

## Health & Natural Life

Vaidya Manoj Kumar Sharma\*

Dr.S.R Rajasthan Ayurveda University, Jodhpur, India

\*Corresponding author: Dr. Sharma VMK, Basic Principles Dept. Dr. SR Rajasthan Ayurveda University Jodhpur, India, Tel: 9414243723; E-mail: manojsharma9699@yahoo.co.in

Received date: Oct 26, 2015; Accepted date: Nov 27, 2015; Published date: Dec 4, 2015

Copyright: © 2015, Sharma VMK. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Editorial

Amongst all valuables health is told to be the most valuable. Money is worth only when health is good. Acharya Charak said in Charak Samhita that

सर्वमन्यत् परित्यज्य शरीरमनुपालयेत् ।  
तदभावे हि भावानां सर्वाभावः शरीरिणाम् ॥ चरक.निदान स्थान.4/7

Figure 1: Sanskrit Shloka.

Which means that leaves everything and gives first priority to your health, when health is good then only body functions and emotions are proper.

This human body is revelation of the world, all the essentials in this world are also embedded in human body. We all are fruits of this nature and are as well as connected to it. Closeness to nature is closeness to health whereas distance from it is the reason for diseases. So, naturopathy is the best way of treatment.

Human Body is made of Panchamahabhoota and also food is made of these panchamahabhoota. Natural form of Panchamahabhoota establishes a state of healthy being, whereas deformity in them causes diseases.

Presenting this Acharya Charak has intended to say

येषामेव हि भावानां सम्पत् संजनयन्नरम् ।  
तेषामेव विपद्भ्याधीन्विधान्समूदीरयेत् ।। चरक.सूत्र स्थान.25/29

Figure 2: Sanskrit Shloka.

Which states that the best form of those elements keeps the human body healthy whereas their ill form results in disorder or malfunctioned health.

Nature gives ecstasy, provides energy, motivate and enriches with health.

Hence there is nothing better than natural way of living which means Nature and health are synonymous.

Complete health depends upon the balance. As in Ayurveda study of nature lead to discovery of 3 elements in human body their names are Vata, Pitta & Kafa. These are also known to be as Doshas. When these three Doshas are balanced the human body is healthy. These three elements do not stay separated and being together do their individual functions. During carrying out of activities and also during

day there is continuous change in balance ratio of these elements. As follows:

- Elevated cough in morning
- Elevated pitta in afternoon
- Elevated vata in evening

Same follows while eating food such as in the beginning of meal cough is high, between the meal and during the digestion pitta is high and after digestion vata tends to be high. Similarly with change in seasons, with change in age, in all these this rise and fall carries on. Due to this natural rise and fall the human body remains in a healthy state and when these leave its natural tendency, it leads to roga.

This unnatural imbalance is due to unnatural food intake and unnatural life style. The knowledge of the reasons of the imbalances and how to maintain balance can be acquired from Ayurveda and naturopathy. This treatment science is the best and ideal way of human treatment.

To be healthy is a human nature. The unnatural food and lifestyle acts as barrier to good health. The artistry mechanism to remain protected from diseases is inbuilt in our body but continuous lack of harmony of this mechanism leads to causing diseases.

In human body the continuous imbalance and curbing of natural urges is a major factor of diseases. The main natural urges according to acharyas are:

- Urine
- Stool
- Siemen
- Vayu (bowl gas)
- Vomiting; Sneezing
- Burp
- Yawning
- Hunger
- Thirst
- Tears
- Sleep
- Heavy breathing due to any physical activity

Above urges must not be controlled and also must not be expressed forcefully. All these are natural urges which needs to be taken seriously. Suppressing these urges leads to several severe diseases out of which some are acute and some are chronic.

Unlike these the urges which are to be controlled are-

- Harsh words
- Back biting

- 
- Lying
  - Unnecessary promising
  - Hurting actions
  - Womanizer
  - Stealing
  - Violence

All the above are causes of physical, mental and social diseases. And there treatment is given in detail in Charak Samhita. We all are moving away from natural way of living. All countries are suffering from

lifestyle diseases like diabetes, obesity, joint pain, backache, lack of immunity, cancer and TB. Some countries are even declared as capital of these diseases. In present we must know the above natural ways and make path towards a healthy world. Time has gone when we used to make fun of these great scientific methods in the name of modern science. Due to ignorance of these, human race has already suffered a great loss.

Come, let's all together direct the world towards the path of health.