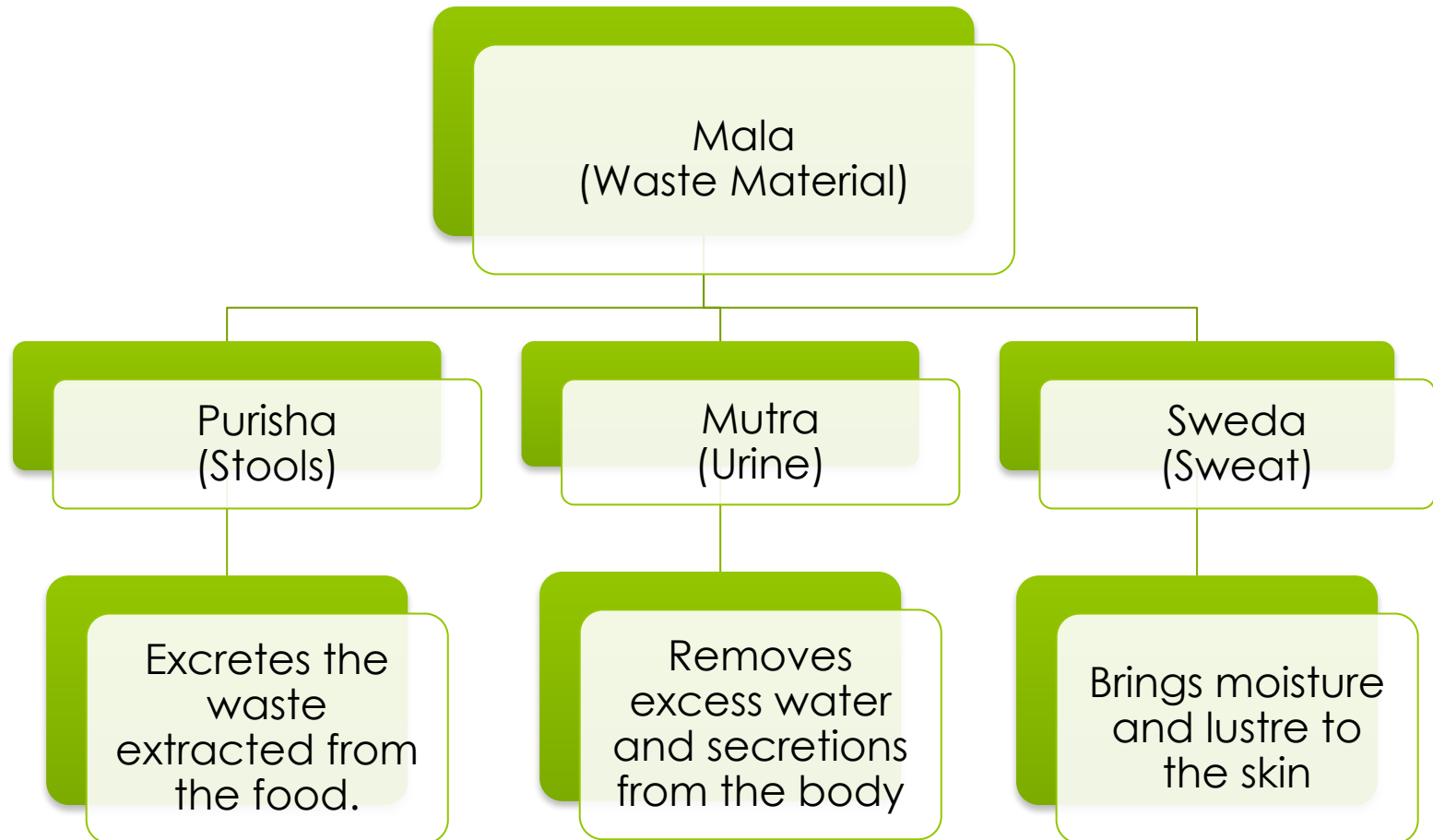


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Dhatu Body Tissues	Panch-bhautik and Dosha Dominance	Updhatu	Mala	Functions
Rasa Plasma, Body Fluids	(E) Jala (D) Kapha	Stanya (breastmilk), Artava (menstrual fluid/blood)	Kapha (Heavy Unctuous secretions in the body)	Provides nutrition to all body parts
Rakta Blood	(E) Agni + Jala (D) Pitta	Kandarā (Fascia, ligaments), Sirā (Vessels)	Pitta (Heat)	Maintaining strength, health, and happiness. Supports the luster and functions of skin
Mamsa Muscular Tissue	(E) Prithvi (D) Kapha	Vasā (Fat), Twachā (Skin)	Earwax, crusts in the nose, tartar of teeth, shredding of skin	Provides strength to the body, Protects internal organs, by cushioning



Dhatu Body Tissues	Panch-bhautik and Dosha Dominance	Updhatu	Mala	Functions
Meda Adipose tissue, Fats	(E) Prithvi + Jala (D) Kapha	Tendons, Joints, Lymphatic vessels	Sweat, Smegma of prepuce	Responsible for lubrication and providing strength and nutrition to the bones, joints, tendons, and ligaments.
Asthi Bones	(E) Vayu + Prithvi (D) Vata	-	Hair, Eyelashes, Body Hair, Nails	Protect delicate nervous tissue, brain, spinal cord and support bone marrow.
Majja Bone Marrow, Nervous Tissue	(E) Jala (D) Kapha	-	Oily secretions of skin, sebaceous gland, Eye discharges	Provides strength to the body, Maintains the control and coordination of the brain with other parts of the body.
Shukra Reproductive Tissue (Including Ovum, and sperm)	(E) Jala (D) Kapha			Reproduction, Provide stability and emotions, Enables attraction and excitability





Examination of the Disease and the Diseased

? Trividha Pareeksha- Tri-fold Examination

- ? Darshana- Inspecting/observing the patient
- ? Sparshana- Palpitating, Auscultating, Percussioning the body part affected
- ? Prashna- Questioning the patient in favor of his healthcare.

? Ashta-vidha Pareeksha- Eight-fold Examination

- ? **Nadi – The Famous Pulse Examination**
- ? **Mutra** – Urine Examination
- ? **Mala** – Stool Examination
- ? **Jihwa** – Tongue Examination
- ? **Shabda** – Speech Examination
- ? **Sparsha** – Touch Examination
- ? **Druk** – Vision Examination
- ? **Akriti** – Examination of the Physical Appearance of the patient



Examination of the Disease and the Diseased

(Contd
.)

? Dasha-vidha Pareeksha- Ten-fold Examination

- ? Prakruti – Examination of the natural body constitution
- ? Vikruti – Examination of the discomfort in the body
- ? Sāra – Examination of Dhātu in the body
- ? Sanhnana – Examination of integrity of the body and body parts.
- ? Pramāna – Measurements of respective body parts
- ? Satmaya – Examination of suitability of the body
- ? Sattva – Examination of control over mind and determination towards treatment (of the patient)
- ? Āhāra-Shakti– Examination of the digestive fire of the patient by assessing his portions of meals
- ? Vyāyāma-Shakti – Examination of activeness/laziness of the patient by assessing his capability to exercise.
- ? Vaya – Examination of Age of the patient, considering that there are certain diseases which happen to occur in certain age groups.



Nādi Parēksha (Pulse Examination)

♦ Hand Preference: (Patient)

- ♦ Males: Right hand
- ♦ Females: Left hand

♦ Method:

- ♦ Right hand to be used (as shown in the figure), supported by left hand
- ♦ Leaving a one-finger gap between wrist joint of the patient, and the index finger of the doctor (Point of assessment)

? Best time for Examination:

- ? Early morning,
- ? after the patient is free from morning rituals,
- ? on an empty stomach
- ? Can be done at other times in cases of emergency

? Worst situations for Examination:

- ? Just after bathing, or eating
- ? Hungry or thirsty person
- ? Drunk person
- ? Angry person

Ayurveda Pulse Diagnosis





Nādi Parēksh (Pulse Examination)

<i>Dosha</i>	<i>Nādi Identify with-</i>	<i>Nādi Identify at-</i>	<i>Characteristic Feature</i>	<i>Quality</i>
Vāta	Index finger	One finger gap from base of the thumb	Snake/ Leech-like Movement	Odd/Ragged quick movements
Pitta	Middle finger	Next to Vāta nādi	Frog-like Movement	Sharp and Edgy jumpy movements
Kapha	Ring finger	Next to Pitta Nādi	Swan-like Movement	Slow, flowing movements



Nādi Observations from some Patients:

- ? **Slow pace, weak Nādi** - Emaciated and Person with weak digestive fire.
- ? **Fierce and swift Nādi** – Increased digestive fire.
- ? **Swift Nādi** – Fever
- ? **Jumpy Nādi** - Sangrahani Roga; IBS
- ? **Bent, Slow, Difficult to observe Nādi** – Vāta vyādhi, Vātarakta; Disorders of Nervous system, Joints
- ? **Fast, and Arrhythmic Nādi** – Mental Disorders
- ? **Intense but slow Nādi** – Swāsa Roga; Respiratory disorders.



Mutra, and Mala Parēkshā

? According the answers to these questions:

1. Colour
2. Smell
3. Stickiness
4. Presence of Unwanted substances: Blood, Dirt, Worms, etc
5. Sensations:
 - ? Difficult to pass?
 - ? Burning sensation?
6. Timings?
 - ? Frequencies during the day and night?
 - ? Before or after meals?
7. Consistency
8. Associated symptoms?



Jihwā-Parēkshā

? According to Dosha-vitiation

<i>Tongue</i>	<i>Colour</i>	<i>Feel</i>	<i>Appearance</i>
<i>Normal</i>	Blood-Red	Moist	Clean
<i>Vātaja</i>	Brownish Black	Dry, Rough, Cold	Cracked Tongue
<i>Pittaja</i>	Reddish-Black	Hot, Swollen, with foul smell	May or may not be coated
<i>Kaphaja</i>	Whitish	Slurry, or sticky type	Coated
<i>Sannipātaja</i>	Mildly Blackish	Mildly thorny	May or may not be coated



Jihwā-Parēkshā

? According to various signs and symptoms:

<i>Tongue</i>	<i>Colour, Feel, or Appearance</i>
<i>Rasa Dhātu vitiation</i>	Dry Tongue, as in dehydration, Menstrual disorders
<i>Rakta Dhātu vitiation</i>	Pale tongue, as in Anemia
<i>Central Cyanosis, Over-Consumption of Alcohol</i>	Extreme Blue colour
<i>Indigestion, Fever</i>	Coated, tastelessness, Cracked
<i>Mental Stress</i>	Coated, tastelessness, Cracked



Causes of Disease in body

*kālārthakarmaṇām yogo hinamithyātimātraka: |
samyagyogaśca vijñeyo rogārogyaika kāraṇam | |*

- ? Pragyāprādha
- ? Asātmayendriyārtha samyog
- ? Parināma

‘Rogastu doshvaishamyam, doshasāmyamarogatā’

- ? Vitiating of dosha causes disease,
their balance causes Health.

Insufficient Utilisation – Hēna-Yoga

Wrong Utilisation – Mithyā-Yoga

Excessive Utilisation – Atī-Yoga

Of

- a. **Kāla** - Time
- b. **Artha** – Sense Organs and their subjects
- c. **Karma** – Activities – Body, Speech, and Mind



Thank You

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