

Basic Principles of Ayurveda

Ayurveda is the combination of two words, `Ayu` and `Veda`

- Ayu – Means the Life
- Veda – Means Science or Knowledge

Together '**science of life**'.

Ayurveda can be defined as a system, which uses the inherent principles of nature, to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. To maintain health, Ayurveda has its own aims and objectives.

Aims of Ayurveda:

Swasthasya Swaastha Rakshanam (Maintaining once own health)
Aaturasya Vikara Prashamanam (If disease, to get rid from it)

Ayurveda's aim is to help the healthy person to maintain good health and the diseased person to regain good health. The practice of Ayurveda is designed to promote human happiness at physical, mental and spiritual level.

Objectives of Ayurveda:

Samadosha Samagnishcha Sama Dhata Mala Kriya,
prassanna atma indriya manah swastha iti abhideyate

In Ayurveda one is in good health when our inner and internal environment is in balance:

- The Vata, Pitta and Kapha dosha (vital humors) are in balance.
- Agni (the digestive fire) is balanced.
- Dhatus (the 7 body tissues) are functioning normally.
- Mala (the waste products) are produced and eliminated normally.
- The Mana, Indriya and Atma (mind, senses and consciousness) are working in blissful harmony

Ayurveda is based on 5 basic elements.

- Aakasha : Ether
- Vayu : Air
- Agni : Fire
- Ap : Water
- Prutvi : Earth

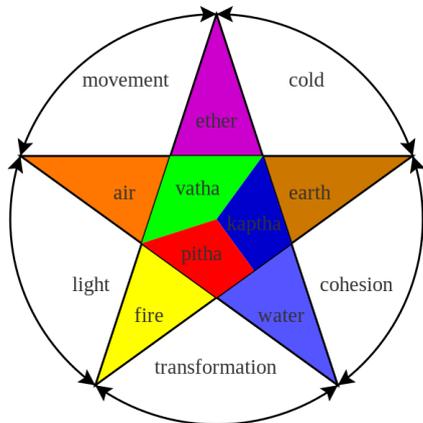
By the combination of these elements Dosha, Dhātu, etc., are formed.

Basically, Ayurveda is based on 3 pillars, **Dosha**, **Dhātu** and **Mala**. We will know about these pillars one by one.

Dosha:

A dosha, according to Ayurveda is one of three bodily humors that make up one's constitution.

Three dosha – Vata, Pitta and Kapha.



The three Dosha, in Ayurveda and the five great elements that they are composed of.

Vata: Air+Ether

Pitta: Fire+Water

Kapha: Water+Earth

Places of dosha:

Vata: Main place is Large intestine. Other places like, thighs, bones, joints, ears, skin, brain, and nerve tissues.

Pitta: Main place is Small intestine. Other places like, stomach, liver, spleen, pancreas, blood, eyes and sweat.

Kapha: Main place is Chest. Other places like, throat, lungs, head, lymph, fatty tissue, connective tissue, ligaments and tendons.

Qualities of Tridosha:

Vata: Vata governs all movement in the body and mind. It controls blood flow, elimination of wastes, breathing, etc., Pitta and Kapha can't move without vata. Vata is considered as the main of the three dosha. It's important to keep vata in good condition.

Pitta: Pitta governs all heat, metabolism and transformation in the body and mind. It controls our digestion, metabolism, sensory perception, discriminates between right and wrong. Pitta governs the agni (digestive fire) of the body.

Kapha: Kapha governs all structure and lubrication in the body and mind. It controls weight, growth, lubrication for the joints and formation all 7 tissues (Dhatu) in the body.

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