

Ayurveda SRJC Adult Education

Energy Science
Medical Model





Ayurveda

Acharya Charaka and the Ayurveda

- Charaka
- The term Charaka is a label said to apply to "wandering scholars" or "wandering physicians."

Father of Medicine is an Indian.
CHARAKA...

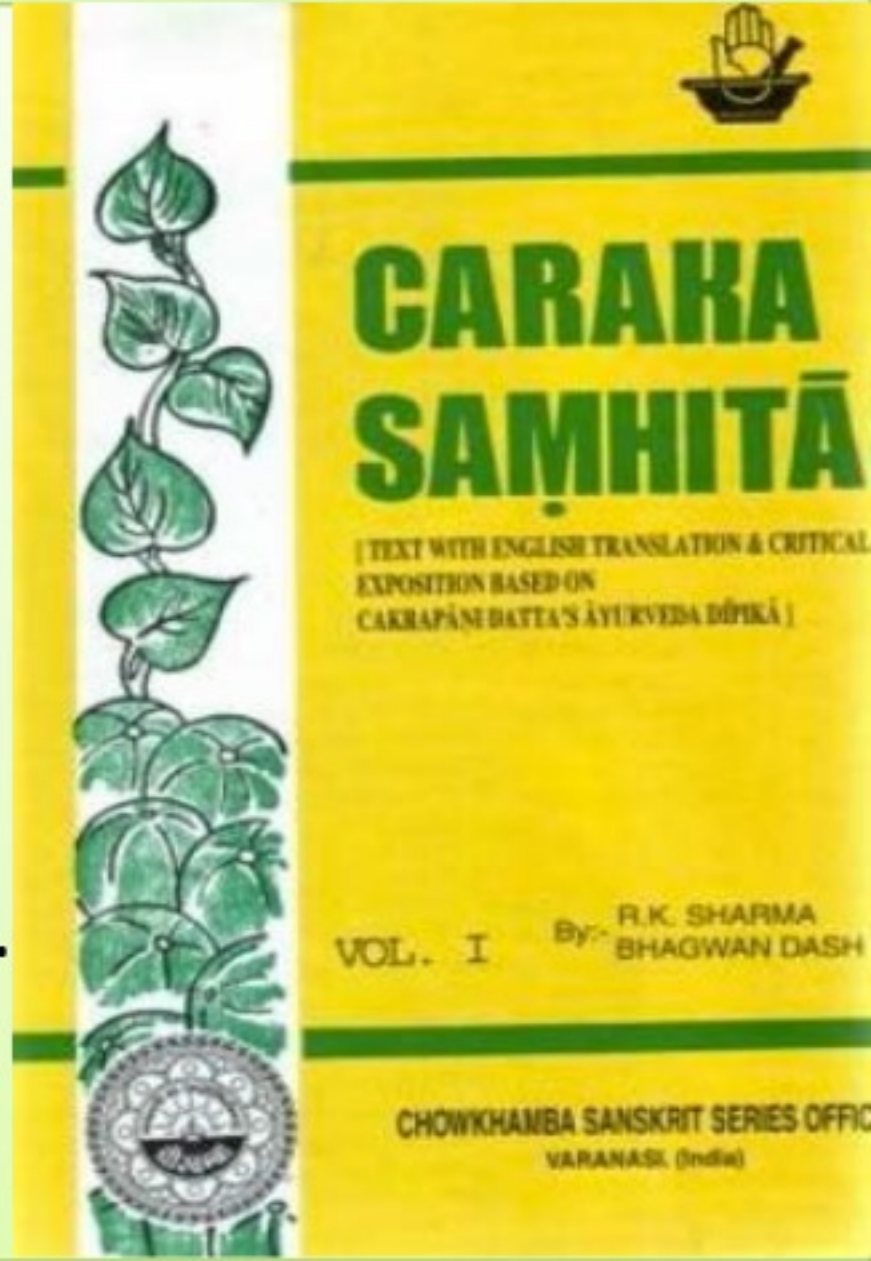


Indian Father Of Medicine Charak

- **Charak**, sometimes spelled **Charaka**, was one of the principal contributors to the ancient art and science of Ayurveda, a system of medicine and lifestyle developed in Ancient India. He is sometimes dated to c. 800 BC as he worked on older treatise by Purnvasu Atreya (c.1000 BC) and Agnivesha Agnivesa, of whose work, the Agnivesha Tantra, was the basis of his Charaka Samhita^{[1] [2]} Charaka is also referred to as the Indian Father of Medicine.
- He was a native of Kashmir.^{[3][4][5][6]}

Charaka Samhita

- Special chapter in
- Ayurvedic literature
- about
- How To live Longer.
- Charaka speaks about
- What Life Is.
- How life can be maintained.
- What is the Quality of Life.

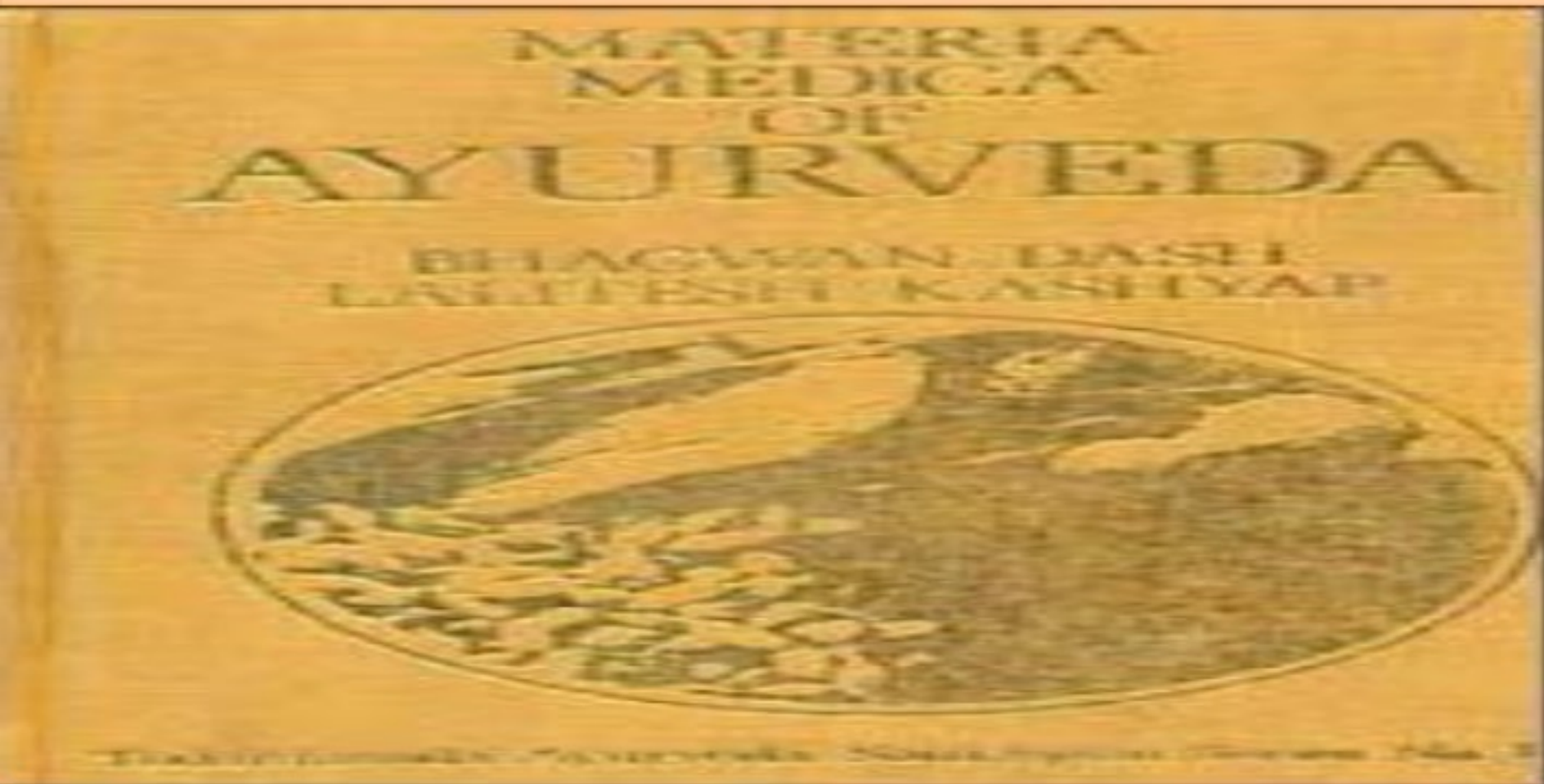


General practice in Ancient India to Write in Verse

- Books on medicine and surgery were also written in verse as well.



Todarmalla Ayurveda Saukhyam



Materia Medica
Of Ayurveda

Todarmalla Ayurveda Saukhyam

- Basic Principles of Ayurveda



According to Charaka Translations

- Health and disease Are Not Predetermined.



All your test are normal.
Then Why do I feel so Bad.



Health does not mean absence

- Of defined disease,
- but health is a
- state of wellness
- of the being
- including
- body , mind ,
- consciousness.



If you have backache

- **Constipation, Insomnia anxiety**
- **or some other condition and all lab reports are normal that does not mean person is healthy.**



Ayurvedic Definition of Health
Charaka & Vagbhata in Sutrasthana define
health as

- “Samadosha, samagnischa
- samadhatumala kriyaha
- prasanna atmenindriya
manaha
- swasthya
ityabhidheeyate”

This Sanskrit Sutra

- Means that a person is healthy and self contained (svastha)
- If the three doshas ,seven dhatus (tissues)three malas, (urine, feces and sweat)and agni (digestive juices) are all balanced and mind, senses and soul experience bliss.
- According to this definition , most of us are not healthy.

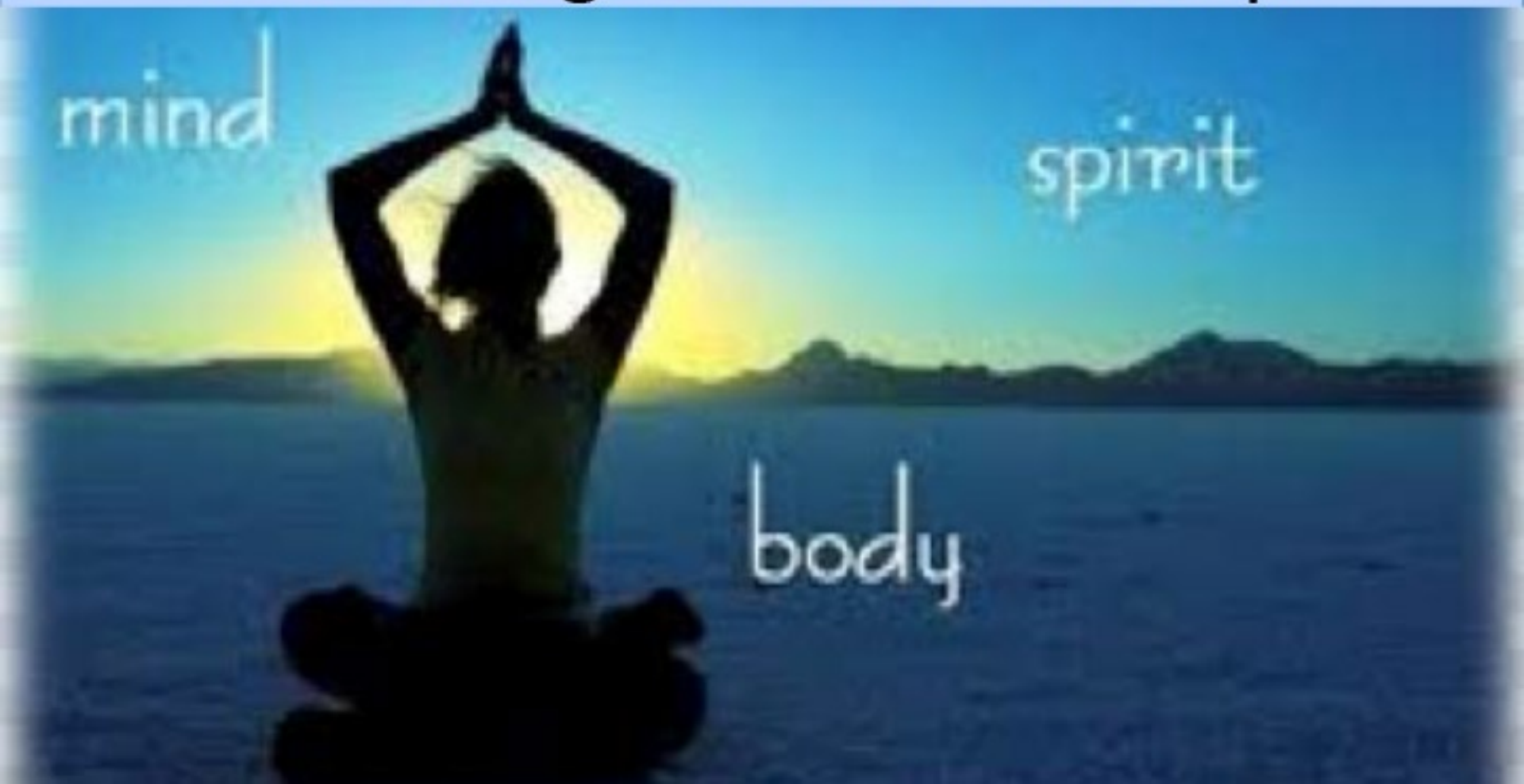
The three doshas, seven dhatus,



Treatment of individual as a whole.
Ayurveda definition of health.



Ayurveda says that the Body, Mind,
and Consciousness
have integrative relationship.



Psychosomatic concept of disease

- If the Mind is
- unhappy or stressed,
- the person is not
- healthy
- even tho, there
- maybe no
- known pathological
- condition existing
- according to
- modern science.

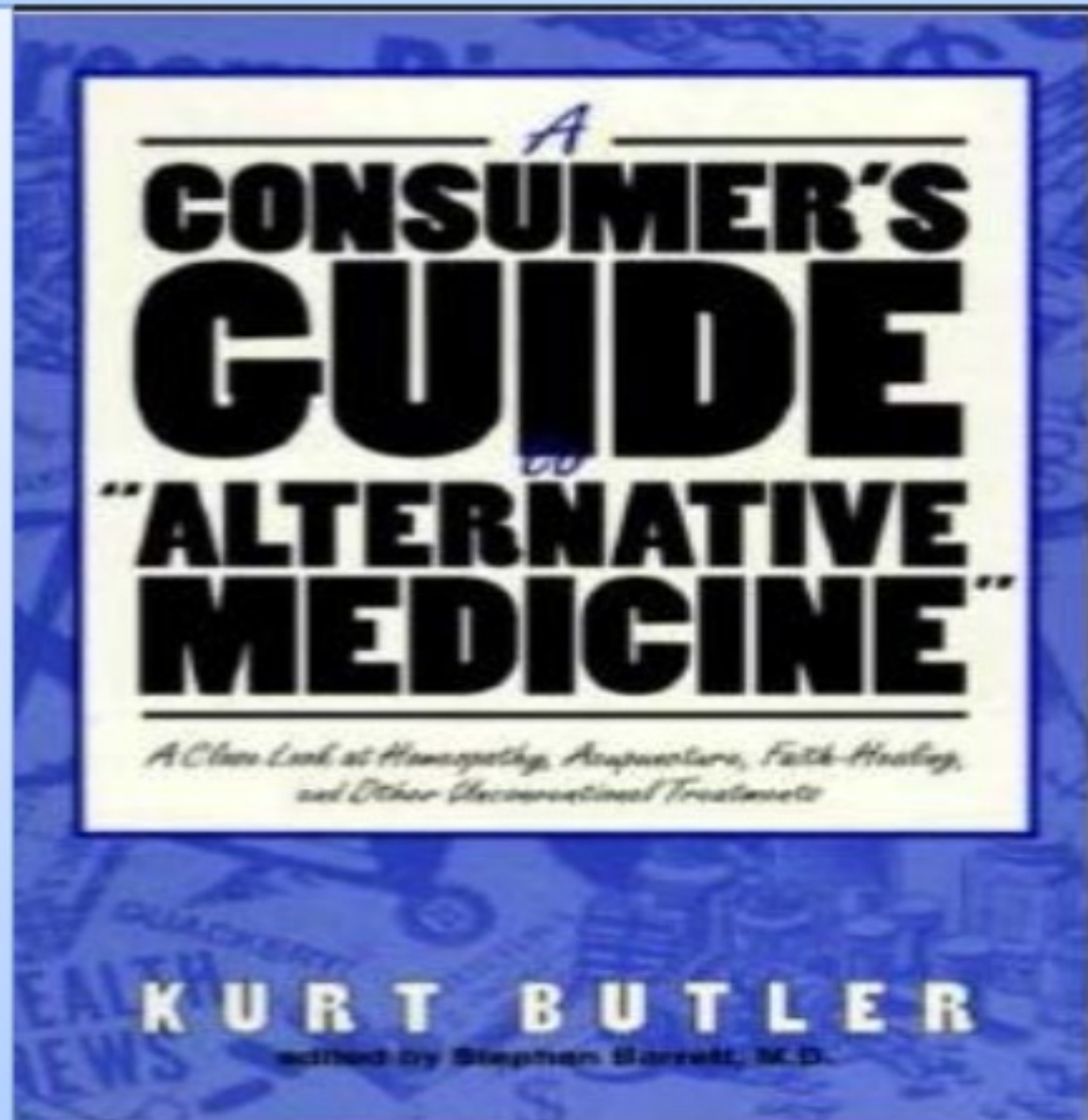


Consciousness shift

- Self knowledge
- Change in the way healing is done.
- Self Care
- Prevention Living
- Looking For a Different Biology , Physiology Model
- That makes sense and that anyone can work with because it s food as medicine, Lifestyle as the restructuring health.
- The power of the ancient wisdom and the Now.

Dr. Vasant Lad teaches

- “Nevertheless, the unequivocal, defined and validated energy science medical disciplines of Ayurveda and Traditional Chinese Medicine are the future healing hope for today's medical consumer.”



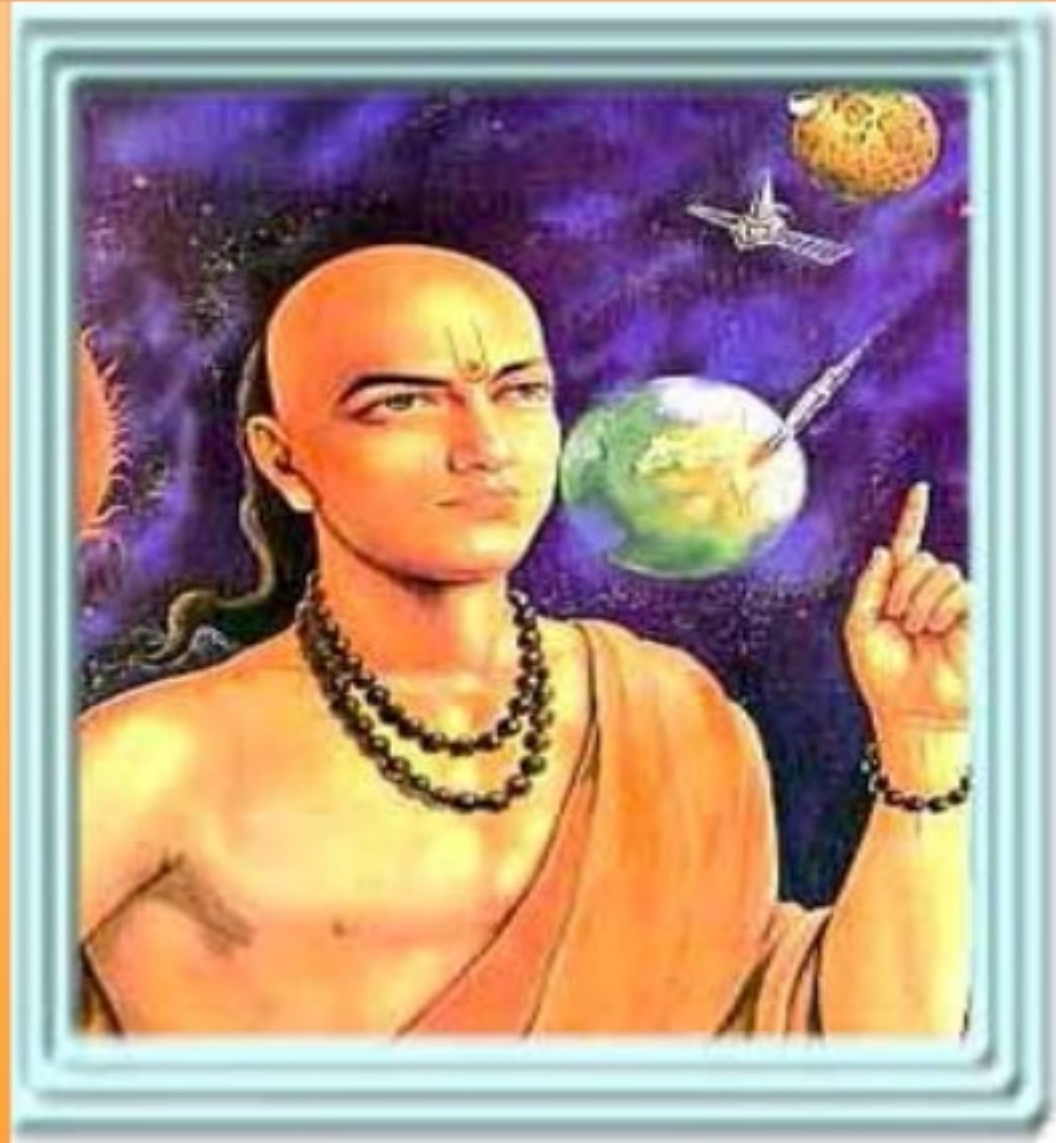
The purpose of Ayurveda

- **Ayurvedic**
- **Chikitsa**
- **Is to**
- **achieve**
- **this**
- **healthy**
- **state.**



Ayurveda Goal is to Prevent rather than Cure. Charaka

- A physician who fails to enter the body of a patient with the lamp of knowledge and understanding can never treat diseases. He should first study all the factors, including environment, which influence a patient's disease, and then prescribe treatment. It is more important to prevent the occurrence of disease than to seek a cure.



Ayurvedic Management and Treatment of Disease to Bring a state of Balance.

- Ayurveda Treatment Protocols
- Complication
- Multiple Pathologies
- Drug Related Disorders



Diagnosis and Treatment of Disease in Ayurveda



Diagnosis according to Ayurveda

Diagnosis according to Ayurveda is not merely naming the disease, but identification of the imbalance of these three energies by examination of the following

1. Pulse

2. Urine

3. Faecal matter

4. Skin



5. Eyes

6. Tongue

7. Voice or Speech

8. Body build

Or Aakriti

Most Importantly

- Life Can Be Extended
By your Care of
Your
mind &
body &
soul
through
Daily Regimen
according to
Your Body
Type.



Salya Tantra

- **Surgery**
- **Was in practice**
- **and treated**
- as a**
- **specialty of**
- **Ayurveda.**



Salya Tantra Ayurvedic Surgery



When the religion prohibited

- Bhoja prabandha
- (11th Century AD)
- Them to
- practice surgery
- they made efforts to
- develop medicines
- for correcting these
- surgical ailments.



During the Life time of Lord Buddha

- There was a
- famous physician
- by the name of Jivaka.
- Great expertise in the
- art and science of surgery
- he was crowned the
- King of Physicians and
- Surgeons.
- He successfully
- performed major abdominal operations.



Buddhism was patronized by rulers

- And subjects of
- India alike
- prohibited
- surgery among
- several other
- professions.
- This gave a
- death blow
- to medical
- practitioners.



Cancer

- **Urinary tract, stone in gall bladder,**
- **peptic ulcer,**
- **heart disease**
- **and the like who were once directed to surgery**
- **but successfully treated by medicines by the ayurvedic physicians of the country.**

Ayurvedic embryology



Ayurvedic Embryology Text Book



Ayurvedic Wisdom in The Modern Age

WITH CHAKRAPANIDATTA'S COMMENTARY

Multilingual e-Samhita with Search Option

चरकसंहिता

చరకసంహితా

ಚರಕಸಂಹಿತಾ

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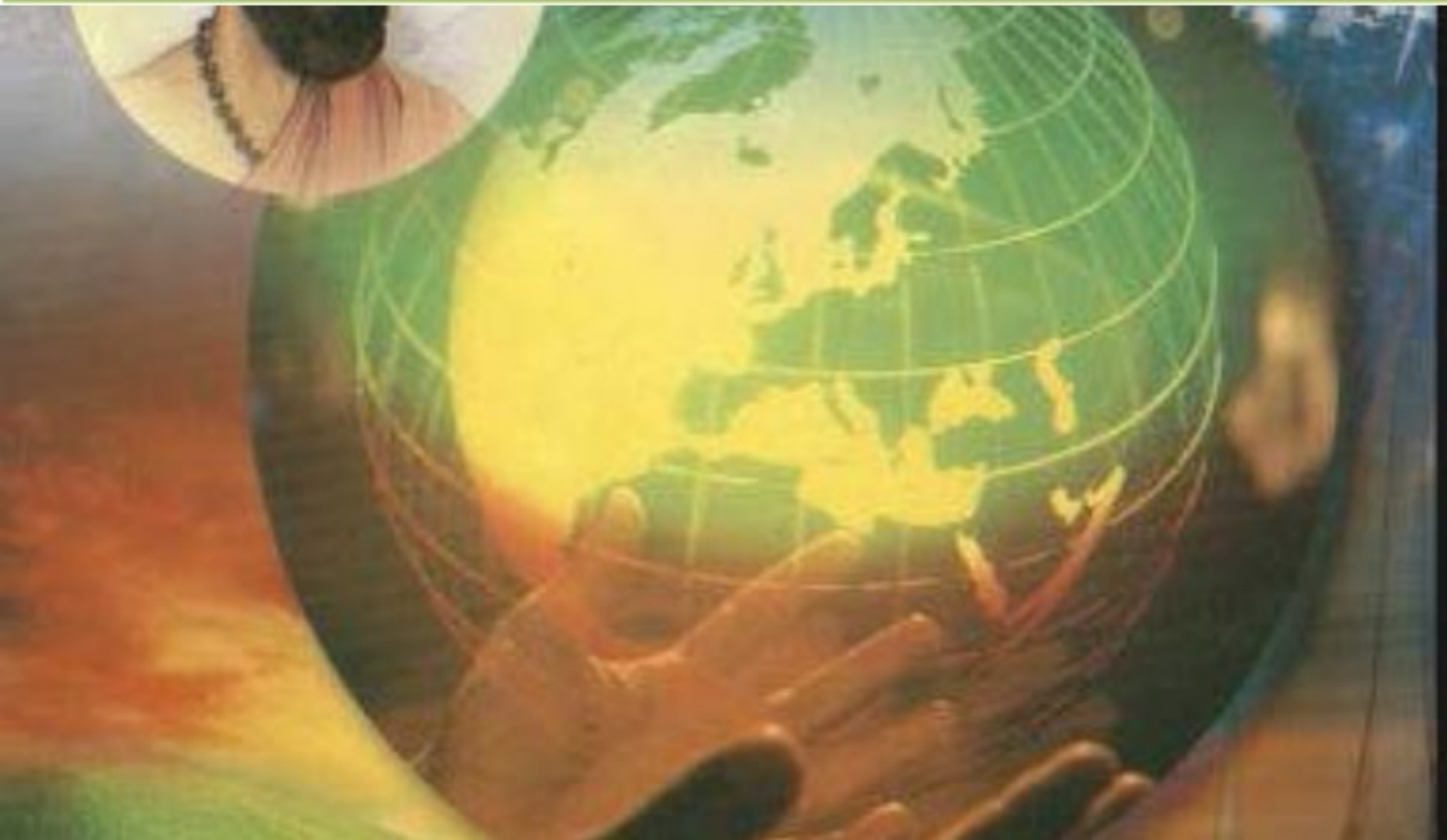
চরকসংহিতা

ਚਰਕਸੰਹਿਤਾ

CHAKRAPANIDATTA



Ayurvedic Cosmology Vedic astrology



Classical Ayurveda

- Is THEIST
- in theory
- and practice.



Ayurveda Treats the

- A person
- as one composite unit of mind, body, and soul.
- Hence Spiritual Science.



Psychosomatic concept of disease

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- unhappy or stressed,
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- healthy
- even tho, there
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- condition existing
- according to
- modern science.



Disturbance

- In basic triad of pillars of the body
- Doshas
- Is responsible for physical affliction
- Psycho-somatic MINDBODY
- Any kind of mental agony shows up through the body



Ayurveda Science of Soul and Its Transmigration

- Existence of Soul Jivatma in the individuals body
- Which is part of the Universal Soul Paratama

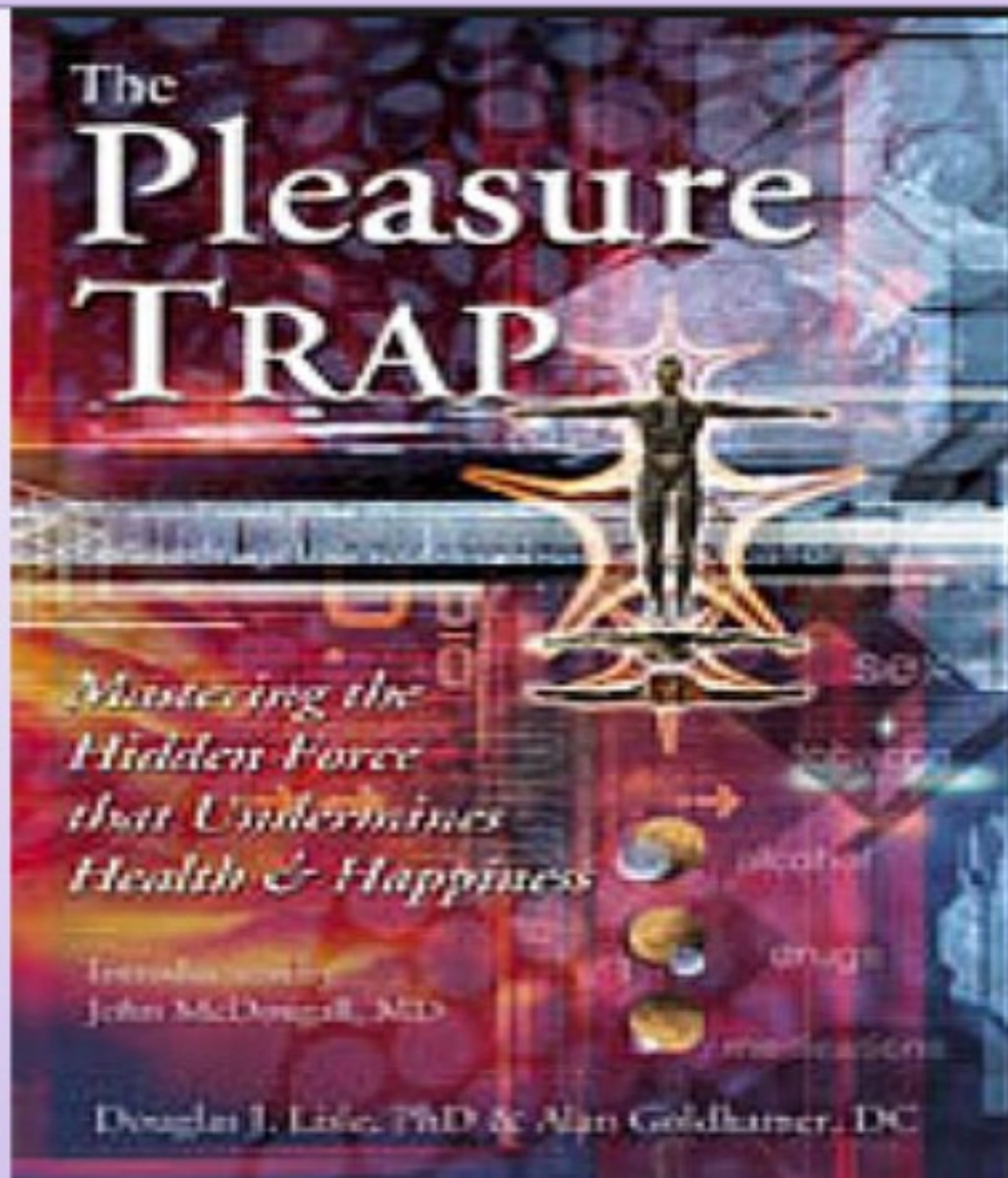


The Soul is free of any morbidity

- It is unaffected
- by either worldly pleasure or pain

***The Pleasure Trap:
Mastering the Hidden Force
That Undermines
Health and Happiness***

**Douglas J. Lisle, Ph.D.
& Alan Goldhamer, D.C.**



Astrological Sounds

- There are **blja (seed) sounds** for each of the **planets** and their **related astrological signs**, as shown in the table at left.
- Generally, these are applied to the **lords** of any important astrological house. For example, if someone has the Moon in **Aries or Scorpio**, which are ruled by **Mars**, that person can chant *the mantra for Mars*.
- This will give them the blessing of **Mars** and unfold happiness and health in the person's life.

Soul

- Is Sat Chit Ananda



SAT, CHIT, ANAND

Sat Sanskrit: सत्

- Sanskrit: सत् is a Sanskrit word meaning "the true essence (nature)" and that "which is unchangeable" of an entity, species or existence.



Sat

[
1] Sat is a common prefix in ancient Indian literature and variously implies that which is good, true, virtuous, being, happening, real, existing, enduring, lasting, essential.[2] In ancient texts, fusion words based on Sat, refer to "Universal Spirit, Universal Principle, Being, Soul of the World, Brahman".[3][4]

Chit (चि॒त्) is Consciousness)

- Cit (consciousness)
- From Wikipedia, the free encyclopedia
- Chit (चि॒त्) is a Sanskrit word meaning awareness or consciousness,^[1] "true awareness"^[citation needed], "to be aware of",^[2] "to understand",^[2] "to comprehend".^[2] It is a core principle in all ancient spiritual traditions originating from the Indian subcontinent. In Upanishads it is referred to as the Drishta or the Seer, the Sense that makes sense of all other sense experiences. Chit is one of the three aspects forming the Satcitananda nature of the Absolute, according to the Vedic scriptures.
- The term is widely used and discussed among Hinduism, Sikhism, Jainism and other religious systems.
- Chitaranjan is who gives you the feeling of awareness and total consciousness.

Ananda Sanskrit: आनन्द)

- **Ānanda** (Sanskrit: आनन्द) literally means bliss or happiness. In the Hindu Vedas, Upanishads and Bhagavad gita, ānanda signifies eternal bliss which accompanies the ending of the rebirth cycle. Those who renounce the fruits of their actions and submit themselves completely to the divine will, arrive at the final termination of the cyclical life process (saṃsāra) to enjoy eternal bliss (ānanda) in perfect union with the godhead. The tradition of seeking union with God through passionate commitment is referred to as bhakti, or devotion.^[1]

BUT

- Because its association with
- Manas mind
- Buddhi, intellect,
- Ahamkara ego
- which taken together
- Antahkaranatma
- appears to get afflicted with pleasure and pain.

Whatever Your *Doshic Balance*

- At the moment of birth
- A ration v2p3k1
- Or
- Vata1,Pitta2, kapha3
- That balance
- should
- remain
- throughout life.



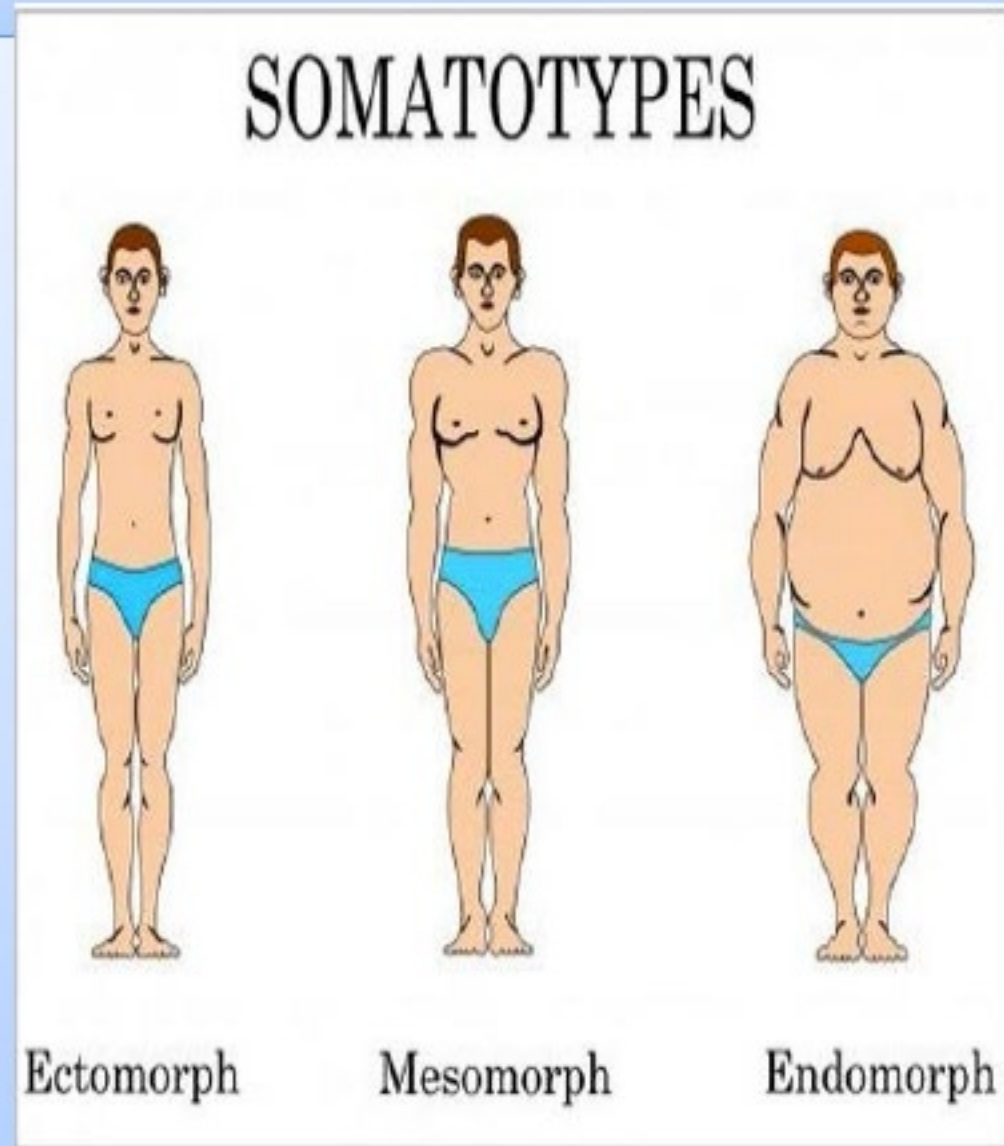
Every individual is born with

- A unique permutation and combination of **vata**, **pitta** and **kapha** and the physical body is made up of **doshas**, tissues and excreta, (malas)
- By any method that can maintain functional integrity of body, mind and consciousness.



According Prakruti/Vikruti Paradigm

- This means
- that your vikruti
- should be brought
- into
- balance with
- your prakruti,
- which was
- present at the time
- of birth.



The dosha govern the the physical and

psychological
constituents
of an
individuals
constitution



The Goal /Results

- Is that there is no
- vikruti only your
- prakruti exists.



Samagnischa

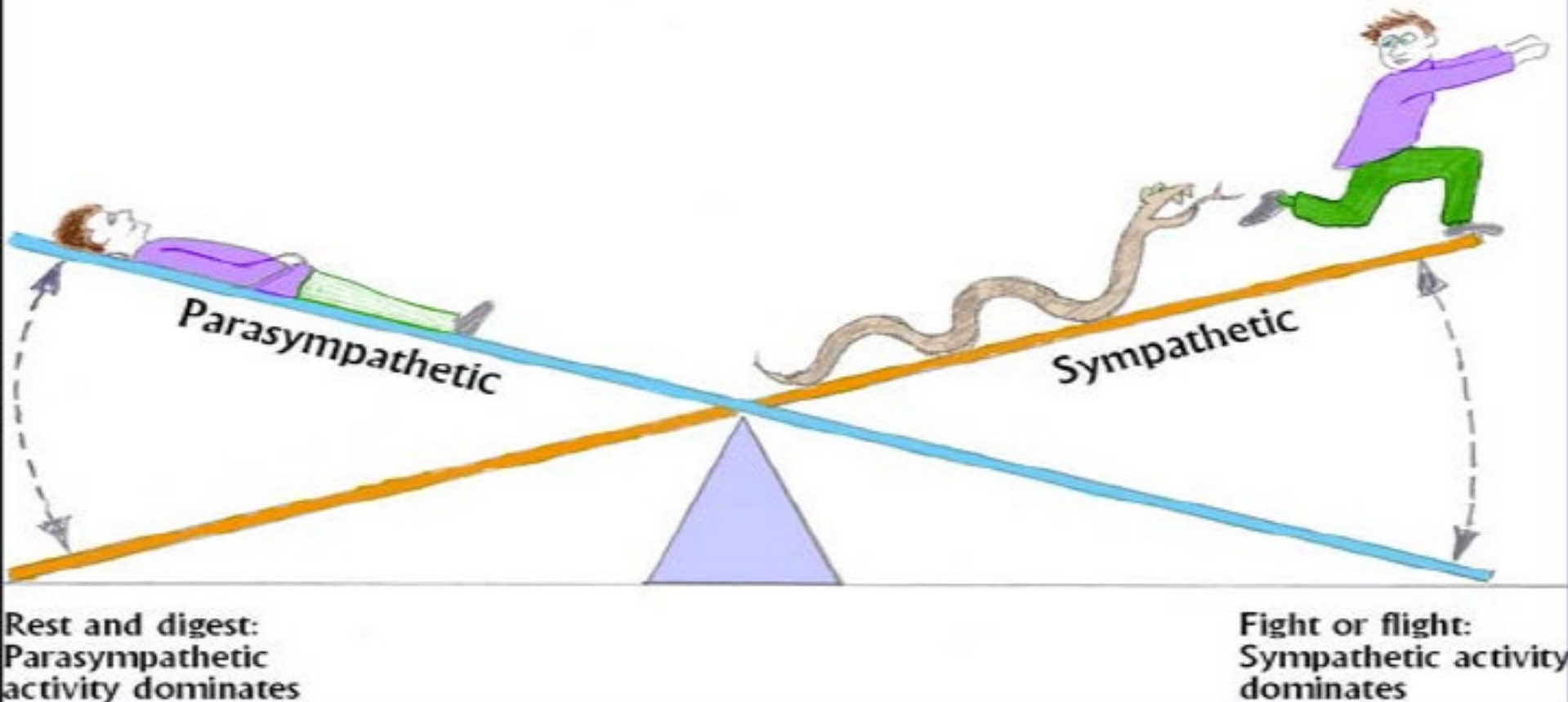
- The metabolic Fire
- Agni
- Should be balanced
- so that the person will
- not have drastic
- weight changes
- Loss or gain
simply your
weight is steady



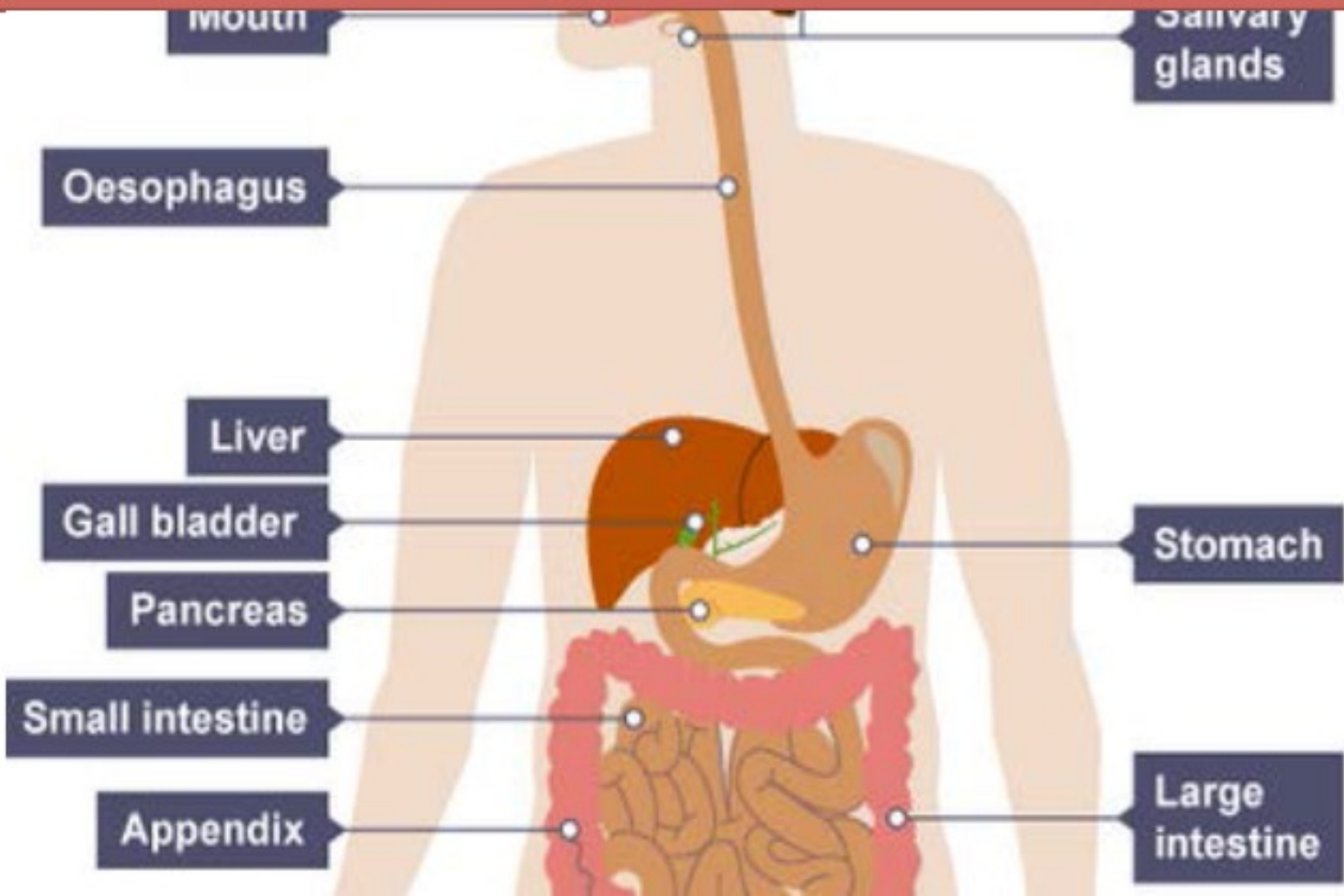
Step One:

Maintain SamaDosha Means Balanced Dosha

Homeostasis is a dynamic balance between the autonomic branches.

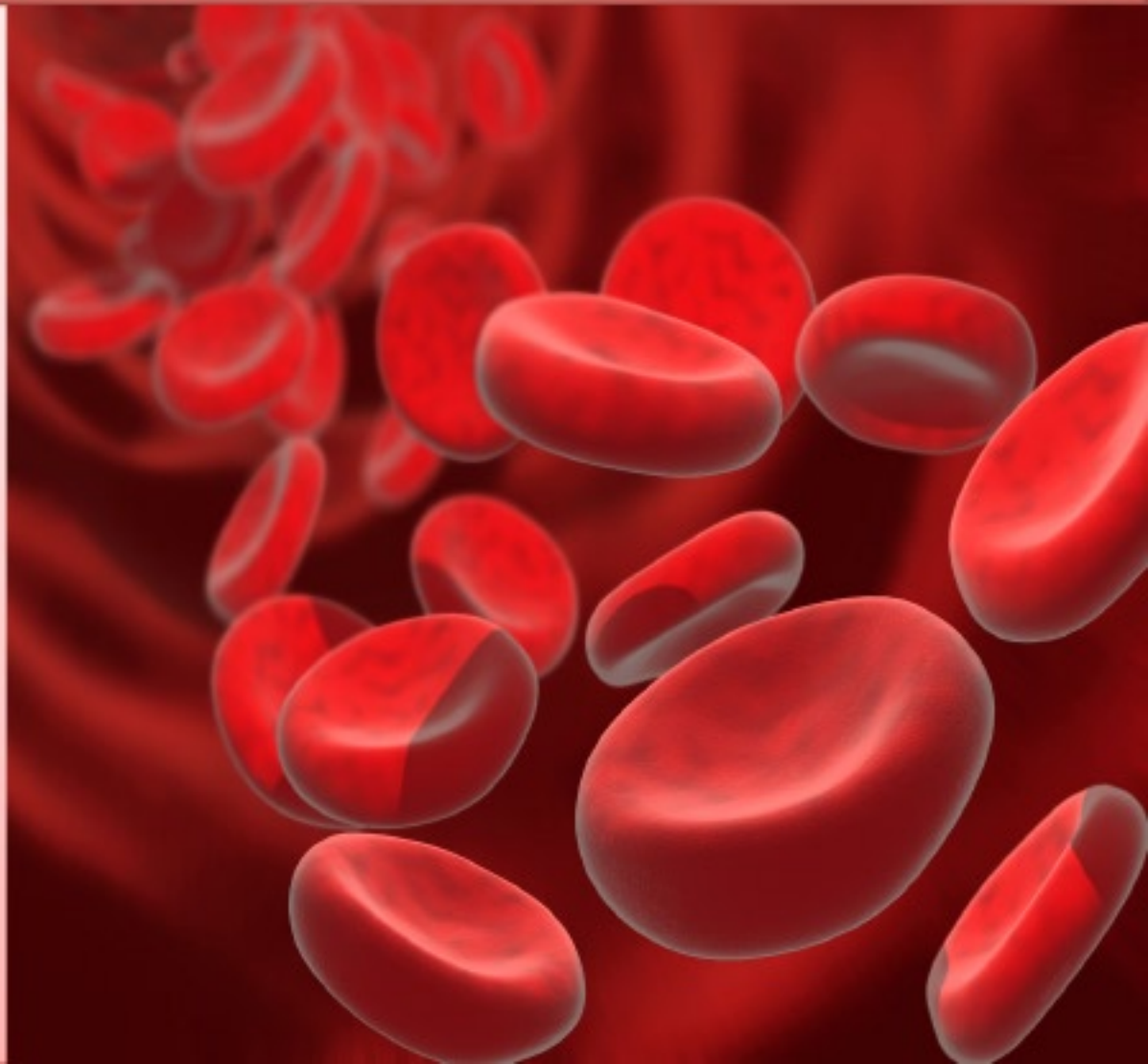


Step Two Ayu Health Balance Samagnischa (Fire In the Belly)



StepOne SamaDosha and StepTwo Samagnischa

- **Are achieved:**
- **Samadhatu**
- **Mala**
- **Kriya**
- **Takes Place**
- **The body's**
- **seven tissues**
- **Malas: urine feces**
- **sweat**
- **remain perfect**



Ayurveda Science

Primary Cause of Disease

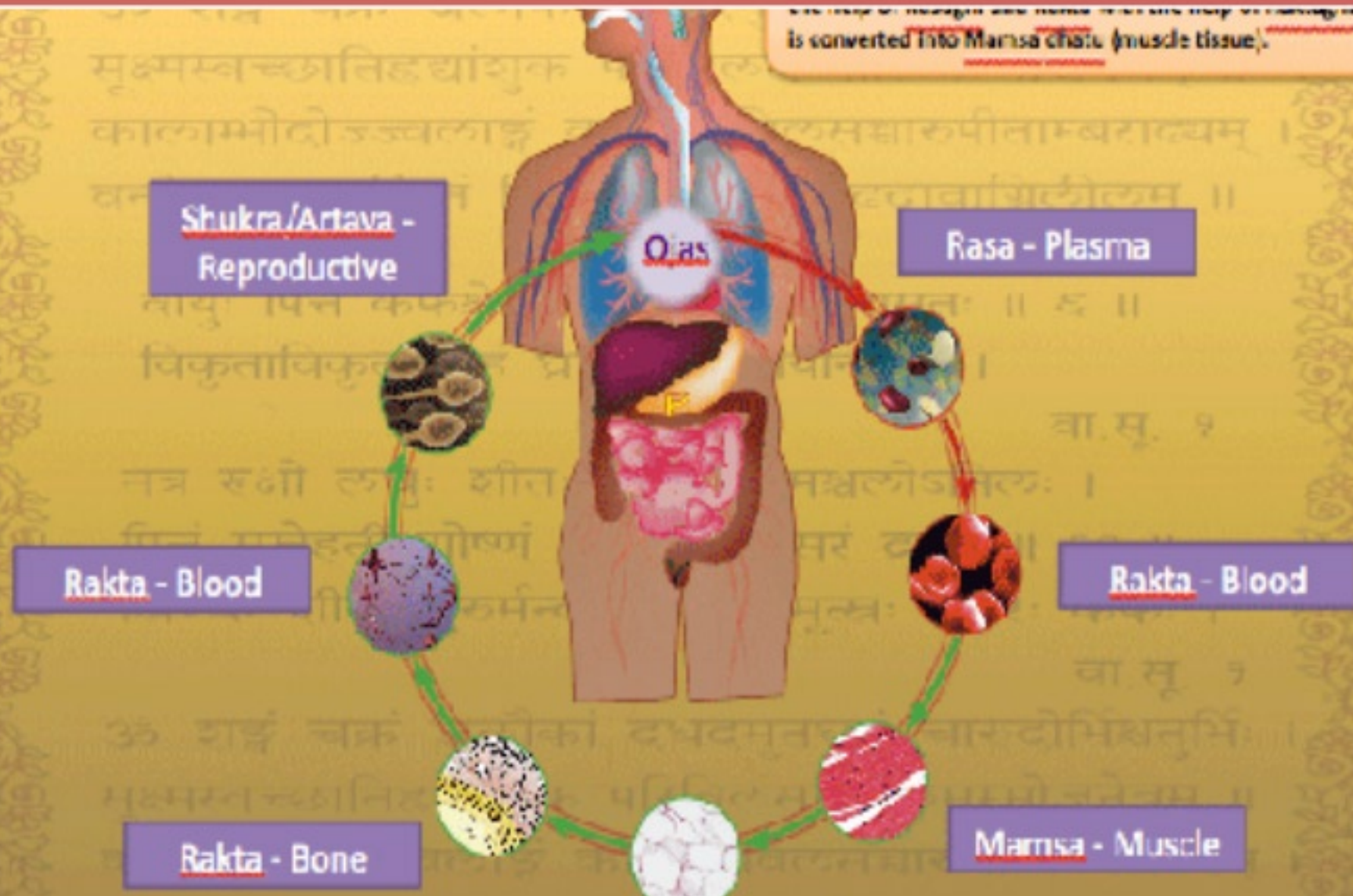
- Being the **disturbance** of the
- **equilibrium** of
- **Doshas**
- **Dhatus**
- **Malas**

Classification of Diseases

- Pathogenesis diseases either vata,pitta,kapha
- Dvandvaja:when two doshas are vitiated simutaneusly
- Sannipataja: when all three dosa are simutaneouesly three doshas are vitiated.

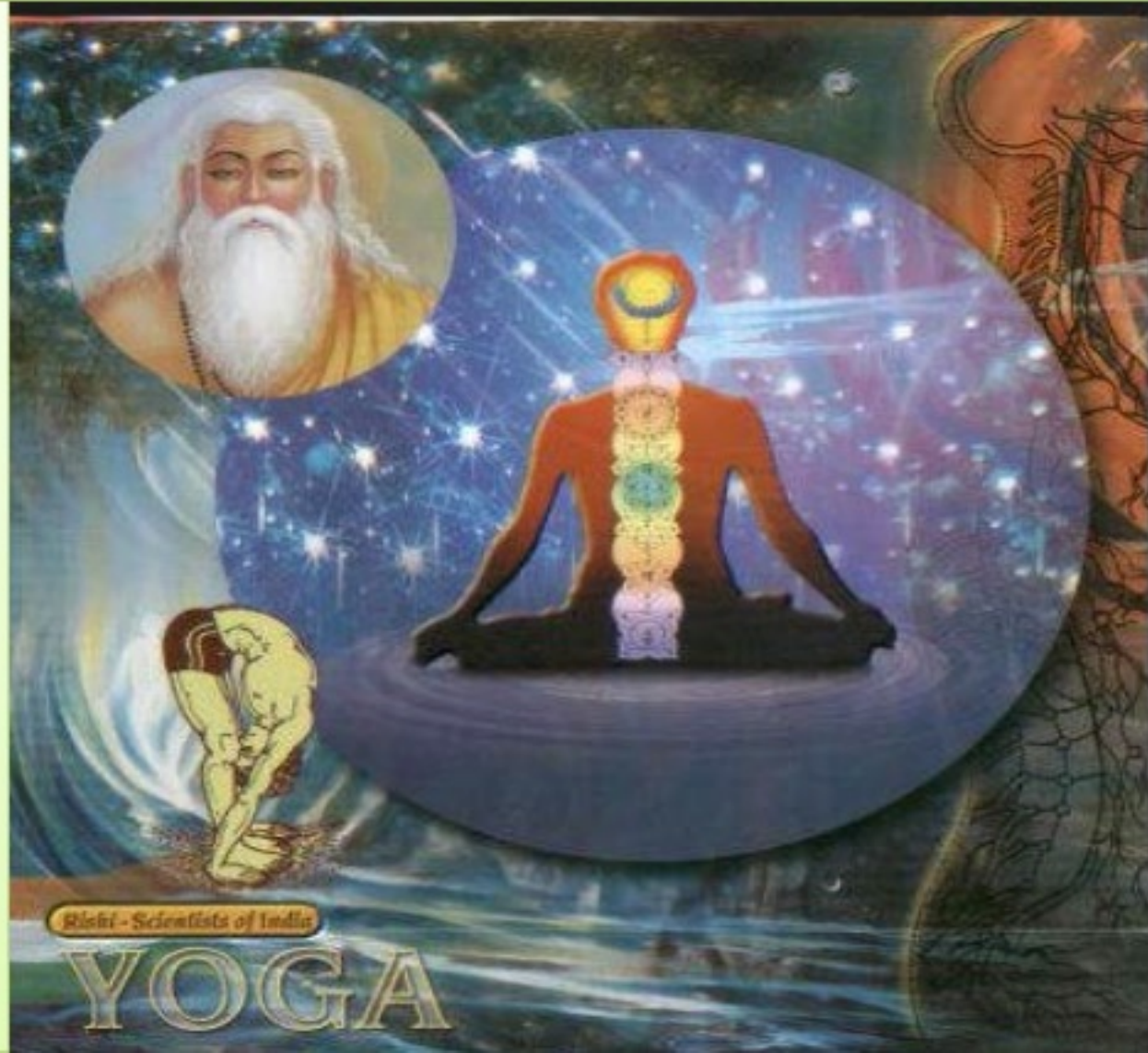
Dhatu Theory

is converted into Mamsa dhatu (muscle tissue).



Charaka uses Chikitsa as

- To mean the treatment and management of an imbalance or disease.



Chikitsa is any method

- Or system that creates balance between the body , mind and consciousness.



Chikitsa doesn't just mean to give a drug or herbs ,but it is the action

- Of yukti , which means prompt and skillful action. Concentrate on the task.**

Where Does Ayurveda HEALS At In the Body

- Ayurveda Heals at the origin of the the dis-ease.
- Heals at a level where the initiating energetic forces of disease operate.

The Secrets of
Long Life



Emphasis on Positive health

- Ayurveda emphasizes the maintenance of positive health and prevention of diseases in preference to their cure.



Ayurveda Does NOT

- Accept germs or invading organism as the primary factors for the causation of diseases.
- Germs are secondary causes according to Ayurveda.



Ayurveda

- Does not lay much emphasis upon the **seed**.
- It is the **field** which is of primary importance for the treatment of diseases.



The Aim of Ayurveda Approach To Health

- **Is not to kill any germ but to make the tissues of the body immunized**
- **Leading to the environment**
- **So that the germs cannot multiply and grow.**

Germs Are Present in The Body

- But, if the field or tissue elements of the body are barren or
- immune to them, then the germs will not be able to produce a disease.



Nursing assessment

- An assessment of immune function begins with a health history and physical examination

Health history

1. Age
2. Nutrition
3. Infection and immunization
4. Allergy
5. Medications and blood transfusion
6. Lifestyle and other factors

Natural drugs

- Drugs used are
- Vegetable Origin
- Mineral Origin
- Animal Origin

Opium

Use of Opium was prevalent in Ayurveda



Administration of Different Types



- Of Herbal processes

Natural drugs

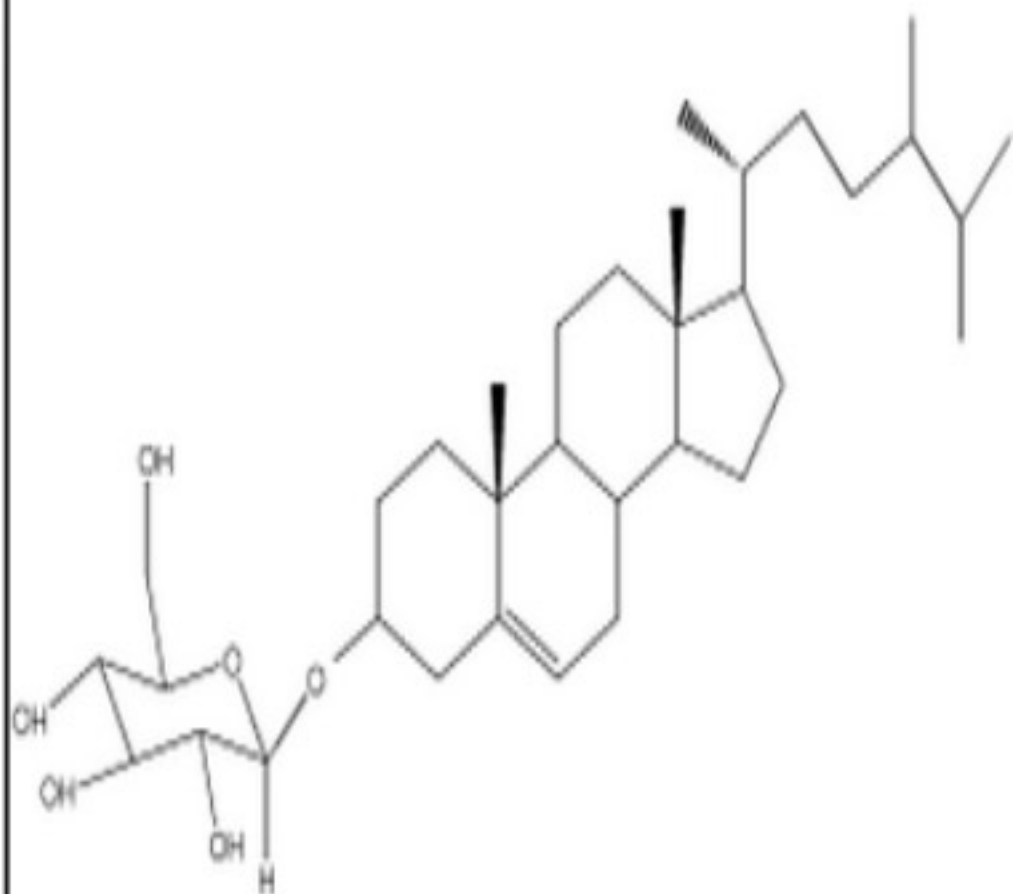
- Mostly used in their natural form
- Alkaloids Isolate
- Glucosides Isolates
- ArE not used in Ayurveda.
- Synthetic preparations are alien to Ayurvedic practice.

alkaloid

An **alkaloid** is a naturally occurring nitrogenous organic molecule that has a pharmacological effect on humans and other animals. The name derives from the word alkaline; originally, the term was used to describe any nitrogen-containing base (an amine in modern terms). Alkaloids are found in plants (e.g., in potatoes and tomatoes), animals (e.g., in shellfish) and fungi (e.g., in mushrooms), and can be extracted from their sources by treatment with acids (usually hydrochloric acid or sulfuric acid, though organic acids such as maleic acid and citric acid are sometimes used).

Glucosides

- A **glucoside** is a **glycoside** that is derived from **glucose**. **Glucosides** are common in plants, but rare in animals. **Glucose** is produced when a **glucoside** is hydrolysed by purely chemical means, or decomposed by fermentation or enzymes.



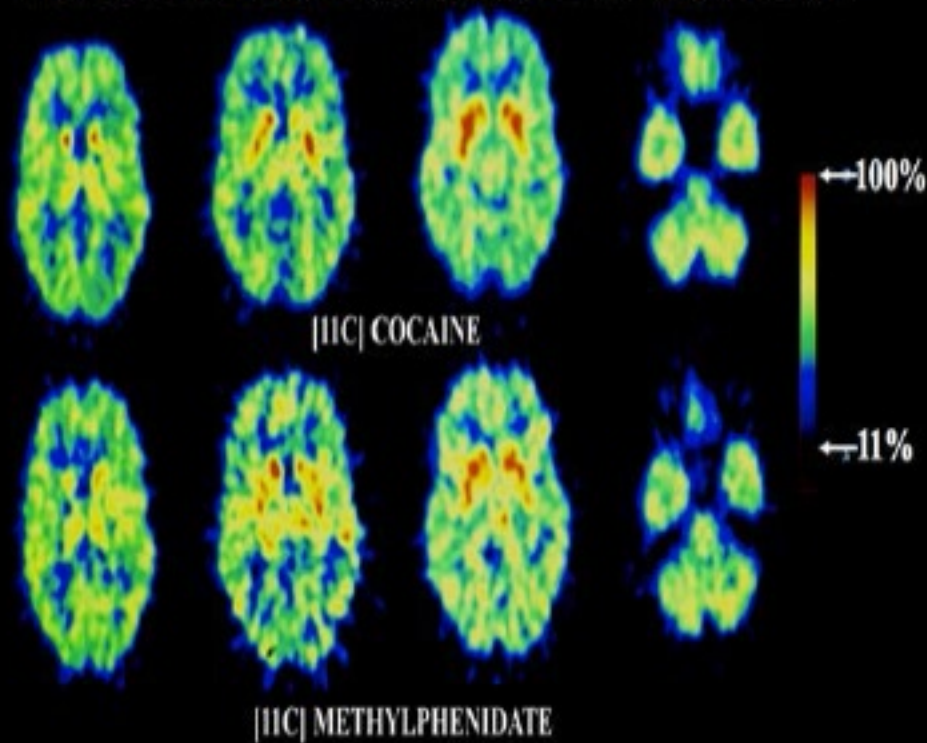
Campesteryl-glucoside

Non toxic nature and side benefits

- Drug should be **therapeutically** effective
- And there should be a sufficient margin
- Between the therapeutic dose which **cures the diseases** and the **lethal dose** which **produces an injurious effect on the body**

Stimulants (Ritalin, Adderall) Act like Cocaine Directly in the Dopamine Cells

Distribution in the Human Brain of Cocaine and Ritalin

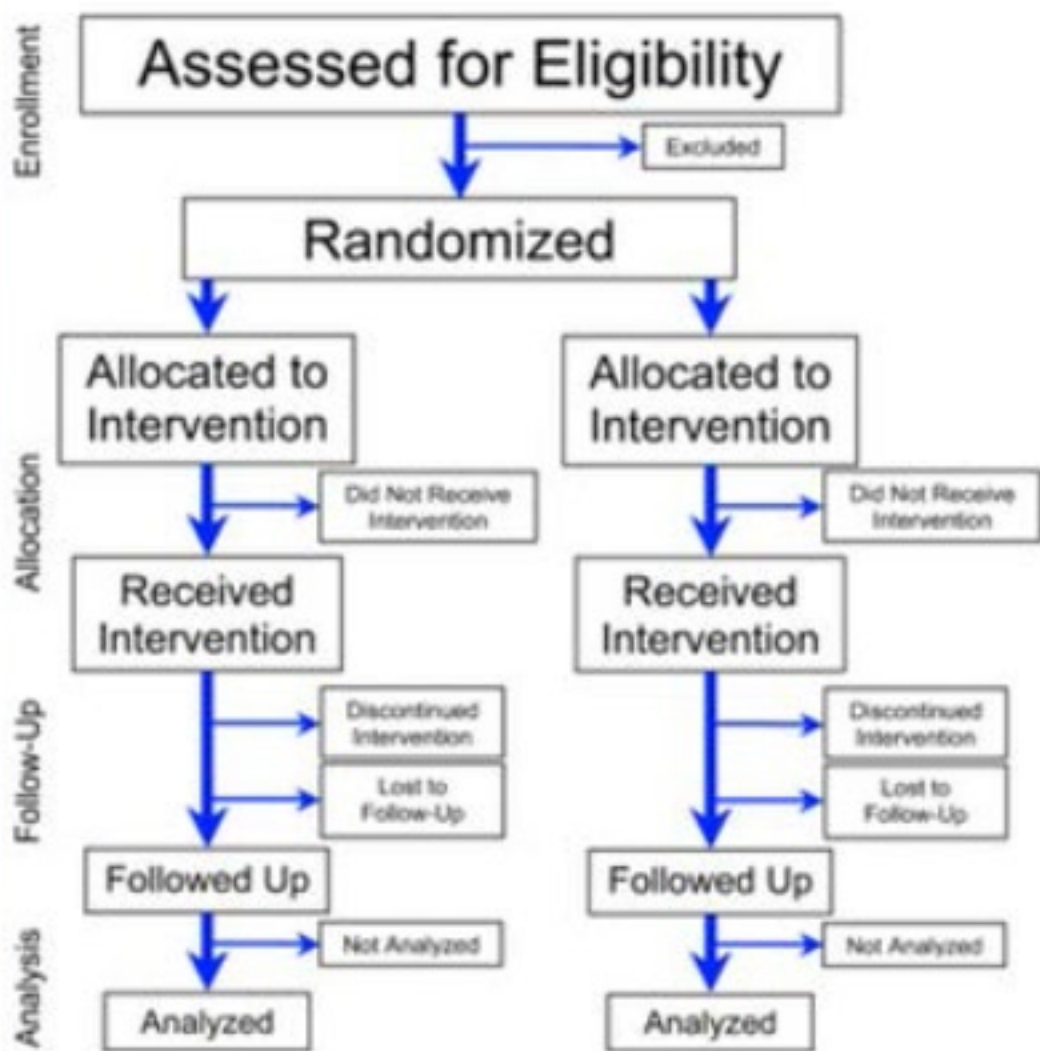


Cocaine and Ritalin Act on the Same Sites in Brain

Volkow, et al. (BNL)

Ayurveda Drugs

- Time-Tested For their harmlessness
- Evidence Based Studies
- Randomized Clinical Trials



In therapeutically effective doses

- Ayurvedic drugs are not only free of side effects
- But they generally produce positive side effects.
- All ayurveda herbs are useful for patients and also for healthy persons.
- They cure diseases and produce immunity against future attacks.
- In healthy individuals they help in maintenance of positive health and prevention of disease.

Simple and Economical Recipes

- Spices in kitchen
- Common plants growing in courtyard
- Used for treatment of common diseases
- Only after the home remedies have been tried and proven not healthful




Simplicity in processing drugs

- Drugs are mostly used in their natural form**
- Synthetic Drugs are not used**
- Chemically isolated fractions are not used in preparation of ayurvedic herbs**
- Some recipes are used in form of wines, medicated ghees, medicated oils,**
- Ayurvedic physicians prepared their own recipes.**

Foods and Spices As Medicines

**Energy Science
Nutrition**

A close-up photograph of a dark-stained wooden bowl filled with a vibrant, bright yellow powder, which is turmeric. The powder is piled high, creating a textured surface. The bowl is set against a plain, light-colored background.

Shodana Chikitsa

- **detoxification**

Shamana

- **Palliative
measures**

Dipana

Kindling of agni

Pachana

- **Burning of
Ama**

Ayurveda

- Devotes a great deal of attention to dipana and pachana.
- This is because when strength of agni becomes low
- There is production of raw unprocessed substances within the tissue.

Raw substance is called

- Ama

ama

- Is a toxic morbid substance and ama is produced in daily metabolic activity

Ama can accumulate

- **From impurities in the body from improper elimination of urine, feces, sweating the body**

Ama can be

- Produced by dosha dusthi
- When aggravated doshas attack the dhatu

ama

- Can be produced
- By unresolved, unprocessed emotions, thoughts and feelings
- Called mental Ama.
- This ama is the root cause of all psychomatic disorders.



AMA

- In general is the root cause of disease



To live long

- **We must be free from ama**
- **And to have freedom from AMA**

Shodana

- **Purification and detoxification**

Anuloman

- pranayama

Vaidya's job

- **Guide the patient toward taking back responsibility for their own health.**

- Ayurveda Principle

Health is a state of perfect balance.

- Not just the absence of defined disease.

“Health is not just the absence of disease. Health is a state of optimal well-being.” -World Health Organization

AYURVEDA SAYS THERE IS NO CURE-ALL OR PANACEA FOR DISEASES

- THE BODY BEING MIND-BODY-SOUL ENTITY.
- HUMANS NEED NOT ONLY HERBS AND MINERALS
- BUT ALSO MENTAL HYGIENE THERAPY
- MEDICATIONS AND ESOTERIC FORMULAS



Fever

- In western medicine Fever is treated as a symptom of another disease.
- Fever in AYURVEDA is a disease entity based on the phase the person is in the disease process.
- Mantras were used for different types of fever and their complications

Disease is understood through Five

- **FACTORS.**
- #1 **Nidana**: etiological Factors
- #2 **Purva rupa**: the signs before the disease
- #3 **Rupa**: actual signs and symptoms
- #4 **Upashaya**: Exploratory therapies
- #5 **Samprati**: Pathogenesis

Panca Nidana

- **Without their proper appreciation successful Ayurvedic treatment is next to impossible.**

This Results

- **Both in the**
- **PREVENTION of Disease**
- **CURE of Disease**

Dietary Approach

- Different
- Types of
- Diet
- Regimens
- According to
- Constitution
- Age
- Season
- .



Medicines become ineffective if

- The patient resorts to unwholesome foods and regimen.



Svastha

- General Health
- SVA means self
- STHA means located or situated .
- One who is one with his or her own true self , that is
- SVASTHA
- And that is the very definition of HEALTH.

There is a special chapter in Ayurvedic literature about how to live longer.



How to Calculate Quality of Life

- Ayuhu
- LONGEVITY
- of Life



VARNA: Color of Complexion



Balam

- Strength
- Tone
- Power
- co-ordination of muscles



Svastha : General Health



Healthy
Living



Utsaha :Happiness



Upachaya

The Build And Bulkiness of the Tissue



Prabha

- Intelligence
- Color
- Complexion



Prana Tejas Ojas

- Prana: Brain Power
- Nervous System Functions

- Tejas: Metabolic Power:
- Acid/Base
- Digestive Enzyme system

- Ojas : Juices of the
- Immune system
- For Organs and Body Tissue.



SamaDosha and SamaAgnischa

- There is neither decaying of these tissues nor is there overgrowth.



Prasam

Matma Indriya Manaha

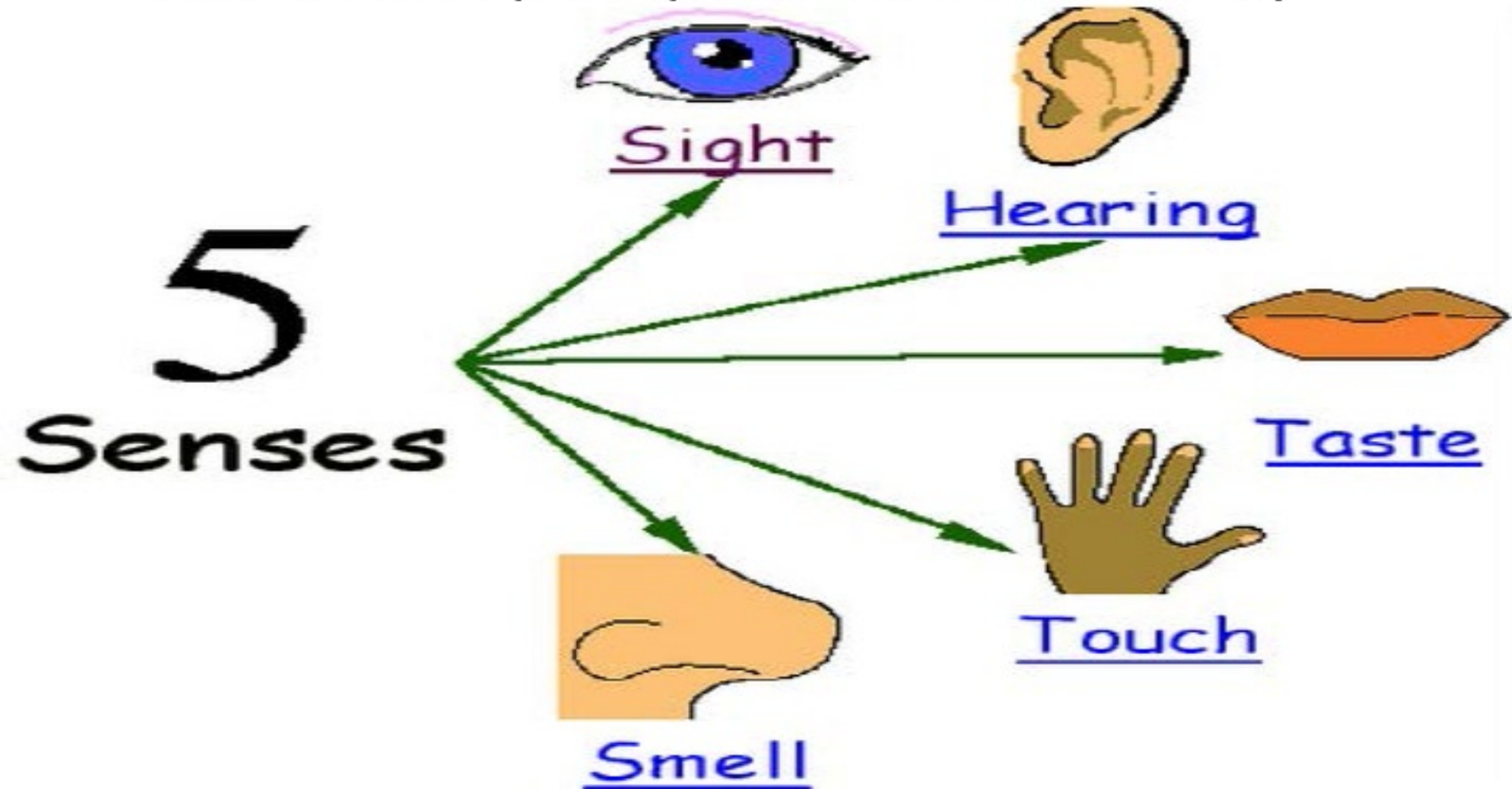
- **Means the mind should be happy, peaceful, blissful**

Atma

- The soul
- Should be self content

indriya

- The doors of perception must have clarity



svastha

- If we take care of all these
- Body mind parts

- we have **svastha**

- **General health**

Utsaha

- To
- Remain
- happy



With

- What is.
- What's around us.



Ancient Ayurveda taught

- Every

- MO

- MENT



That we are thinking negative thoughts

- And having negative feelings
- Then we get carried away by these judgements and conclusions.

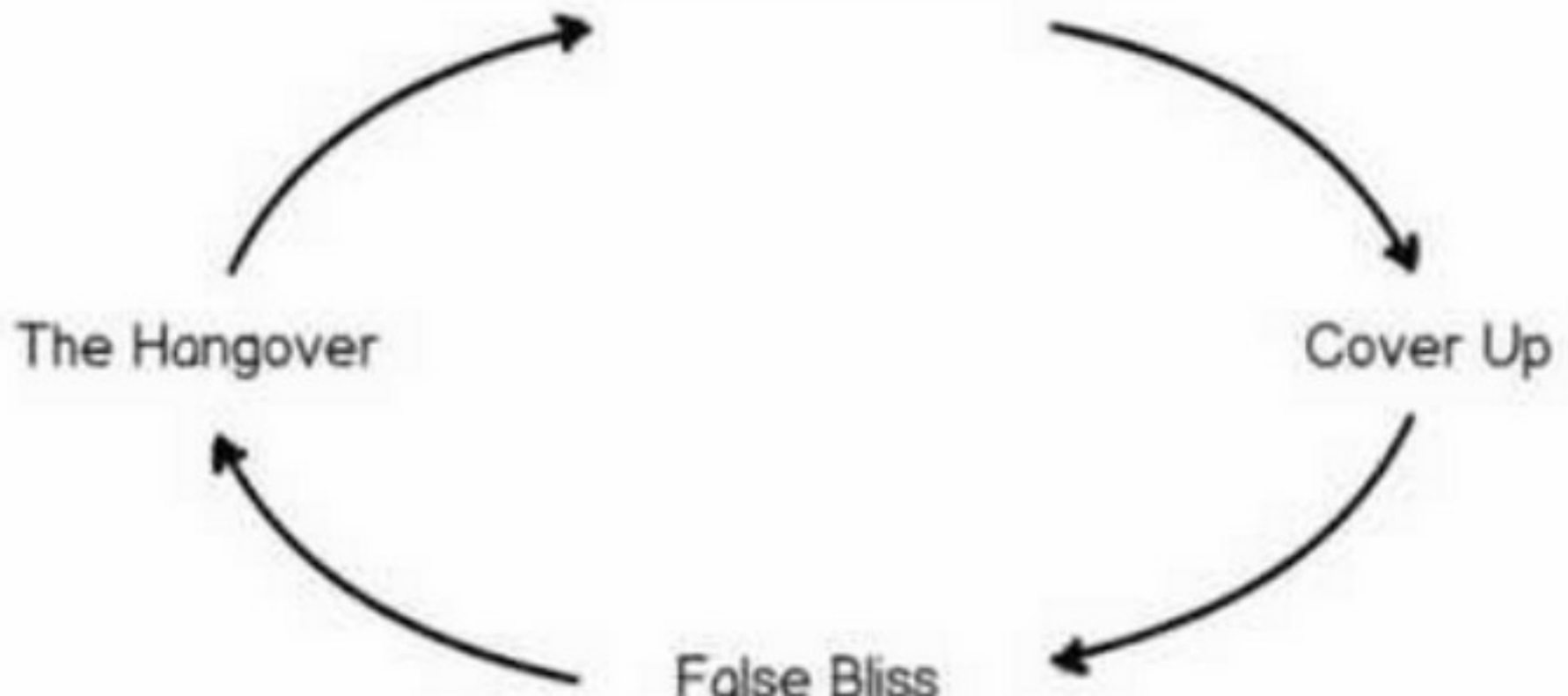


The
Judgement
Zone

Cycle of Negativity and Judgements creates Defective Changes In Our Doshic Balance

The Cycle of Emotional Eating

Trigger / Emotional Response



Utsaha

- That is why Ayurveda says we should maintain
- **HAPPINESS.**
- **PEACEFULNESS**
- **BLISSFULNESS**



Surrender

- To
- What
- is



No Running

- **To what**
- **Should be**
- **To what**
- **Would be**
- **Could be**



What is a REALITY

- What should,would,could Be is a IDEA.

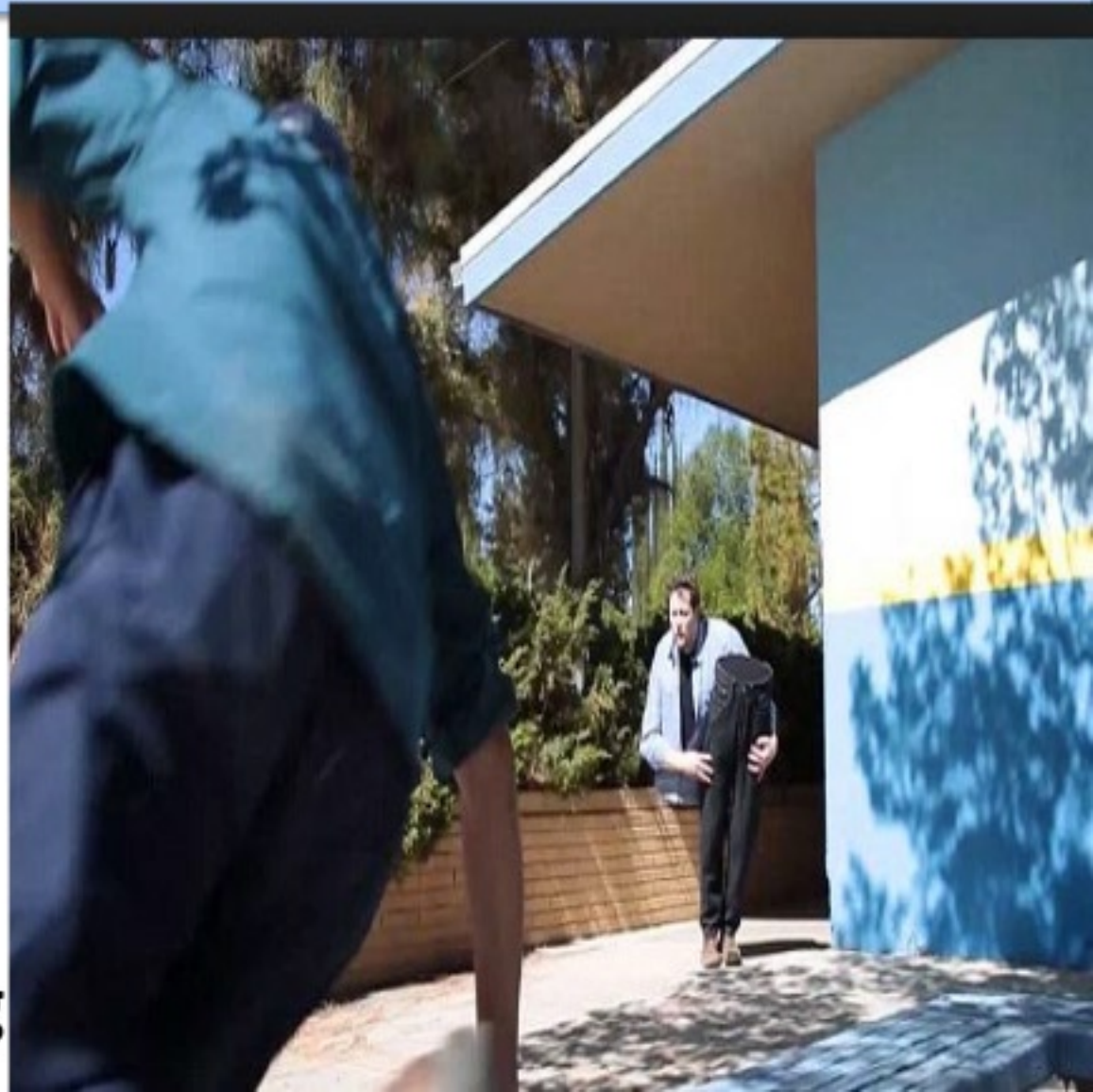
HOW AN
IDEA BECOMES

REALITY



An Idea is not reality

- It maybe an
- illusion.
- So we
- tend to run
- after illusions
- and running
- after illusions
- can be one of the
- causes of suffering



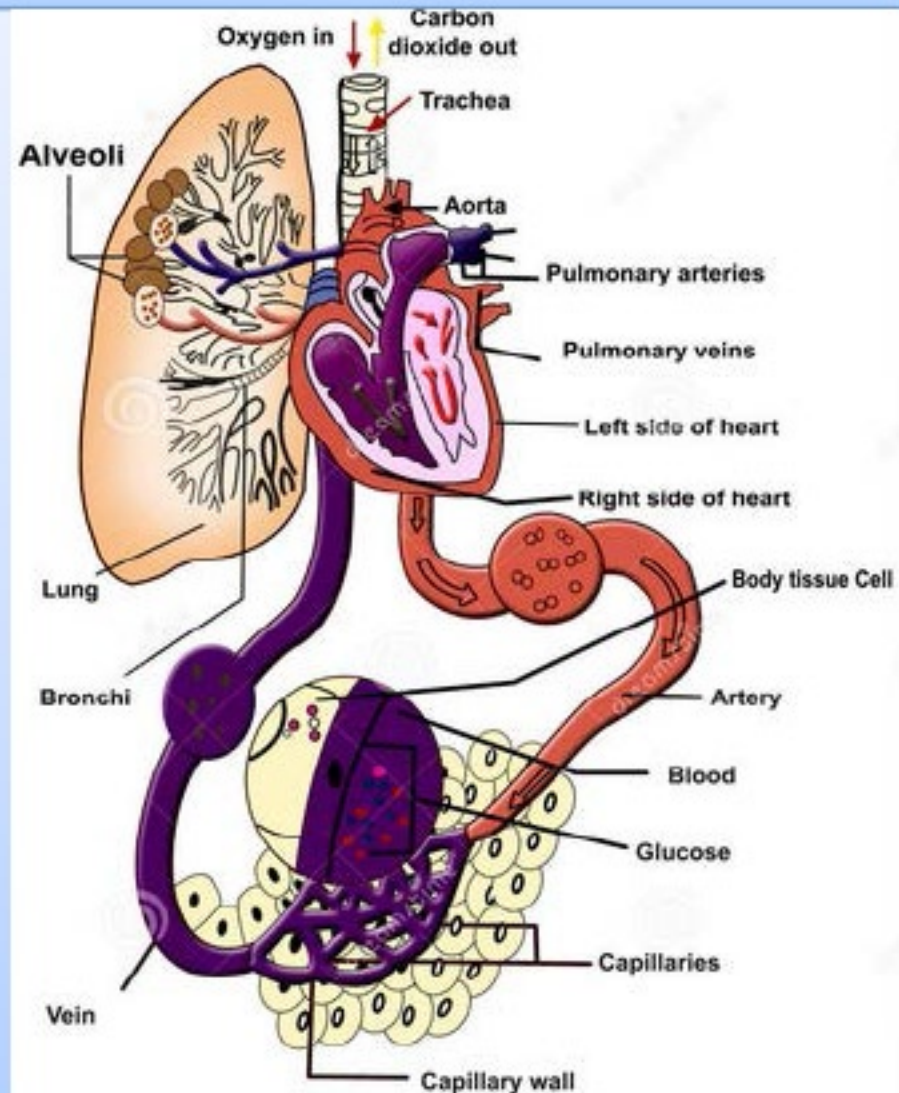
illusions



Prana, Tejas, Ojas

PRANA

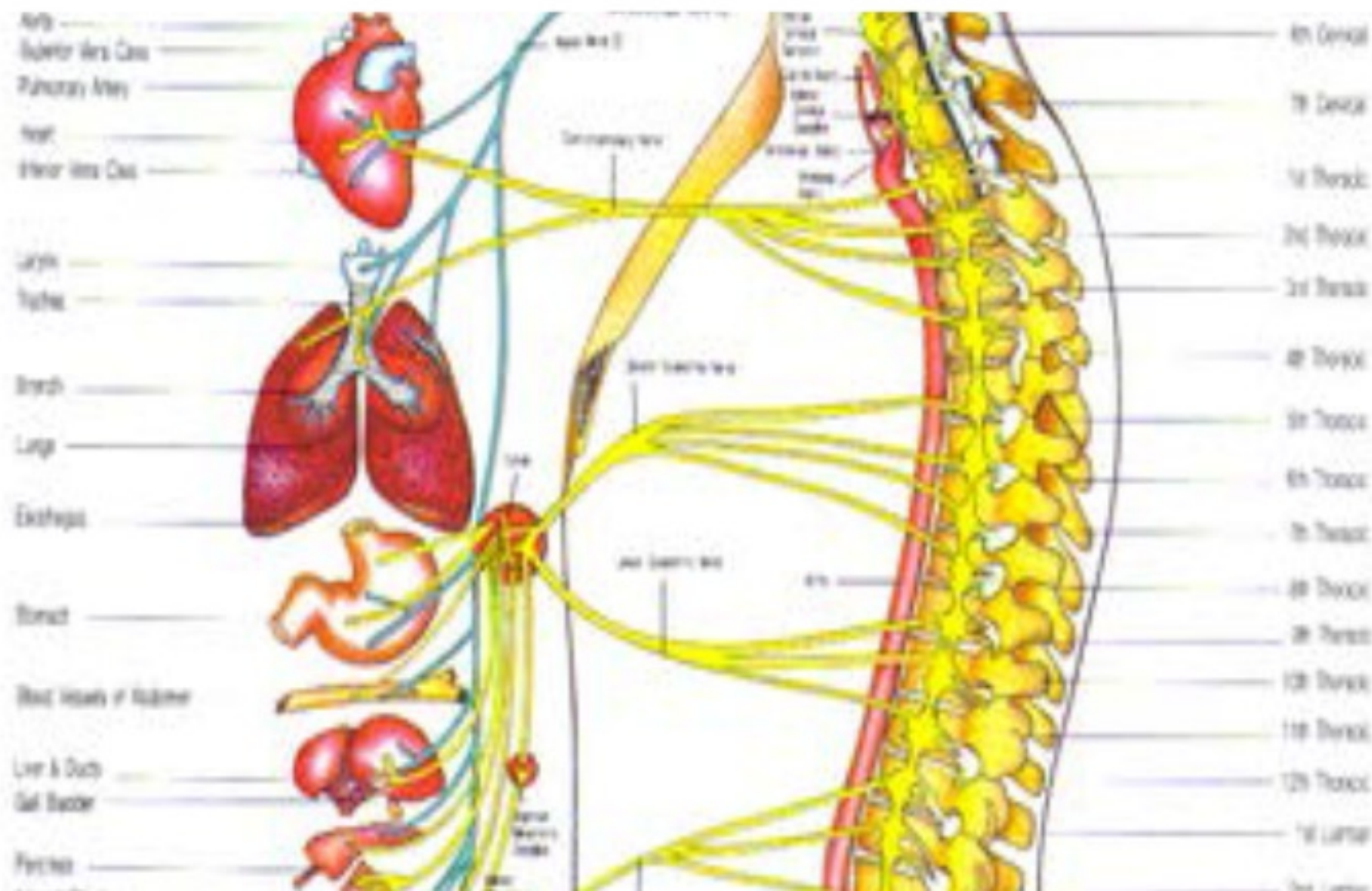
Is the life
energy that performs
Respiration
Oxygenation
Circulation



Prana

- Also governs the motor and sensory functions as well as the biological functions of the two other subtle essences
- Ojas
- Tejas

Autonomic Nervous system



Tejas

- **Maintains metabolic activity**
- **at the cellular level**
- **and it governs**
- **the body temperature**
- **and cellular intelligence.**

Ojas

- **Is the pure essence of of all bodily tissue**
- **and it maintains our psychological**
- **and neurological immunological responses**
- **Ojas also sustains the immune factors at the cellular level.**

In the body

- **Every CELL is a**
- **center of awareness**
- **Every Cell has a**
- **Cellular Choice**
- **meaning its own**
- **selectivity**
- **and its own**
- **intelligence.**



Prana

- Governs this
flow of cellular
communication

What Prana Looks Like

From This you can see

- The importance of preserving the balance of prana, tejas, and ojas.