



Veda of Life

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Ayurveda, the most ancient and practical healing systems of the world evolved as part of the Vedic tradition. The ancient sages of India, believed that the most basic force underlying existence or nature is the cosmic intelligence and humans like any other being is a part of this collective intelligence. They saw the same fundamental energy in our foods and herbs. To summarize, Ayurveda consider this universe as different forms of manifested energies. Among the ancient seers of India, Sage Veda Vyasa is of prime importance, who is the author of 18 puranas, The Mahabharatha, Srimad Bhagavt Gita, and he edited all the four vedas. The full moon day of Ashad(July August) is observed as Gurupoornima and is celebrated in his name. On this sacred day all spiritual aspirants perform poojas to their respective Gurus. The four months starting from this day is of deep significance to everyone who care for their health and well being. Japa, meditation and prayers are performed religiously for spiritual and mental well being and ayurvedic detoxification techniques are done for the physical wellbeing.

Ayurveda as a life science in the true sense emphasizes greatly on the preventive aspects of medicine including proper nourishment, hygiene, detoxification and cleansing along with spiritual awareness and mental clarity.

The three dynamic principles, the three different forms of energy -vata,pitta and kapha governs the whole life processes of organisms from the simplest in a cell to the most complicated bodily functions. Harmony of these three bio-energy principles indicate perfect health. Any imbalance in these bio energy principles leads to ill health.

Ayurveda recommends Rithucharya which is specific observance of diet and life style suitable for each season to



protect us from harmful side effects of changing seasons. In Kerala, Karkidaka(mid July to August)is supposed to be the season to take care of extremely deranged doshas. During this period atmosphere is cold and damp with the rain and people are prone to diseases of various kinds. In other words human body become extremely sensitive to pathogens.

Ayurveda recommend strict routine to be followed during the rainy season to avoid the effects of the sudden transition of summer to the monsoon. Drinking water should always be boiled with cumin, ginger, etc . Personal hygiene of washing hands and regular warm water bath is recommended. A special preparation called karkaidaka kanji is recommended during this period. This is basically a rice porridge with medicinally valuable herbs added. It is easily available at any pharmacy as karkidaka kit. In a place where it is not available people can boil rice with cumin, coriander seeds, fenugreek seeds, curry leaves curcum(turmeric) etc. This preparation helps to remove accumulated toxins from the body which will improve the natural immunity of the body to fight against diseases.

The rising health consciousness among people has brought back our traditional preparations back into vogue. We Indians are blessed with a wide variety of herbs which can be easily grown in our backyard which can fight almost all the illness. Herbs like Thulsi, Neem, etc are well known for its antibiotic properties. Amla(Indian goose berry) taken regularly with Haridra(curcum)counteracts all the toxic side effects of industrial pollutants like lead and aluminium. Amla is well known for its antioxidant properties. Powdered turmeric with warm milk alleviates cold, cough and chills.

The responsibility of getting and staying well belong to the individual himself. We ought not to take it granted so easily that health is something which can be purchased or to blame our 'incompetent doctor' because he failed in his duty of restoring our health. Bad habits, life style full of stress and tension, repressed emotions, poor diet, overweight, unstable family, devitalized food, and a toxic environment can all cause weakness and diseases.

***“nityam hithaharavihara sevi
sameekshyakari vishayeshu asaktha
datha sama sathyapara kshamavan
apthopasevi cha bhavathyaroga”***

One who is very particular in taking proper diet, who has a clear conscience, who is not indulgent in sensual pleasures, who is compassionate, who has patience, and he who obeys the words of the sages respectfully shall stay healthy throughout their life.

Health is not an absence of disease but it is a stage of complete well being physically, mentally, emotionally and spiritually.

The true healer is within us. This realization has always been inherent in Ayurveda.