UNIT 2 : DEFINITION OF AYURVEDA

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2.1 LEARNING OBJECTIVES

After studying this unit, you would be able to –

- learn about the definition, aim and objectives of Ayurveda, and also about Dosha, Dhatu, Mala, and health according to Ayurvedic Siddhanta
- also learn about the importance of Agni, Rasa, Dhatu, Mala etc.

2.2 INTRODUCTION

This chapter deals with health. To follow the rules and regulations set for the maintenance of health and keep oneself free from disease are the main objectives of Medical Science. The master key to health is to keep balancing the physical i.e. Dosha, Dhatu, Mala, and Agni, as well as the psychological i.e. soul, senses, and mind. That is why, it is discussed analytically in this chapter.

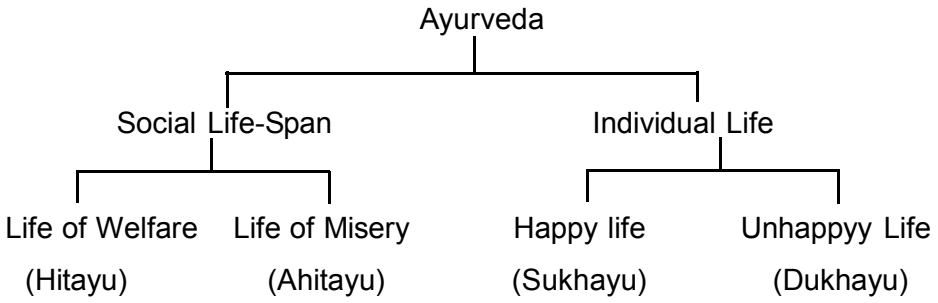
2.3 DEFINITION OF AYURVEDA

The great scholar Charaka mentioned in his Charaka Samhita –

Ayurveda is a special science which deals with the physical wellbeing and illness of men along with their welfare and misery. The mention of welfare, misery, happiness, and sadness in the definition of Ayurveda is significant. That the life span or dignity of life has been determined in four ways, can be known like this.

Hitahitag Sukhang Dukhmayushtyasya Hitahitam
Manag Cha Tara Yatrotta mayurveda Sa Uchyate

(Charaka Sutra 1/41)



Welfare and Misery means the quality and the flaw of social life.

Happiness and Sadness are personal happiness and sadness. The significance of mentioning welfare and misery before happiness and sadness in the definition of Ayurveda is that a person is healthy only when he is considered happy through the perspective of his social life. If he is happy in his personal life, but is alienated socially, he is not considered as healthy.

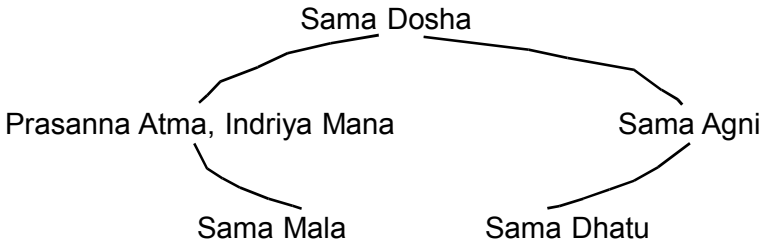
2.4 AIM AND OBJECTIVES OF AYURVEDA

A healthy state is a healthy man and health is good health. According to Ayurveda –

1) **Preventive Aspect:** The principle responsibility of a healthy person is to maintain his/her health by following measures. Even the Medical Science of the modern world also says "Prevention is better than cure."

2) **Curative Aspect:** Curative aspect is the process of determining the causes of the disease, diagnosis and application medicines, curing the physical and psychological disease through Yoga, meditation, and spiritual peace. But, in Ayurveda, maintaining a good health is given more importance.

Samdoshah Samargishcha Samadhatumkriyah
Prastatmondriyamanah Swastha Ityvidhiyateh



2.4.1 Definition of Health

According to Ayurveda, maintenance of balancing of the following makes a person possess a good health.

It means that the master key to health is to maintain balance of Dosha, Dhatu, Mala, Agni, and mental states like the soul, the senses, and the mind.

According to the World Health Organization (WHO), the definition of good health is the free state of a person's physical, psychological, and social state of affairs. By that standard, a person is not considered as healthy even if he is not affected by any diseases. Following the above mentioned line, the great scholar Sushroot also said thousand years ago that a good health is the

pleasant condition of the physical and psychological affairs as well as of the mind, soul, and senses, spiritual and social happiness, the situation where a person is not diseased in any way i.e. the balanced state of air, bile, cough, seven elements (Saptadhatu), and faeces.

A living person has four Parts (Paksha) –

1) Body
2) Senses
3) Consciousness
4) Connection of Soul

It is mentioned in the Charaka Samhita, that, in order to accomplish the four Purushartha of life i.e. Dharma, Artha, Kama, and Moksh, it is required for oneself to keep himself free from disease. This is because it is not possible to accomplish four Purushartha with a diseased body.

2.4.2 Significance of the Pancha Mahabhuta (Five Great Elements) in Ayurveda

You know that every person is created with five basic elements. Those elements are –

- Earth
- Water
- Fire/Heat
- Air
- Space

These five elements create the life energy and the physical structure of the human body. These elements control the functions of the human body.

2.4.3 Dosha (Bio-elemets/Humour), Dhatu (Tissue), Mala (Waste Materials), Body, and Health according to Ayurvedic Siddhanta

According to Ayurveda, there are three kinds of Dosha and seven kinds of Dhatu. Now, you will learn about three Dosha, seven Dhatu, and waste materials.

Concept of Three Dosha, Seven Dhatu, and Waste Materials:

The three Dosha of the human body are – air, bile, and cough; the seven Dhatu are – fluids (Rasa), blood, flesh, fats, bones, marrow, and semen; and the three kinds of waste materials are – excreta, urine, and discharge. These are the basic components of the human body. Among these three, the three Dosha are most important. That is why, at first, the three Dosha will be discussed.

According to Purusha-Loka-Sanmit Nyasa, air, bile, and cough control the functionarysystem of the human body like air, sun, and the moon respectively.

Three Dosha: The three Dosha are the unifier between the structural system and the functional system of the human body.

Dosha:

1) Vata Dosha (space and air)
2) Pitta Dosha (fire and water)
3) Kapha Dosha (water and earth)

1) Vata Dosha:

General Location: stomach, pharynx, bones, skin and ear, senses, shroni, pelvic, thigh

General Functions: Controlling of the five senses especially touch and hearing, bodily functions, faculty of speech, respiration etc.

Types:

i) Prana Vayu (Inward Air) –

Location: Head, nose, vocal cord, chamber, tongue

Function: Controller of source, intelligence, heart, mind,

patience, memory, belch, respiration

Disease: Hiccup, Asthma, diseases of nose, mouth, tongue, heart, and psychological diseases etc. occur due to inward air.

ii) Udana Vayu (Upward Air) –

Location: Nose, vocal cord, heart, upper part of navel

Function: Controlling of faculty of speech, effort to do some work, energy, skin colour, and memory.

Disease: Udana Vayu causes diseases of nose, eyes, mouth, ears, and head, and also hampers speech abilities.

iii) Vyana Vayu (Outward Air) –

Location: Heart and the whole body

Function: Setting at the heart, the Vyana Vayu flows throughout the whole body. It controls blood circulation and discharging, launching, precipitation, contractions of the sweat glands.

Disease: Heart diseases, high blood pressure, absence of sweat discharge, feeling of coldness in hands and feet occur due to the Vyana.

iv) Samana Vayu (Central Air) –

Location: Intestine, discharge channels of sweat, water, and Dosha stomach etc.

Functions: Digestive and Metabolic process

Diseases: Gulma, indigestion, decreasing digestive power, diarrhea etc. occur due to the central air.

v) Apana Vayu (Downward Air) –

Location: Pelvic, urinary bladder, reproductive organs, colon, anus and thigh.

Functions: Controlling the ejaculation, menstruation, urination, and delivery.

Disease: Diseases of urinary bladder, colon, anus, intestinal and urinary tracts, uterus as well as miscarriage etc. occur due to Apana Vayu.

General Characteristics of Vata (Air): Dry, Light, Cold, Active, Minute, and Mobile.

Symptoms of Increasing Vata (Air):

- Losing weight
- Darkening of skin
- Shivering of body
- Constipation
- Energy-loss, Insomnia, organic-weakness.
- Weak physical structure

Symptoms of Decreasing Vata (Air):

- Lethargy
- Reluctance to speak

2) Pitta Dosha: Pitta has a particular characteristic and function. Agni (fire/heat) is an energy within Pitta (bile).

Characteristics of Pitta (Bile): Soft, Sharp, Mild, Warm, Liquid

Location of Pitta (Bile): In between the heart and the navel

Functions of Pitta (Bile): Controlling digestion, temperature, sight, hunger and thirst, brightness, and intelligence.

Types of Pitta (Bile):

1) Pachaka Pitta: Location: Small intestine, Liver, Stomach
   Function: Digestion
   Disease: Indigestion, decrease in digestive capacity
2) Ranjaka Pitta: Location: Liver
   Function: Gives colour to the blood. Ranjaka Pitta helps in the formation of blood from plasma.
   Disease: Anaemia
3) Sadhaka Pitta: Location: Heart
   Function: Intelligence, memory and self-esteem
   Disease: Anaemia, mental illness
4) Vrajaka Pitta: Location: Skin
   Function: Regulates the colour and brightness of skin
   Disease: Skin diseases
5) Alochaka Pitta: Location: Eyes

Function: Controls sight

Disease: Sight related diseases

Symptoms of Increasing Pitta:

- Jaundice, Hepatitis
- Increasing thirst
- Increasing Hunger
- Acidity
- Insomnia

Symptoms of Decreasing Pitta:

- Decrease of digestive capacity
- Feeling of cold
- Decrease of energy, colour, and radiance

3) Kapha Dosha

Specific Location of Kapha (Cough) –

- According to Charaka – Chest
- According to Sushroot – Small Intestine
- According to Bagabhatta – Chest
- According to Kashyapa – Heart

Five Kinds of Kapha Disorders, thier locations, and functions:

1) Kledaka Kapha – Stomach and Intestine – Helps to digest food
2) Avalambaka Kapha – Chest – governs lubrication of the heart and the lungs
3) Bodhaka Kapha – Tongue – Activates the taste buds
4) Tarpaka Kapha – Head – Regulates the functions of the head or brain
5) Sleshaka Kapha – Joints – Helps in the natural functioning of joints

Characteristics of Kapha (Cough): Heavy, smooth, cold, pulpy, white, slippery, mild

General Functions of Kapha (Cough): The general functions of cough are controlling energy and colour, smoothening, strengthening of joints, controlling the bulkiness and stability of the

body etc.

Symptoms of Increasing Kapha (Cough): Pale and white skin, lethargy, tiredness, giddiness, weakness in joints etc.

Symptoms of Decreasing Kapha: Roughness of body, burning sensation, depression, thirst, weakness etc. These are the main symptoms of decreasing Kapha.

Symptoms of Increasing and Decreasing Waste Materials:

1) Faeces:

Symptoms of Increase: Feeling of pain, cramp, and heaviness in stomach etc.

Symptoms of Decrease: Innate reflex, pain in stomach and chest

2) Urine:

Symptoms of Increase: Frequent urination, pain in lower abdomen, increase of amount of urine.

Symptoms of Decrease: Painful secretion of urine in lesser amount, pain and burn in stomach and back, burning etc.

3) Sweat:

Symptoms of Increase: Heavy sweating, foul-smelling sweat, itching of body etc.

Symptoms of Decrease: Fall of natural body hair, skin diseases such as – itching, change in colour of skin etc.

Physiological Division Theory of the Increase and Decrease of Dosha:

1) Quotidian – Morning – Increase in Cough
   Noon – Increase in Bile
   Night – Increase in Air
2) Age – Childood – Increase in Cough
   Adulthood – Increase in Bile
   Old Age – Increase in Air
3) Season: The accumulation, provocation, and pacification of the Dosha occur in accordance to the season.

	Accumulation	Provocation	Pacification
Vata (Air)	Summer	Monsoon	Autumn
Pitta (Bile)	Monsoon	Autumn	Winter
Kapha (Cough)	Winter/Late Winter	Spring	Summer

Elements and Functions:

Element	Function
1) Rasa (Plasma)	Oblation of body
2) Blood	Life energy and Pigmentation
3) Flesh	Plasters and nourishes the body
4) Fats	Strengthens, nourishes, and smoothens the body
5) Bone	Creates the body structure
6) Marrow	Fulfills the bone element, increases strength and sperm element
7) Semen	Increases patience, strength, happiness, and pleasure

2.5 SIGNIFICANCE OF AGNI

Now you will know about the significance of Agnu. In Ayurveda, the body fire is considered as an important part. Agni is actually compared to the digestive system.

The Main Natural Functions of Fire:

1) Age
2) Colour
3) Strength
4) Health
5) Enthusiasm
6) Prosperity (Nourishment of Body)
7) Uja (Strength of the body)
8) Blood (Temperature)

Types of Agni: There are three types of Agni –

1) Jatharagni

2) Dhatvagni

3) Bhutagni

1) Functions of Jatharagni:

Jatharagni is one of the main fires of the body. If the Jatharagni is fully active, the rest of the fires of the body also functions actively. Jatharagni acts continuously until the food passes through the intestines and turns into faeces through digestion.

2) Significance of Bhutagni (Panchamahabhutagni):

The main function of Bhutagni is to identify the food items containing different fluids and their digestion.

3) Significance of Dhatugni (Saptadhagni):

The function of Dhatugni starts after Bhutagni. The main function of Dhatugni is to provide nourishment to the body by carrying the nutrients produced by Bhutagni to the different tissues.

Several food items can pollute this fire. Let us now know the factors which cause this pollution.

2.5.1 Primary Causes of the Pollution of Fire

Food Factor	Lifestyle Factor
1) Too much intake of fluids	1) Jealousy
2) Eating of only dry food	2) Fear
3) No food	3) Anger
	4) Greed
	5) Poverty
	6) Malice

2.5.2 Types of Pollution of Fire

There are three types of pollution of Fire –

1) Tikhnagni (Due to increase of Pitta)

2) Mandagni (Kapha Dosha)

3) Bishamagni (Vata Dosha)

When the Vata, Pitta, and Kapha are in balance, it is called Samagni. This Samagni helps the body to stay in its natural state.

2.6 RASA (FLAVOUR/TASTE)

In Ayurveda, Rasa (Flavour) is sensed by licking i.e. people take tastes of the six Rasas with the tongue. Various medicines and food items contain these six Rasas. The medicines and food items containing these six Rasas are very important for the body in order to maintain balance of the Tridosha i.e. Vata, Pitta, and Kapha seven Dhatus by controlling their increase and decrease/

Six Rasas	**Importance of Mahabhutas in Producing Rasas**
1) Sweet	Water – Land (Earth)
2) Acidic	Land – Fire
3) Salty	Water – Fire
4) Pungent	Air – Fire
5) Bitter	Air – Space
6) Astringent	Air – Land

Six Rasas for Controlling the Tridosha:

1) Vata Controller – Sweet, Acidic, Salty
2) Pitta Controller – Astringent, Bitter, Sweet
3) Kapha Controller – Pungent, Bitter, Astringent

Tridosha Exciting Rasas (Rasa whose excess consumption increase Vata, Pitta, and Kapha):

1) Vata Increase – Pungent, Bitter, Astringent
2) Pitta Increase – Pungent, Acidic, Salty
3) Kapha Disorder – Sweet, Acidic, Salty

Effects of the Six Rasas on the Dhatus (Tissues):

Rasa	Functions of Dhatus
Sweet	Increase of all the Dhatus. Strength, vital energy, life span, and size of the breasts
Sour/Acidic	Increase of strength and energy
Salty	Decrease of Dhatus and sperm
Pungent	Decrease of Dhatus and sperm
Astringent	Decrease of all the Dhatus

2.7 IMPORTANCE OF DOSHAS (BIO ELEMENTS), DHATUS (TISSUES), AND MALAS (WASTE MATERIALS) IN THE LAWS OF AYURVEEDA

"Dosha Dhatu Mana Mulam Di Shariram"

The meaning of this line is that the main factors of the structure of our body are the doshas, dhatus, and malas. When these three are in balanced condition, the body remains free from any disease and hence, healthy. However, whenever there is even a slight imbalance in their levels, diseases start ot occur in our body.

Now, we should know what are the doshas, dhatus, and malas in the human body. The three doshas of our body are – 1) Vata (Air), 2) Pitta (Bile), and 3) Kapha (Cough). The seven Dhatus (tissues) of our human body are – 1) Fluids, 2) Blood, 3) Flesh, 4) Fat, 5) Bone, 6) Marrow, and 7) Sperm. Again, in Ayurveda, even Mala (Waste materials) are divided into three kinds – 1) Excreta, 2) Urine, and 3) Sweat.

So, in order to keep the body healthy, now it is important to know the characteristics and the functions of the doshas, dhatus, and malas as well as the effects of their their increase and decrease on the body.

The Characteristics of the Dhatus (tissues):

A) Rasa Dhatu (Fluid Tissues):

Main Function of Fluid Tissues:

1) Sustenance
2) Gratification
3) Nourishment

Symptoms of Decrease in Fluid Tissues:	Symptoms of Increase in Fluid Tissues:
1) Sound-intolerance	1) Losing Appetite
2) Palpitation	2) Vomiting tendency
3) Chest Pain	3) Losing the capacity of the taste buds
4) Tiredness	4) Abruption in discharge
5) Shivering	5) Body ache

6) Depression/Feeling of emptiness
6) Several diseases related to cough
7) Thirst
8) Dryness in Body
9) Anorexia

B) Rakta Dhatu (Blood Tissues):

Main Function of Blood Tissues:

1) Increasing pigment
2) Nourishment of flesh
3) Keeping the vital energy intact.

Symptoms of Decrease in Blood	Symptoms of Increase in Blood
1) Dry skin	1) Reddened skin
2) Soiled Skin	2) Reddened eyes
3) Acidic	3) Symptoms of diseases like leprosy
4) Cracked skin	4) Increase in spleen
5) Low blood pressure	5) Blood in urine
6) Interest towards coldness	6) Tumor in abdomen

C) Mamsa Dhatun (Flesh Tissues)

Main Function of Flesh Tissues:

1) Nourishment of the body
2) Sustenance of fats

Symptoms of Decrease in Flesh:	Symptoms of Increase in Flesh
1) Dryness in face, neck, and stomach.	1) Assemblage of flesh in neck and stomach
2) Dryness in the whole body	2) Increase in body weight
3) Body pain	
4) Joint pain	

D) Med Dhatu (Fats Tissues):

Main Function of Fats Tissues:

1) Smoothening the body.
2) Producing sweat.
3) Making the body firm

4) Nourishment of the bones

Symptoms of Decrease in Fats:

1) Crackling of joints
2) Anorexic
3) Enlargement spleen
4) Dryness
5) Increasing appetite for fatty food

Symptoms of Increase in Fats:

1) Belly fat
2) Cough
3) Trouble in Breathing
4) Body odour
5) Getting tired after light work

E) Asthi Dhatu (Bone Tissues):

Main Functions of Bone Tissues:

1) Maintain the structure of the body.
2) Nourishing the marrow tissue.

Symptoms of Decrease in Bone Tissues:

1) Early fall of hair, nail, and teeth
2) Tiredness
3) Pain in the bones

Symptoms of Increase in Bone Tissues:

1) Unnecessary enlargement of bones
2) Increase in the number of teeth

F) Majja Dhatu (Marrow Tissues)

Main Functions of the Marrow Tissues:

1) Provide tenderness to the body.
2) Proving energy to the body
3) Nourishment of the sperm

Symptoms of Decrease in Marrow:

1) Thinning bone
2) Weakness in bones
3) Losing weight of bones
4) Dizzines

Symptoms of Increase in Marrow:

1) Feeling of heaviness in the whole body and the eyes

G) Sukra Dhatu (Sperm Tissues):

Main Functions of the Sperm Tissues:

1) Providing of patience

2) Providing of pleasure
3) Body-Strength
4) Happiness
5) Pregnancy

Symptoms of Loss of Sperm:	Symptoms of Increase in Sperm:
1) Weakness	1) Impotency
2) Dry mouth	2) Frequent Ejaculation of sperm.
3) Jaundice	
4) Tiredness	

Doshas (Bio-elements), Dhatus (Tissues), and Malas (Waste-materials) have been discussed above. From this discussion, it is understood that Bio-elements, Tissues, and Waste-materials are the main components of the body structure.

2.8 LAWS OF AYURVEDIC TREATMENT

Ayurvedic treatment is done on the basis of the balance existed among nature of human beings, the states of Tridosha etc. One of the main purpose of the system of Ayurvedic treatment is to remove from the body, the undigested food particles or toxins (in ordinary Ayurvedic language) and waste materials produced due to metabolic activities. This arrangement of treatment is called Panchakarma. The Panchakarma healing is used to restore health by removing the source of the diseases and alleviating their symptoms.

2.8.1 System of Panchakarma Medical Treatment

Panchakarma Medical Practice is –

- Both massaging and fomenting with medicinal oil are called as Snehana and Swedana (Herbal Steam Therapy)
- Nasya or Vamana or the nasal administration of medicinal oil.
- Therapeutic vomiting by using medicines.
- Cleansing the digestive system using Rechaka
- Vasti Kriya or cleansing of the large intestine by injecting

medicinal decoction and medicinal oil through the anus and expelling on after keeping the content for some time.

2.8.2 Alternative Medical Practices

Alternative medical practices are –

- Maintenance of balance
- Development of spiritual healing
- Increase the immune capacity
- Decreasing of the symptoms of the disease
- Apart from this, alternative medical practices also help in curing disease
- Aroma therapy
- Practice of breathing exercises
- Change in food habits
- Use of the herbal food full of vitamins and minerals useful for body.
- Change in lifestyle
- Meditation
- Physical exercise, Asana etc.
- Practicing yoga

Symptoms of Good Health

1) Increase appetite.
2) Appropriate and natural digestion process of food items
3) Appropriate discharge of faeces and air
4) Feeling of lightness in body
5) Joyous feeling of the sense organs
6) Sleeping and waking up at a proper time
7) Increase of strength
8) Feeling of happiness
9) Increase of Appetite (Secretion of significant amount of digestive Enzyme) and its opposite is disease.



2.9 LET US SUM UP

In this chapter, we have discussed the following topics –

- Ayurveda is a distinct science which discusses the welfare and misery of human beings along with their happiness, sadness, and physical wellbeing and weakness.
- A healthy state is a healthy man and health is good health. According to Ayurveda –

  1) Preventive Aspect: In order to keep a person healthy, following the preventive aspects should be the central responsibility. Even the Medical Science of the modern world says that “Prevention is better than cure.”
- The key to a healthy life is balancing the physical i.e. disorder, element, faeces, and fire, as well as the psychological i.e. soul, senses, and mind.
- These five elements create the life energy and the physical structure of the human body. These elements control the functions of the human body. They are – Earth, Water, Fire/Het, Air, and Space.
- In Ayurveda, the body fire is considered as an important part. Fire is actually compared to the digestive system.
- In Ayurveda, Rasa (Fluids) are taken through taste i.e. people take the six Rasas through the tongue.
- The main factors of the structure of our body are the Doshas, Dhatus, and Malas. When these three are in balanced condition, the body remains without any disease and hence, healthy.
- Ayurvedic treatment is conducted on the basis of the balance existing between the nature and the condition of Tridosha of a man.



2.10 FURTHER READING

1) Gurumaa, A. (2015). Basic Principle of Ayurvda. Gurumaa Vani.

2) Dash, V.B. (1994). Basic Principle of Ayurveda. Concept Publishing



2.11 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: What are the symptoms of increase in Bile?

Answer:

- Jaundice, Hepatitis
- Increasing thirst
- Increasing Hunger
- Acidity
- Insomnia

Ans to Q No 2: What are the five cough disorders?

Answer: 1) Kledaka Cough – Stomach and Intestine – Helps to digest food

2) Avalambaka Cough – Chest –

3) Bodhaka Cough – Tongue – Activates the taste buds

4) Tarpaka Cough – Head – Regulates the functions of the head or brain

5) Sleshaka Cough – Joints – Helps in the natural functioning of joints

Ans to Q No 3: What are the three Fire disorders?

Answer: 1) Tikhnagni (Due to increase of bile)

2) Mandagni (Cough Disorder)

3) Bishamagni (Air Disorder)

Ans to Q No 4: What are the elements of a human body?

Answer: 1) Fluids, 2) Blood, 3) Flesh, 4) Fat, 5) Bone, 6) Marrow, and 7) Sperm.

Ans to Q No 5: What are the effects of the Six Rasas on the elements?

Answer:

Sweet	Increases all the elements. Strength, life energy, life span, and size of the breasts
Tangy/Acidic	Increases strength and energy
Salty	Decreases elements and sperm
Pungent	Decreases elements and sperm
Astringent	Decreases all the elements

Ans to Q No 6: Write four symptoms of a healthy body.

Answer: 1) Increasing appetite.

2) Appropriate and natural digestion process of food items

3) Appropriate discharge of faeces and air

4) Feeling lightness in body



2.12 MODEL QUESTIONS

A) Objective Questions

Q 1: What is the relevance of Fire?

Q 2: What are the types of Fire?

B) Short Questions

Q 1: Write the characteristics of the elements.

C) Essay Questions

Q 1: Write elaborately about the three disorders, elements, and faeces.

Q 2: Write elaborately about Pancha Medical Practice.

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