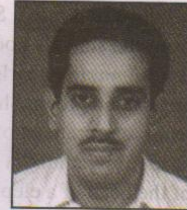


AYURVEDA

Science of Life

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Dr. Elavathur Subrahmanyam Neelakantan graduated from Loyala College of Chennai with distinction in Statistics. As a qualified Chartered Accountant, he is an Information Systems Auditor. While his interest in Astrology was activated by going through books of Dr. B. V. Raman, his formal learning of the subject was from Prof. K. V. Seshadrinatha Sastri, a renowned scholar of Astrology and Ayurveda. Awarded with a Doctorate by the Deemed Sri Chandrasekarendra University, Kancheepuram for his thesis on Medical Astrology, Dr. Neelakantan has been a regular contributor to The Astrological Magazine. His multi faceted talent also includes proficiency in Vedic chants.



THE DREAM OF EVERY human being is to be happy, healthy and wealthy. There are evolved people who are able to identify themselves with their inner souls to such an extent that they seem unconcerned with the world, with their health or wealth. However, for the normal person, wealth and good health are necessary for smooth conduct of his daily life.

Science of Life

Health is not merely the absence of disease. It is a positive feeling of well being. Health is not just related to the body and extends to the mind also.

Health can be defined as a state in which one is able to achieve harmony in body, mind and soul. If there is inequilibrium in the body, physical disease sets in, while, with inequilibrium in the mind, mental disease sets in. Inequilibrium at the level of soul, gives rise to the sense of duality which is the fundamental cause for the appearance of the world and the root cause of rebirth and attendant problems.

Ayurveda is a system of medicine that is based on the Tridosha theory. This is a concept involving the three biological humors – Vata, Pitta, and Kapha. When these three humors are in equilibrium or enjoy a harmonious co-existence one will be healthy. If there is some imbalance between the three, disease sets in. Compare the tridoshas to a family of three – husband, wife and son. If they all love each other and are in peace, they are a happy family. If, on the other hand, the parents are quarrelling and the son does not like his parents, then not only we say that the family is cursed but also can infer that in course of time, the family will disintegrate. Likewise, if there is mutual cooperation between the three humors – vata, pitta and kapha – one will radiate health; else disease sets in.

Role of Bacteria and Virus

Ayurveda does not recognize bacteria as the cause of the disease. Wrong food habits cause the disease and bacteria

is the end product. If you examine fresh cow dung you will not find any insects in that. But when it decomposes you will find many organisms in that. Where did they come from? If you eat Kapha producing items during rainy season, you increase the likelihood of getting diseases like small pox. According to allopathy, these diseases come under the category “viral infection”. If a test is conducted it may reveal the presence of virus. The fact is, the state of the body attracted it. So virus is the end product of that sick state, not the beginning. Hence “Tridosha Theory” of Ayurveda is not just a cure but a way to prevent onset of diseases. Once a disease has commenced Ayurveda cannot run away from the patient saying, “you did not follow my rules. So I will not help you”. In that light, all treatments are based – firstly to eliminate the root cause of disease, then to restore health to normalcy and finally to rejuvenate the body and boost the level of immunity.

I wish to cite an example here. You go to a doctor with fever. He prescribes about ten tablets (three tablets a day). On the fourth day, you become normal and start your usual routine.

While you may have recovered from the infection, your body may not have regained its power of immunity? The tablets can have driven out the infection but would have worked on your liver. Your appetite continues to be below normal even though you are free from fever.

Ayurveda’s approach is to prescribe a decoction of pepper, cumin, dried ginger and Ajwain seeds along with a few drops of honey. This decoction cures the disease while at the same time restoring appetite. With more ingredients you arrive at a formula called “Bharngyadi Kashayam”, which can be particularly useful for sore throats too.

Tonic

Sri Sathya Sai Baba of Puttaparti tells us that one who consumes gingely oil, ghee and honey, everyday will be healthy. What is the sanctity or significance of gingely oil, ghee and honey? Ayurveda tells us that Gingely oil

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given him a prominent chin. However birth in Cancer must have given Rama a slight bulge in the belly! Rama must have been on regular fitness work-out! Otherwise every planet in his horoscope is in perfect place thereby making his facial and body features smooth, perfect and attractive or what we call an Alpha-male in today's parlance! ■

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alleviates Vata, Ghee alleviates Pitta and honey alleviates Kapha. When the doshas are pacified, there is good health.

Acidity

For people who have problems with acidity, the ideal fruits are "Indian gooseberry" (Amla) and Pomegranate. Amla should be used liberally in the months of November, December, January and February. It is the best anti - Pitta fruit. There is a theory in Ayurveda - "all fruits which are sour in taste promote Pitta". For instance, tamarind which has a sour taste promotes Pitta. *But Amla is an exception to the rule.* Though it has a sour taste it alleviates Pitta. Even sweet taste is present in Amla. If you drink water immediately after taking an Amla fruit, you can taste its sweetness.

Triphala

Triphala is the name given to the preparation made of the three Myrobalan fruits - Amalaki, Vibhitaki and Haritaki. If these three fruits are combined we get the Triphala. For instance "Triphaladi oil" is good for eyesight. Triphala Choornam relieves constipation. Amalaki is also a mild laxative. Vibhitaki is good for growth of hair. ■

Correction

September 2010, AeM, page 11, last para. Read as follows:
Error regretted.

Jupiter, significator for northeast direction, wealth (financial and health), children, satwaguna, ministers, advocates and bankers, now in Meena or Pisces moves back to Kumbha or Aquarius on November 1st, 2010 (Jupiter will be in this sign for about 34 days). Texts refer to Jupiter in the house of Aquarius as "Kumbha Guru" and for some of you, this transit from your Moon sign [to 2nd (Capricorn), 5th (Libra), 7th (Leo), 9th (Gemini) and 11th (Aries)] can be a 'pot of gold' in terms of your health and happiness. You can benefit manifold by listening to this very powerful raga and reciting the Jupiter Mantra.