



# AYURVEDA

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**Def:** The term Ayurveda Literally means “science of life”. Ayurveda is composed of two words ‘Ayu’ and ‘veda’. Ayu means life and veda means science.

Ayu is defined as a combination of sharira (body), indriya (senses), satva (mind) and Atma (spirit). Body without senses, mind, and spirit is dead and it lacks ‘Ayu’. Hence the aim of Ayurveda is healing a person both physically and mentally.

The methodology of Ayurvedic treatments is totally different from other systems of medicine. It is a very close approach to nature. It treats the root cause of a disease. It is not just a symptomatic treatment.

Ayurveda believes that the human body is made of three natural forces or humors. These three humors were discovered by observing nature over hundreds of years. These are not man made or theories. These humors can not be observed directly but can be analyzed by their functions and effects in the body. These three humors are named after their functions – movement (vata), transformation (pitta) and cohesion (kapha). These are called “Tri-doshas”.

A person's nature is determined by the combination of these Tri-doshas in different proportions at the time of birth. This is called “*prakruti*” (nature) of a person. This “*prakruti*” doesn't change during one's lifetime.

Ayurveda also says that there is a change in situations of vata, pitta, kapha in the body, which is called “vikruti”. When ‘vikruti’ is similar to ‘prakruti’ (nature of person) the person is in a healthy condition. If ‘*vikruti*’ is different from ‘*prakruti*’ that is when imbalance occurs in tridoshas it results in diseased condition.

Ayurveda doesn't encourage the stereotyped medication to every one. It deals differently with each individual according to the prakruti and according to the derangement of imbalance of particular doshas

resulting in vikruti. Hence it is our goal to restore a person's prakruti by making change in lifestyle, behaviour, diet etc.

## The main aim of Ayurveda is

1. to preserve the health
2. to promote the health
3. to cure the diseases

1 & 2 i.e., preservation & promotion of health of healthy person can be achieved by Rasayana Therapy.

## Rasayana Therapy

The very meaning of the word Rasayana Therapy refers to nutrition and its perfect transportation to our body cells, along with special health promoting conduct and behaviour. Such a state of improved nutrition and behaviour is claimed to lead to a series of secondary attributes like prevention of ageing and longevity, immunity against diseases, mental competence, increased vitality and luster of the body

Through Dinacharya (daily routine), Ritucharya (seasonal regimen) and a handful of Rasayana medicines, Ayurveda ensures good health in spite of today's stressful pressurized life-style. Regular adherence to dinacharya and ritucharya helps maintain balance of Tri-doshas, any change or any irregularity in the routines and seasonal regimens leads to derangement or imbalance of Tri-doshas causing disease. The common health disorders of today can be categorized into immune deficiencies, allergic reactions and augmented degenerative changes. These can be kept away from us only by practicing Ayurveda as a part of our life.

## Curing diseases:

Ayurveda cures diseases by two methods. One is by giving “**internal medication**” and the second one by eliminating the toxins from the body through the five fold therapy called ‘**panchakarma**’.



### **Internal medications:**

Ayurveda provides rational means for the treatment of many diseases incurable in other systems of medicine.

### **Panchakarma**

The five fold purification aims at correcting the imbalance of bodily humors through elimination of toxins from the body.

The five important procedures of toxins from the body.

1. **varmana (emesis)**
2. **virechana (purgation)**
3. **niruhavasti (decoction enema)**
4. **Anuvasana vasti (oil enema)**
5. **Nasya (nasal inhalation)**

### **Importance of panchakarma:**

The characteristics of living beings are described as birth, existence, growth, reproduction, generation and death respectively. These phenomena exists in every individual cells.

Childhood is a phase of growth and what ever wastes are produced will be removed as the excretory channels are patent enough. As the individual grows and attains maturity, production and excretion of metabolic wastes become almost equalized to that of excretion and it continues for a considerable period. After that the efficacy of the excretory channel decreases and the amount of waste tends to increase and this accumulation interferes with the growth and an inverse

effect is obtained. We name this process as ageing or degeneration. Proven example is the accumulation of 'free radicals' in the body. Hence the cleansing methodology i.e. "**panchakarma**" has to adopted at this stage to obtain longevity.

### **Advantages of panchakarma:**

1. Purifies entire body
2. Diseases are uprooted and can be eradicated.
3. Increases body's resistance.
4. Repairs structural and functional damage caused by a disease/
5. Tendencies such as vitiation and mitigation of doshas (even though it is natural) can be normalized.
6. Srothas (conductive channels) becomes clear and this activates the transport of rasadhātu and there by increases the rejuvenation.
7. activates all the five sense organs.
8. Gives absolute and quick relief in chronic ailments.
9. Purifies navarandras of the body.

This is all about Ayurveda when adopted in our life will result in longevity



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### **కొన్ని రహదారి భద్రత ఓనమాలు**

- ❖ రోడ్డు దాటేటప్పుడు ముందు కుడివైపు తర్వాత ఎడమవైపు మళ్ళీ కుడివైపు చూసి దాటాలి
- ❖ జీబ్రా గుర్తు వున్న చోట మాత్రమే రోడ్డు దాటాలి మరి!
- ❖ ఎప్పుడూ ఫుట్ పాత్ మీద నడవాలి రోడ్డు మీద కాదు!
- ❖ మరి ఫుట్ పాత్ లేకపోతే! రోడ్డుకు కుడివైపున ప్రక్కగా వాహనాలను చూసుకుంటూ నడవాలి.
- ❖ వాహనాలు నడుస్తున్నప్పుడు "ట్రాఫిక్ లైట్" నుండి బయటకు అడుగు పెట్టడం చాలా ప్రమాదం!
- ❖ పోలీసు మనందరి మిత్రుడు సదా అతని సహాయం పొందాలి.
- ❖ పార్క్ చేసి వున్న కార్ల వెనుక నుండి ఎప్పుడూ పరుగెత్తి వెళ్ళవద్దు!
- ❖ కనపడని రోడ్డు మలుపులు దగ్గర దాటేటప్పుడు ఎక్కువ జాగ్రత్తగా వుండాలి



# STRESS

Stress itself is not bad or dangerous. It is a part of the wear and tear of everyday life and can not be avoided.

Challenges and changes add spice to life, fire the imagination and spur us on to new achievements – if handled in the right way. Many of the happiest and most successful people are those who have learned to respond to high levels of stress in a balanced way.



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A 'stress victim', is one, who fails to adapt to pressures and problems. Such persons under constant stress develop some behavioural changes like carelessness, aggressive behaviour, impatience, compulsive behaviour, over-eating, under-eating, smoking, addiction to alcohol etc.

Stress has significant effects on brain particularly on memory. The typical victim of severe stress suffers loss of concentration at work and at home and may become inefficient.

Stress plays a main role in exacerbating a number of skin conditions like psoriasis, acne, eczema etc., and unexplained itching may also be caused by stress.

People with such conditions frequently seek relief through drugs or alcohol, smoking, abnormal eating habits, passive activities such as watching television for hours together etc. These unhealthy habits, unhealthy diet, sedentary routine promote many diseases, interfere with sleep patterns and lead to increased tension levels rather than reduced tension levels.

**How to get relief from stress?**

"The process of learning to control stress is life-long and will not only contribute to better health, but also a greater ability to succeed in one's own agenda."

In an attempt to reduce stress, no single method is uniformly successful. A combination of approaches is generally most effective.

1. A healthy lifestyle
2. Yoga, meditation, spiritual guidance
3. Following Ayurvedic principles
4. Following some methods or tips to lead a stress-free life.

## 1. Healthy life style:

It includes healthy diet and exercise. A diet rich in a variety of whole grains, vegetables and fruits, and moderate alcohol, tobacco etc. General health and stress resistance can be enhanced by a regular exercise.

## 2. Yoga, meditation, spiritual guidance

Yoga and meditation is said to have beneficial effects on brain. It is a good exercise for body and mind. Spiritual guidance always helps in developing positive thinking,

ultimately leading to a stress-free life.

## 3. Following Ayurveda as a part of life:

Ayurveda is the oldest form of medicine known to man. Our knowledge of healing has increased over thousands of years. Ayurveda is the only science which deals not only with the physical body but also mind.



Ayurveda has a wide range of herbal medicines which act on brain. Some of the main herbs are Ashwagandha, Brahmi, Jatamansi, Musta, Sarpagandha etc., are known to be best in relieving stress. Some of the therapies like body massages and shirodhara are also beneficial in stress management.

a) *Massage therapy for stress relief:* Massage is a healing art. Massage is a therapy both for mental and physical stress.

Under severe stress, when muscles are overworked, the body shows many weakening symptoms such as





soreness, stiffness and even muscle spasms. Heightened stress exhausts the body and demotivates the mind from remaining energized and active.

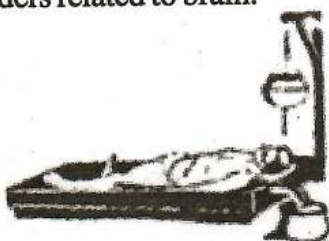
#### How does massage therapy act on body for stress relief:

- Massage improves circulation of blood and lymphatic fluids. Increased blood flow brings oxygen to body tissues.
- Increased oxygen flow removes waste products from inside the body and enhances recovery from diseases.
- Therapeutic massage can promote general well being, enhance confidence and self-assuredness.
- Massage as an excellent relaxant that increases health and well being.

#### b. Shirodhara in stress management:

Pouring of medicated oil or decoction or milk or buttermilk etc., in a stream on forehead of the patient from a specified height, for a specified time period is termed as Shirodhara.

Shirodhara has been found to be safe and effective treatment modality in relieving not only stress but also many disorders like insomnia, depression, anxiety etc. and the disorders related to brain.



It is a kind of relaxation therapy and a sort of passive meditation which reduces mental tension, relieves



anxiety and results in a more calm outlook without producing any marked degree of sedation, without grossly altering the level of consciousness.

#### Mode of action:

Continuous pouring of oil on forehead stimulates the nerve endings. These stimulated nerve endings produce some chemical substances which exist in the tissues in an inactive state and are activated by nerve impulse vibration due to shirodhara. This chemical substances produced in nerve endings cause little fall of blood pressure leading to decreased activity of CNS resulting in tranquility of mind.

According to Yoga Shastra it is presumed that there are ten main Chetana Kendras (Nadi Charkas) situated at ten different places in our body. These nadi charkas are connected to each other and work in collaboration with each other. Mainly "Aghna charka" (situated between two eyebrows) and "Bramaraguha charka" (situated at upper part of forehead) are

stimulated by Shirodhara which in turn produce beneficial effects.

There is a possibility that shirodhara may act locally as a local anesthetic agent thereby producing tranquility of mind and resulting in improvement in mental functions.

Such beneficial effects are seen in massage therapy and shirodhara. So, adopt Ayurveda 'the science of body and mind' as a part of your life and lead a healthy life both mentally and physically.

#### Tips to lead a stress-free life:

- Get organized-Plan the day properly
- Take breaks – Take a 10 minute break after every 50 minutes of work to maintain peak performance.
- Rehearse – When you are facing a situation which you know will be stressful to you, rehearse it mentally with a friend and anticipate what might occur, and plan your response.
- Do it now – Do your most difficult or most hated task at the beginning of the day, when you are fresh.
- Know your limits – Be realistic about what you can accomplish in a day. It's better to do less and do it well than to do poorly.
- Positive selftalk – Use positive self reinforcement: "I can handle this step at a time" instead of frightening or depressing yourself and coming up with reasons why you cannot cope.
- Follow some of the treatments or tips given and make your life happy, healthy and stress-free.