

Introduction of Ayurveda

'Ayur' means 'life' & 'veda' means 'science/ knowledge'. So Ayurveda is a science of life and well balanced medical science. Ayurveda is the knowledge or science of life. 'Life' in the preview of Ayurveda connects a combination of

- sharira (body)
- Indriya (preceptory organs)
- Satwa (mind)
- Athma (soul).

Ayurveda thus deals with every aspect of life and not only with curing of diseases. It teaches how to maintain a perfect healthy condition. It is also teaching the ways and means to prevent various diseases. Then it turns to the diagnosis and treatment of various diseases. The ayurveda treatment consists of three things.

- 1) Ahara - food
- 2) Vihara - mental & physical behavior
- 3) Aushadha - medicine

While diagnosing the constitution, mental make-up are also taken into account with the signs and symptoms of a disease. Disease may be the same, but the drugs vary according to the constitutional & mental characteristics of the patient. Ayurveda is the first medical science in the world which knows the importance of the mind in maintaining perfect health.

Ayurveda is also known as 'ASHTANGA VEDA' the word literally means 'eight branches of knowledge' as it is divided into eight specialized branches. They are as follows ;

- 1) Kaya chiihtha - General medicine.
- 2) Kaumarabhritya - Pediatrics
- 3) Graha chikitsa - Psychiatry and psychosomatic disease
- 4) Shalakya tantra - Disease of eye, ear, nose, throat, head and its surgery.
- 5) Shalakya tantra - General surgery
- 6) Agada tantra - Toxicology
- 7) Rasayana chikitsa - Rejuvenation therapy
- 8) Vajikarana chikitsa - Aphrodisiac therapy

According to Ayurveda, all matter is composed of five elements

Elements	meaning	sensory organ	creating
Apo	Liquid	tongue	taste sensation (rasa)
Thejo	Heat	eye	visual impute of color (rupa)
Vayu	Air	skin	physical sensation of touch (sparsha)
Pruthvi	Earth	nose	sensation of smell or odor (gandha)
Akash	Space	ear	auditory sensation of sound (shabda)

The 'Tridoshic' concept is the pivotal principle in Ayurveda. There are three basic constituents of the physiological system according to this concept. These constituents are called 'DOSHAS'. They are the ultimate irreducible basic metabolic organism. They are classified into

VATA

PITTA

KAPHA

Dosha	related function
Vata	Central and sympathetic nervous system, respiration, movements, excretion of waste materials and normal processing of all the body constituyentes like blood, muscles, fats, bones, nervous tissues, garment elements , ect
Pitta	heat production and metabolism including processes of vision, digestion and secretion, hunger and softness and luster of the body and also influences intellect and cheerfulness
Kapha	Nourishment & reproduction of all kind of cells tissue in the body Binding, firmness, heaviness, potency, strength, forbearance

Just as the Vata, Pitta and kapha are the DOSHAS of the body there are TRIGUNAS of the mind

Satwa (consciousness or knowledge)

Rajas - motion or action

Thamas - inertia

These are manifested in human beings in their temperament, constitution and behavior which constitute the personality (Manas prakriti). Tridoshas are more connected to bodily constitution(Deha prakriti)