



Ayurveda Possesses True Paths to Lead Life

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Introduction

Ageing can be inherent as well as prodigious natural ageing is painless and enjoy full also unnatural ageing can be pain full. Reasons responsible for early ageing and what can be done to prevent this are narrated in Ayurveda. There are certain Panch-Karm processors which are very simple and useful for old age which includes –Aabhyang, Swedan, Vaman, Virechan, Pattra pottali swedan, Shastik shali pind swedan, Matra Basti, Natural basti, Shiro Basti, Kati Basti, Janu Basti, Shirodhara, Pratimarsh nasya etc. are especially very useful in providing new life in old age.

In old age Vatprakop (Aggravated Vat Dosha) is naturally high, food habits and other living styles make it more intense and invite diseases such as constipation, back pain, knee pain, headache, migraine, increased heartbeat, cough, breathing problems etc. The main reason of these diseases is broadly due to disproportion in vat, pitta and cough. Among all Vatprakop is a natural old age symptom and Ayurveda has simple and safe solutions for their cures. By following certain basic principles we can prevent ourselves from old age diseases and can reduce their effect. These principles are laid down with reasoning as under:-

Aacharya Charak has first of all stated the principle of “ek=k’khL;kr~”¹ (Limited balance diet)-Limit depends upon the hunger which means, when a person takes a diet it should be digested till the intake of next meal; trends of urine and stools should have been satisfied; body feels light; observes a sense of energy all are proof of a person having limited appropriate diet.

^;kon~/;L;k’kuef’kr euqiâR; izd’ fra ;Fkkdkya tjka xPNfr rkonL; ek=k izek.ka osfnrO;a Hkofra*²

Limited diet doesn’t create obstacle in the nature of a person instead, it definitely initiates energy, glow, happiness and longevity to the lives of human beings. First of all let’s talk about ‘LIMIT’ the limit is described as, when food that is in taken is completely digested of the first meal between the second meal without disturbing the nature.

^ek=ko);’ku euqiâR; izd’ fra cyo.kZlq[kk;q”kk ;kst;R;q;ksRrkjeo’;fefr*A³

Agni strength expects the power to digest so it is necessary for us to know that what all reasons are responsible for Agni’s distortion:

1st Reason: Uncontrolled and Unlimited diet.

2nd Reason: Aadhyashan; which means intake food overlapping with the undigested food i.e., Eating Before the time period of digestion of a meal which results in acidity along with reduced Agni.

3rd Reason: Vishanmashan; having meals on uncertain timings, sometimes too much diet; sometimes very less diet.

4th Reason: Aajernashan; it is a situation when the food taken in night doesn’t digests and overlapping the Situation with another meal in the morning.

5th Reason: Aanshan; not having meals for long durations, too much fasting.

6th Reason: Samshan; having wholesome food combined with improper foods.

7th Reason: Not only the above mentioned reasons are responsible but also heavy foods, fried foods, Dried foods, cold foods, too much refined foods, foods that creates irritation, impure food, Repugnant foods, taking meals on improper timings all are responsible for acidity and Agni Reduction.

Importance of Agni

Agni is responsible for digestion, nutritional deficiency diseases which occurs due to inappropriate Agni, reduction of Agni, controlling of urges, not controlling of urges. A sensible person shouldn’t hold the described urges otherwise various diseases occur.

Following are described the types and consequences of holding urges

- Suppression of the urge of Urine-Pain in bladder and urinary duct, difficulty in releasing urine, headache, tiredness in body due to pain, pain near hips area heaviness in body etc.
- The urge of stools when suppressed-Results in contraction of intestine, headache, gas, stagnate stools, pain in ankles, cramps, airy stomach are common symptoms due to suppression of stools.
- The urge of semen when suppressed-pain in penis, pain and swelling in testis, pain in cardiac region, shivering in full body, disturbed urine frequency.
- Foul gas when suppressed- foul smell gas, clogging of stool and urine, gas formation in abdomen, fatigue.
- Suppression of urge for vomiting: During or after vomiting if it is suppressed then it may result in itching, disinterest in food, shadows on face, swelling, jaundice, paleness, fever, skin disease, leprosy, Urticaria, nausea, erysipelas etc.

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¹Charak Samhita Sutra-sthan.5/3.

²Charak Samhita Sutra-sthan.5/4.

³Charak Samhita Sutra-sthan.5/8.

- Suppression of urge of Sternutation: Controlling the sneeze results in stiffness in neck region, headache, facial paralysis, migraine, weakness in senses etc.
- Suppression of urge for Eructation: Hiccough, tremor, sense of obstruction in heart and chest, cough.
- Suppression of urge for Pendioulation: Flexion of body, convulsion, spasm, naesthesia, tremor, etc.
- Suppression of the urge for hunger: Emaciation, weakness, discoloration, pain in body, giddiness.
- Suppression of the urge for thirst: Dryness of throat and mouth, fatigue, depression, pain in cardiac region.
- Suppression of the urge for Lachymation: Cold, cardiac diseases, eye disease, giddiness.
- Suppression of urge for sleep: Yawning, sleepy behavior, heaviness in eyes.
- Suppression of urge for deep breathing after exercise: Stupor, cardiac diseases etc.

Above thirteen urges should not be produced forcibly neither they should be suppressed. All the above mentioned suppressions are responsible for reduced Agni. In shastras, religion and beliefs Agni has special mention and descriptions of its prayer, respect and disrespect are laid down and considered the same. Infact to be away from the reasons responsible for agni mandya is the ture way to worship Agni; joining hands, offering prayers and gifts are not the actual signs of worshiping. As we can see that almost all diseases are caused due to reduced Agni which give rise to 'Aam' (undigested) and 'Aamvish' (Acidic poison). As good health is the only way to logitivity it also prevents us from diseases. Hence it is very essential to keep in mind all the causes and reasons of Agni mandya.

^m”e.kks.YicyRosu /kkrqek|eikfpre~A nq”Vek;k’k;xra jlekea izp{krs AA*4

The protection and increasing of the Agni, this can be achieved by doing regular exercise. Yoga, physical exercise is also of same importance as the proper meal is. Exercise boosts frivolousness in body, capacity to do work, stability, increases ability to bear pain, capacity to reduce flaws, increases Agni. Hence with the coordination of these two, one can lead a sound and healthy life. This is the true worship of Agni!!!

*Astanghridaya sutrasthan 13/2.

^yk?koa deZ lkeF;Za LFkS;Za nq%[klfg”.kqrk A nks”k{k;ks-fXuo`f’p O;keknqitk;rs AA*5

In this sequence it is also mentionable that there are certain emotional impulsions which need to be controlled otherwise they adversely affect the body and disturb the mind by disturbed thoughts and feelings. As mind affects the body and body affect the mind. So who wants progress of all types in this world & after the world he should controlled these emotions are laid as under:

- Holding of unnecessary or bad courage, greediness, Sadness, fear, anger, ego, blatant ness, excessive attachment, desire to acquire someone else’s property’s.
- Holding of Bad vocabulary urges: Very harsh words, slander, lie; untimely talk such urges should not be developed even if they occur they must be controlled.
- Holding of Bad bodily urges: Such bodily act that may hurt physically the other person such as beating or punching, stealing, adultery with other women the urges of violence etc. must be controlled and suppressed.

^bekaLrq /kkj;s}sxku~ fgrkFkhZ izsR; psg p A lkglkuke’kLrkuka euksokDdk;deZ.kke~AA’

y k s H k ’ k k s d H k ; Ø k s / k e k u o s x k u ~ f o / k k j ; s r ~ A uSyZTT;s”kZfrjxkukefHk;/ka’p cqf)ekuA

i#”kL;kfрек=L; lwpdL;ku`rL; p A okD;L;kdky;qDrL; /kkj;s} sxeqfRFkre~ AA

nsgizo`fRr;kZ dkfpfo|rs ijihM+;kA L=hHkksxLrs;fgalk|k rL;k osxfUo/kkj;sr~A°

Thus, what should be done and what shouldn’t be done can be understood as stated above, the sentiments or feeling as mention above must be known by every sensible person who seeks his interest in this world and after the death also. This scientific point of view for daily practices gives us the highest level of health and true happiness, also develops right approach towards life so that we walk on the actual paths which leads to happiness, satisfaction, and prosperity. By this we can conquer ageing with accurate Ayurvedic way of life & Ayurvedic meditational procedures.

°Charak Samhita sutrasthan 7/32.

°Charak Samhita sutrasthan 7/26-29.

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