

Basics of Ayurved and Ritucharya

आयुर्वेद एवं ऋतुचर्या

Presentation by

Anil Chawla

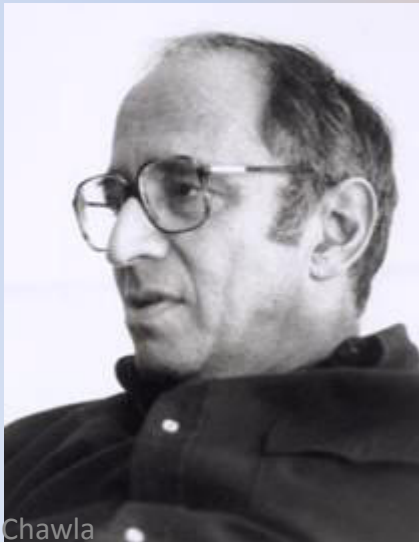
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Note: Ayurved is the ancient system of medicine practiced for thousands of years in India. Ayurved lays great stress on ritucharya, which means rules for living as per demands of changing seasons.

Paradigm

- A typical example or pattern of something; a pattern or model
- Thomas Kuhn - the set of practices that define a scientific discipline at any particular period of time; Basic assumptions, principles, methods and techniques
- T. Kuhn - provide model problems and solutions for a community of practitioners



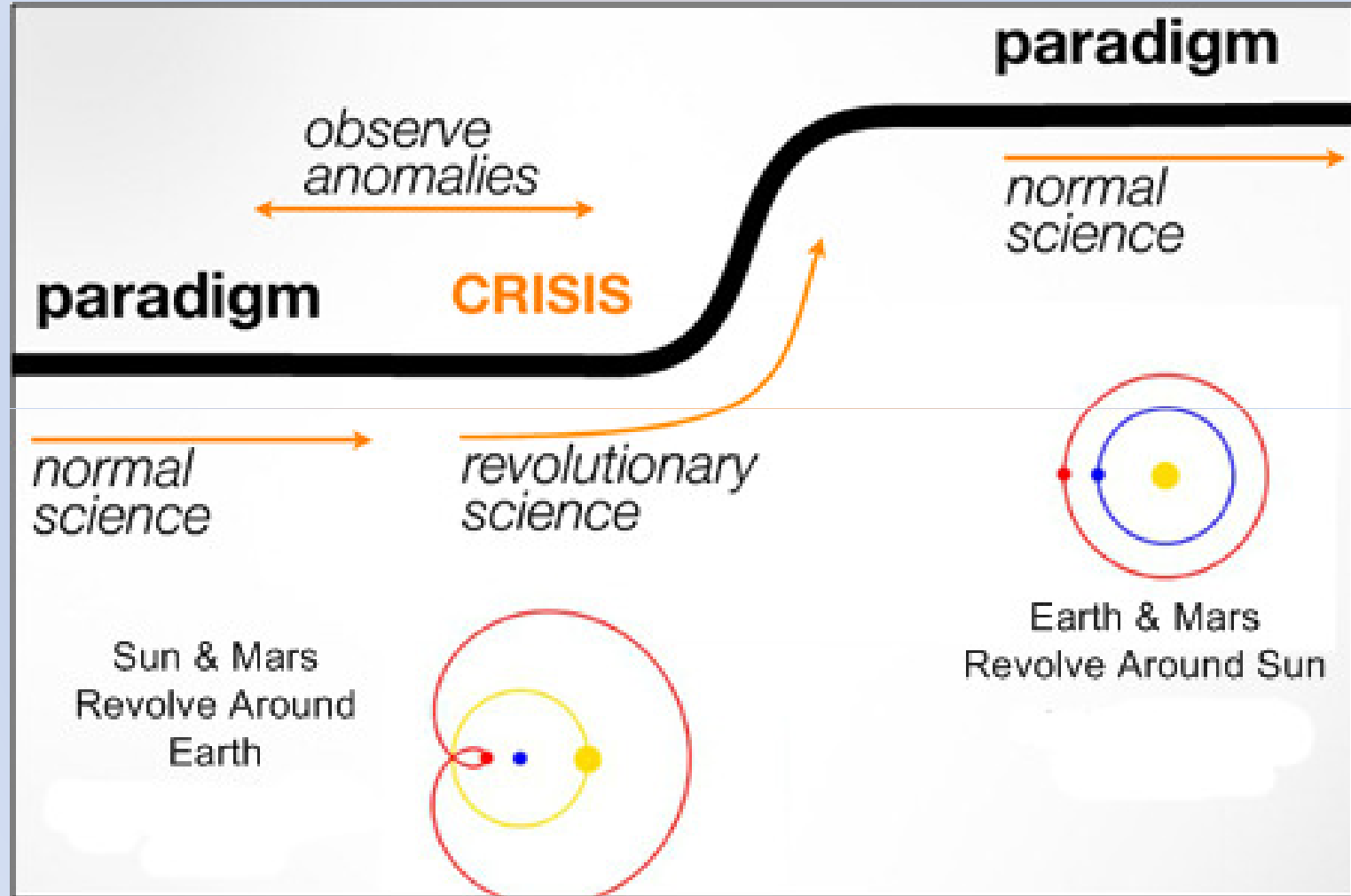
Anil Chawla



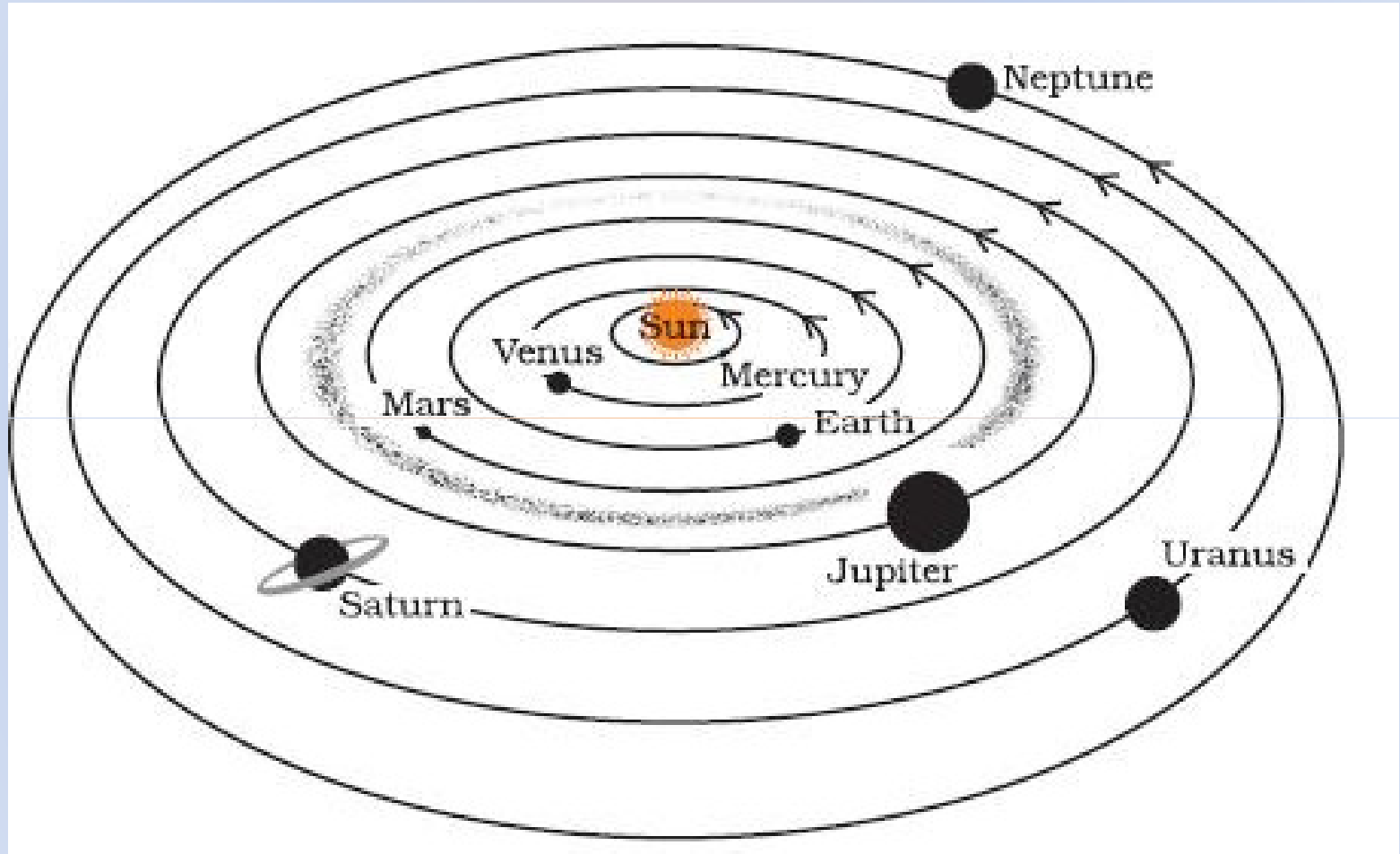
Advantages of Paradigm

- Convenient
- Allows scientists to agree on the basics of the subject and discuss only the details
- All science, therefore, is puzzle-solving within the four walls of a paradigm
- Purpose of most science is NOT discovery of truth but solving a jigsaw puzzle as per the picture provided.

Scientific Growth Process

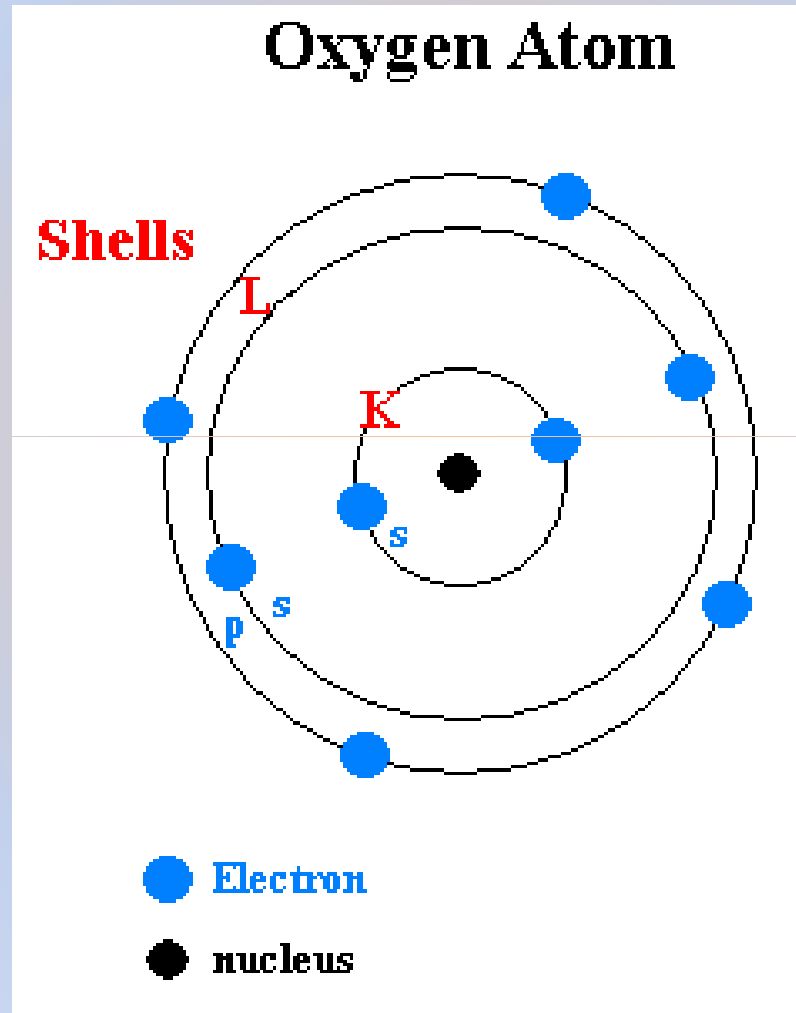


Example 1 of Paradigm – Solar System



This is view from a hypothetical distant star which no one has ever visited.

Example 2 – Internal Structure of Atom



Example 3 – Law of Gravitation

- Any two bodies in the universe attract each other with a force that is directly proportional to the product of their masses and inversely proportional to the square of the distance between them.
- How do bodies calculate each other's masses?
- How do they measure distance?
- Which part of an atom does this calculation?
- Does it mean that each and every inanimate object is wiser than every living one including all human beings?

A Paradigm Teaches One to

- Never ask any questions that challenge the paradigm
- In general, second how and why are strictly forbidden
- Everything within the four walls of the paradigm looks fine, while everything outside is ridiculed and laughed at as NON-SCIENTIFIC and Superstition. (No wonder that allopathic doctors make fun of ayurved)

Key Elements of Paradigm of Allopathy

- Pasteurian Model – Disease caused by external agents (Germs / Bacteria / Virus); Mistake only of external agent and never of human being
- Analytic-Mechanistic – Parts determine the whole; Ingredients-based approach
- Bad road, poor vehicle makes a lot of noise; Solution – injection to remove misery of driver by making him temporarily deaf
- Doctors and Pharmaceutical companies have a right to make profits from misery of patients – so goal is not health but removal of disease for a profit
- Every unexplained phenomenon is either named an allergy or a syndrome

Problems with Pasteurian Model

- Complete failure in case of non-infective diseases like hypertension, diabetes, heart trouble, prostate enlargement, spondylitis, arthritis, infertility, etc.
- Present medical research knows how to deal with less than 0.01% of the pathogenic microbes.
- Microbial world changes much faster than medical research. So new bacteria and virus etc. are causing new diseases which appear incurable.
- Increasing resistance to antibiotics.
- To sum up, human race has won a few battles but seems to be losing the war

Problems with Ingredient Based Approach

- Number of ingredients in any food are too numerous. So, broad generalizations are the norm.
- Since allopathy does not view man as a complete being, each ingredient analyzed with reference to some body part or function.



Both glasses of milk are found 99.99% identical by a chemical laboratory. Which one will you drink? Hidden information – one glass has 0.01% Potassium Cyanide.

Ayurved Paradigm - Key Characteristics

- **Holistic** समग्रतावादी, पूर्णतावादी – treats the whole body as one
- Is not based on war with nature model; Harmony with nature
- No separation between mind and body
- Believes in creating health instead of only curing diseases
- Considers every aspect of life including food, sleep, physical exercise, bath, exposure to sun, love and sex.
- Making profit from misery is a sin – doctor benefits from good health and not from disease
- Everything can be used as a medicine. Every food can be a medicine as well as a poison, depending on the quantity, time, method of consumption etc.

Vaat, Pitt and Kaph

Control Tools - Food Six Ras

Sweet मधुर

Sour अम्ल

Salty लवण

Pungent तीखा

Bitter कड़वा

Astringent कसैला

Vaat वात

Pitt पित्त

Kaph कफ

Control – Non-Food

Physical Exercise

Bath

Massage

Laxative

Vomit

Inserting liquid
through bottom orifice

Sleep

Sun

Medicine

Tridoshshamak (Control of all three)
– Triphala, Bathua, Baal-Mooli
त्रिफला, बथुआ, बाल-मूली

Tridoshkarak (Causes all three defects) –
Beef, Sarson Ka Saag, Rajmah, Vridh-Mooli
गोमांस, सरसों का साग, राजमाह, वृद्ध-मूली

Some Other Control Substances

Substance	Vaat	Pitt	Kaph
Ghee	Reduces	Reduces	Increases
Honey	Increases	Reduces	Reduces
Gingely / Sesame Oil तिल तेल	Reduces	Increases	Reduces
Meat of animals living in watery areas, aquatic creatures, animals living under ground and animals that snatch food (Wet Group Meats)	Reduces	Increases	Increases
Animals living in dry areas and some birds (Dry Group Meats)	Mild Reduction	Reduces	Increases

Functions of Vaat

- Control of one's emotions (मन को नियन्त्रित एवं प्रेरित करने वाला)
- Inspiring senses (eyes, ears, tongue, skin, nose) to do their work (इन्द्रियों को अपने कार्य में प्रेरित करना)
- Giving strength to appetite (जठराग्नि को प्रदीप्त करना)
- Basis of all sensory knowledge (इन्द्रियार्थ ज्ञान का कारण)
- Joining of bones, joints and muscles
- Responsible for all types of movements – breath, spitting, urine, stool, sweat, semen, foetus, sneeze, yawn, food (थूकना, छींकना, जम्भाई, श्वास, अन्न का प्रवेश, मल, मूत्र, शुक्र, पसीना, शिशु)
- Body movements
- Enthusiasm, fear, confusion, depression, feeling of happiness, sadness (भय, शोक, मोह, हर्ष, उत्साह, दैन्य, अतिप्रलाप)

Functions of Pitt

- Digestion / burning of food
- Wisdom, Intellect, Ego, Sharpness, Enthusiasm, Achievement of objectives बुद्धि , मेधा , अभिमान , उत्साह , अर्थ-सिद्धि
- Ability to appreciate beauty
- Makes skin glowing

Functions of kaph

- Moistening
- Softening
- Lubrication of eyes
- Lubrication of joints
- Feeling of being satiated or happy सुख अनुभूति

Qualities of Vaat

- Dry / rough रूक्ष
- Cold शीत
- Light लघु
- Fine सूक्ष्म
- Mobile चल
- Non-sliminess विशद
- Hard दारुण
- Porous शुषिर

Qualities of Pitt

- Warm ऊष्ण
- Sharp तीक्ष्ण
- Liquid द्रव
- Acidic अम्ल
- Mobile सर
- Pungent कटु
- Foul Smell दुर्गन्धयुक्त

Qualities of Kaph

- Heavy गुरु
- Cold शीत
- Soft मृदु
- Oily चिकना स्निग्ध
- Sticky पिच्छिल चिपचिपा
- Sweet मधुर
- Stationary / Immobile स्थिर

Dosh and Six Ras

Dosh	Increase			Decrease		
Vaat	Pungent तीखा	Bitter कड़वा	Astringen t कसैला	Sweet मधुर	Sour खट्टा	Salty नमकीन
Pitt	Pungent तीखा	Sour खट्टा	Salty नमकीन	Sweet मधुर	Bitter कड़वा	Astringen t कसैला
Kaph	Sweet मधुर	Sour खट्टा	Salty नमकीन	Pungent तीखा	Bitter कड़वा	Astringen t कसैला

When & Where Prominent

	Vaat	Pitt	Kaph
Body	Below heart and navel	Between heart and navel	Above heart and navel
Age	Above 40	20 to 40	Below 20
Day	2 pm – 6 pm	10 am – 2 pm	6 am – 10 am
Night	2 am – 6 am	10 pm – 2 am	6 pm – 10 pm
Digestion Period	At the end	Mid-period	Start
Increased by	Worries, Sadness, Remaining awake late night	Anger, Sun	Sleeping during day
Nature	Air	Sun	Moon

Some More Characteristics of Vaat etc.

	Vaat	Pitt	Kaph
Stool मल	Cruel क्रूर	Semi-formed मृदु	Medium, well- formed मध्यकोष्ठ
Appetite अग्नि	Disturbed विषम	Sharp तीक्ष्ण	Low मंद
Symptoms	Yawn	Burning sensation	Sleepiness
Key extracting method	Insertion of liquid through bottom वस्तिकर्म	Laxative विरेचन	Vomit वमन
Key control medicine	Sesame Oil तिल तेल	Ghee घी	Honey मधु

Characteristics of a Few Foods

- **Ginger** – Pungent yet reduces both vaat and kaph
- **Asafoetida हींग** – Increases appetite, reduces vaat and kaph
- **Honey, Jau जौ and wheat** – sweet but do not increase kaph
- **Jau जौ** – Increases quantity of stools; dry, cold, increases vaat, reduces kaph, strength building
- **Alcohol** – bitter but being acid effect is acidic; causes increase of pitt; makes body weak when consumed wrongly, but healthy when consumed in proper quantity and at proper season
- **Amla** – Best for longevity, has five ras (all except salt), cold hence not consumed in the season when it is produced

Characteristics of a Few Daal (दाल)

- **Moong मूंग** – Sweet, Astringent, cold, light, reduces pitta and kaph
- **Urad उड़द** – Very good for reducing vata, increases pitta and kaph, warm, heavy to digest, strength-giving, increases sexual ability
- **Kulathi कुलथी** – Warm, Best in increasing pitta, Destroys vata and kaph, Binds stools, Useful in all vata diseases, binds stools
- **Moth मोठ** – Sweet but not oily, cold, causes constipation, dry, cold, useful for pitta diseases and fever
- **Arhar अरहर, तुअर, तूर** – Increases vata, reduces pitta and kaph
- **Masoor मसूर** – Cold, sweet, slightly astringent, good when pitta and kaph are high, binds stools

Two Parts of a Year

	Aadan (Weakening) आदान	Visarg (Strengthening) विसर्ग
Sun	Northward उत्तरायण	Southward दक्षिणायन
Season	Shishir, Vasant, Greeshm शिशिर, वसंत, ग्रीष्म	Varsha, Sharad, Hemant वर्षा, शरद, हेमंत
Air	Extremely Dry	Not Dry
Nature	Prominence of Fire element आग्नेय	Prominence of softness सौम्य
Strength	Erosion of body strength	Body strength develops
Body Fat	Erosion	Increase

Hemant & Shishir हेमंत एवं शिशिर (Winter)

Cold winds increase *jathragni* (fire in belly). If the fire does not get fuel, it burns up the body causing sharp increase in vaat, aided by the cold.

Ras रस	Sweet, sour, salty मधुर, खट्टा, नमकीन
Gun गुण	Oily, Heavy स्निग्ध, गुरु
Recommended Foods	Wet Group Meats; Jaggery गुड़, Milk products, Animal Fats, Oil, Urad उड़द, Alcoholic drinks, Drinking warm water, Heavy foods
Recommended actions	Covering up and protecting from cold winds, Body and head massage using sesame oil, exposing to sun, physical exercise
Prohibited	Light food, Vaat-causing foods, Drinking sherbet, Sattu mixed in water, eating a limited measured quantity of food, Pungent, Bitter and Astringent

Vasant वसंत (Spring)

The kaph accumulated in body during winter starts melting due to sun rays. Melting kaph on one hand obstructs *jathragni* (fire in belly) and on the other hand causes many diseases.

Ras रस	Pungent, Bitter and Astringent तीखा, कड़वा, कसैला
Gun गुण	Light लघु
Recommended Foods	Light food, Dry Group Meats, Buttermilk छाछ, Alcoholic drinks including liquor made from mahua, Honey, Wheat, Jau जौ
Recommended actions	Physical exercise, Bath with lukewarm water
Prohibited	Exposing to sun, Ghee, Oily foods, Cold foods, Sleeping during the day, Oily, Heavy स्निग्ध, गुरु; Sweet, sour, salty मधुर, खट्टा, नमकीन

Greeshm ग्रीष्म (Summer)

Peak of aadan. Body strength, energy and fat are at bottom. Increase of pitt.

Ras रस	Sweet, Bitter and Astringent मधुर, कड़वा, कसैला
Gun गुण	Cold, Liquid, Light, Oily शीत, द्रव, लघु, स्निग्ध
Recommended Foods	Water mixed with sugar, Sattu mixed with water, Dry Group Meats, Milk, Rice, Ghee, Moong मूंग, Coconut water
Recommended actions	Cool place, sleeping during day
Prohibited	Alcoholic drinks, Physical exercise, Sex, Exposure to sun, Curd दही Pungent, sour, salty तीखा, खट्टा, नमकीन

Varsha वर्षा (Rainy)

A body weakened by aadan has low *jathragni* (fire). Polluted water, vapor in the air cause all three dosh. Vaat is prominent.

Ras रस	Sour, salty खट्टा, नमकीन
Gun गुण	Oily, स्निग्ध
Recommended Foods	Foods that remove all three dosh, special attention to vaat-control foods, foods that cause dryness – small amount of honey, Dry group meats, small quantity of alcohol, wheat, rice, jau जौ
Recommended actions	Dry place, protect from getting wet
Prohibited	Physical exercise, sex, River water, dew drops, sleeping during day, sherbet, sattu mixed with water, exposure to sun

Sharad शरद (Autumn)

Sharad is like a small summer. The pitta accumulated during rains gets disturbed by the sharp rays of sun. Often pitta is joined by some kapha in creating disturbances.

Ras रस	Sweet, bitter, astringent मधुर, कड़वा, कसैला
Gun गुण	Light, cold शीत, लघु
Recommended Foods	Ghee with bitter substances, Rice, Wheat, Jau जौ, Moong मूंग, sugar, parwal परवल, dry group meat
Recommended actions	Physical exercise, swimming
Prohibited	Sun, Ghee, Oil, Dew drops, Wet Group Meats, Curd दही, Sleeping during day, Alcohol, Heavy foods, Eating till one is full to the brim

Thanks & Best Wishes for the Good Health of Everyone in Your Family!

Your comments and suggestions are most welcome.

Please write to samarthbharatparty@gmail.com

Anil Chawla is a mechanical engineer by education, advocate by profession and philosopher by vocation. He is not an ayurvedic practitioner. He does not offer any form of medical advice. This Presentation is to help you to start on a journey to understand ayurved and improve your and your family's health.

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