

- **AYURVEDA**
- **Presented by:**

DR. V. DURAISAMI



SARVE SUKINO
BHAVANTHU
SARVE SANTHU
NIRAMAYE



A Y U R V E D A



DEFINITION OF AYURVEDA

- *HITHAHITHAM SUKAMDUKAM
AYUSTHASAYAHITHAHITHAM MANAM CHA
THATSCHAYATROKTHAM AYURVEDA SA
UCHYATHE*
- THAT WHICH EXPLAINS ABOUT MEASURABLE
GOODNESS & BADNESS, PAIN & PLEASURE OF
LIFE IS KNOWN AS AYURVEDA

AIM OF AYURVEDA

- *AYUUKAAMAYAMANENA
DHARMARMARTHASUKHASADHANAM.*
- *AYURVEDAOPEDESASU VIDEYE PARAMADARA.*
- **LIFE IS MEANT FOR ATTAINING
DHARMA ARTHA &SUKHA, FOR SUCH
PURUSHA AYURVEDA IS PROFOUNDED.**

AIM OF AYURVEDA

- *SWASTHASYASWASTHARAKSHANAM
,AATHURASYA VIKARAPRASAMANAM*
- MAINTAIN THE HEALTH OF A HEALTHY PERSON
- REMOVE THE PAIN OF THE SUFFERING

History of Ayurveda

BRAHMA



DAKSHYA PRAJAPATHI



ASHWINI KUMAR



INDRA



DHANWANTRI



ATREYA PUNARVASU, SUSRUTHA, KASHYAPA,
BHELA, JATHUKARNA, ETC.

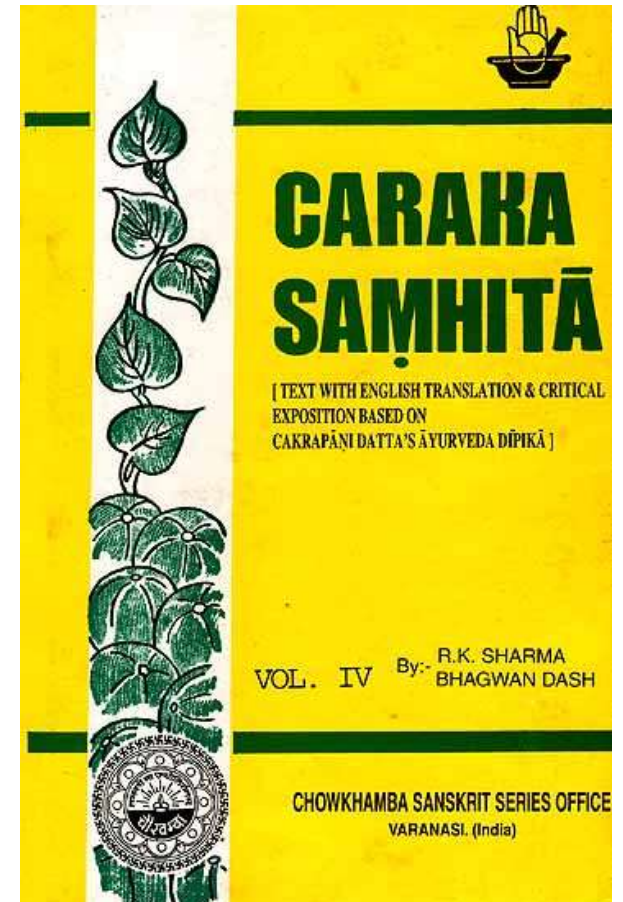
Ashtanga Ayurveda

- *Kayachikitsa*
 - Internal Medicine
- *Shalyatantra*
 - Surgery
- *Shalakya Tantra*
 - Otolaryngology(ENT), Ophthalmology
- *Kaumrabharitya*
 - Obstetrics, Gynecology and Pediatrics
- *Agadatantra*
 - Toxicology
- *Bhutavidya*
 - Psychiatry
- *Rasayana*
 - Antiaging and rejuvenation
- *Vajikarana*
 - Reproductive and aphrodisiac medicine

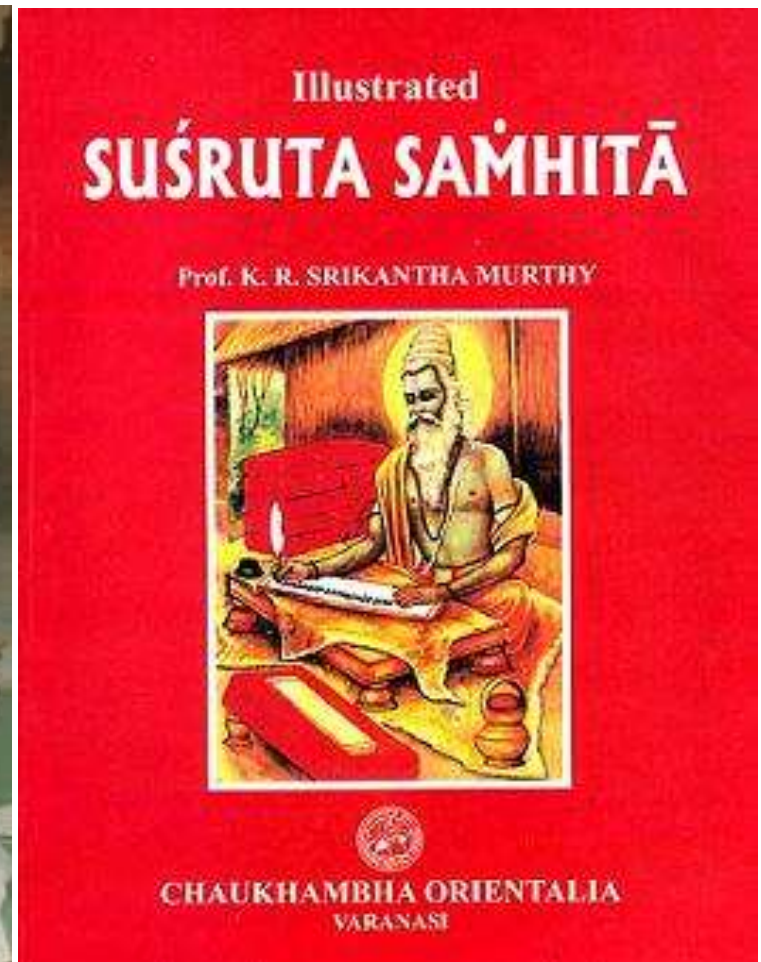
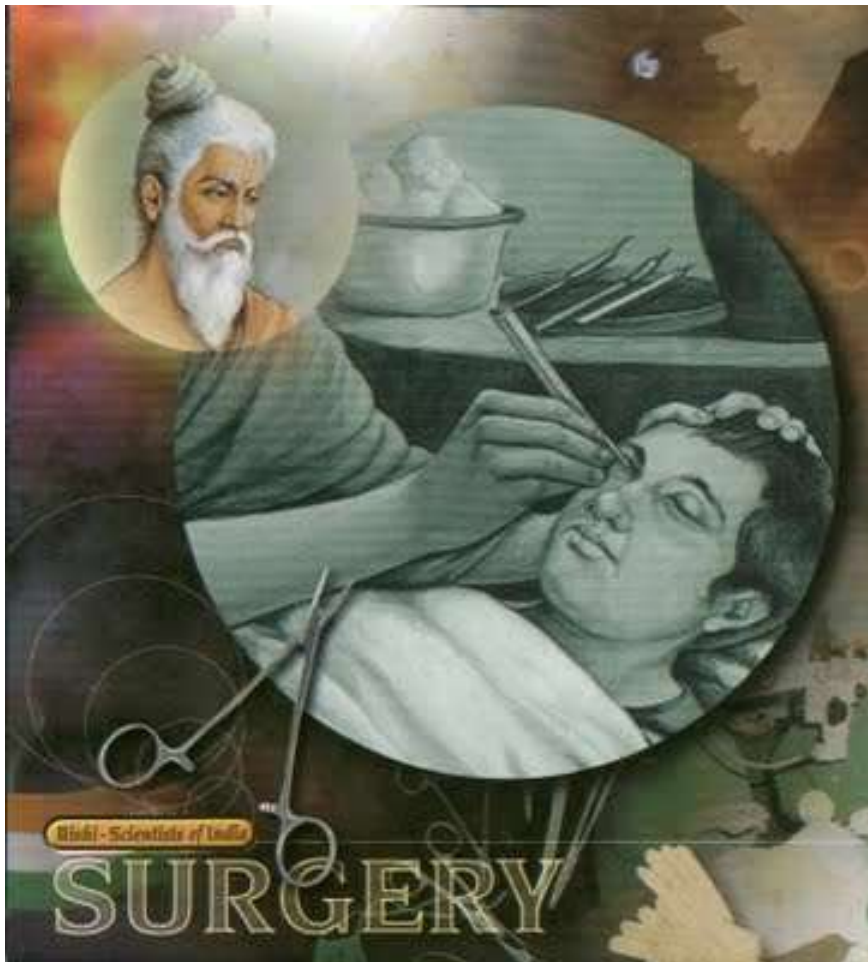
MAIN TEXT BOOKS OF AYURVEDA

- CHARAKA SAMHITA(MED)
- SUSRUTHA SAMHITA-(SUR)
- KASHYAPA SAMHITA-(PEAD)
- ASTANGASANGRAHA.(GEN)
- ASTANGHAHRIDHYA.(GEN)
- BHELASAMHITA.(GEN)
- JATUKARNA SAMHITA.(GEN)
- RASARATNASAMUNCHAYA.
- PARASARA SAMHITA
- SHRANGADHARA SAMHITA.(PHARMACY)
- BAISAJYA RATNAVALI.
- RASA VAISESIKA.
- BRIHAT SHARIRAM
- MADHAVA NIDHANAM.(PATHOLOGY)
- GADHANIGRAHA.
- KAIDEVA NIGANDU

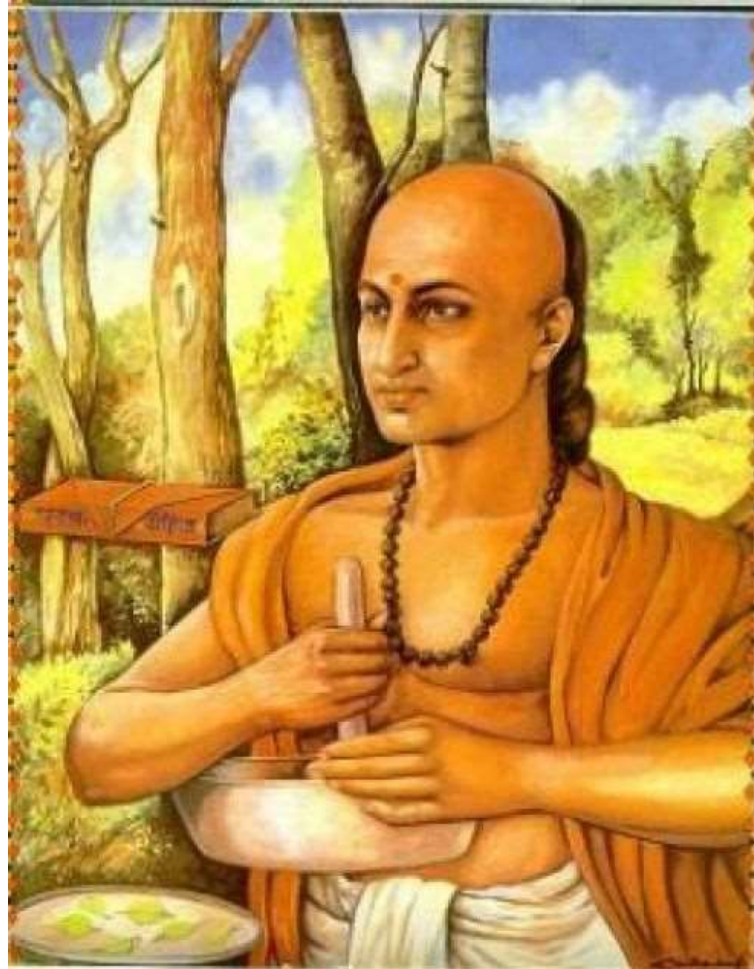
760 BC: *Charaka Samhita* – herbal or plant based pharmacopoeia



660 BC: *Sushruta Samhita* – Surgical approaches



7th Century : *Ashtanga Sangraha* of Vagbhata of Sindh – summary of previous two



BASIC PRINCIPLES OF AYURVEDA

DEFENITION OF HEALTH

- *SAMA DOSHSAMAAGNISHA
SAMADHATHUMALAKRIYA
PRASANAATHAMAINDRIYAMANA*
- *SWASTHA ITYAABIDEYATE.*
- THE COMPLETE BALANCED STATE OF TRIDOSHAS, AGNI, SAPTADHATU & TRIMALAS AND HAPPY STATE OF ATHMA ,INDRIYAS & MANAS IS SAID TO BE THE PERFECT STATE OF HEALTH

Panchbhoothas



THREE DOSHA

- *VAAYUPITHAKAPHASCHETHI TRAYA DHOSA SHAMASATHA.*
- **THE THREE DOSHAS ARE :**
- VATHA-
- DRYNESS, LIGHTNESS, COOLNESS, ROUGHNESS, MINUTENESS, MOBILITY
- PITHA-
- SOOTHINGNESS, SHARPNESS, HOTNESS, LIGHTNESS, FOULSMELLING, SPREADING, FLUIDITY
- KAPHA-
- UNCHOUSNESS, SMOOTHNESS, HEAVINESS, DULLNESS, VISCIDITY, STABILTY

Relation between 5 Elements and 3 basic energies

Energy	Composition
 <p data-bbox="490 519 942 648">Potential Energy (Kapha)</p>	<p data-bbox="1101 482 1564 525">Earth + Water</p>  
 <p data-bbox="498 779 931 908">Thermal Energy (Pitta)</p>	<p data-bbox="1290 739 1375 782">Fire</p> 
 <p data-bbox="537 1036 942 1165">Kinetic Energy (Vata)</p>	<p data-bbox="1108 999 1553 1042">Air + Ether</p>  

COMPOSITION OF DOSHAS

DOSHAM	PANCHABOOTHHA COMPOSITION
VATA	AKASHA & VAYU
PITHA	AGNI & JALAM
KAPHA	PRITVI & JALAM

CLASSIFICATION OF DOSHAS & ITS PLACES

VATHA	PITHA	KAPHA
PRANA-HEAD	PACHAKA-DIGESTIVE AREA	AVALAMBAKA-CHEST
APANA-PELVIS	RANJAKA-LIVER&SPLEEN	KLEDAKA-STOMACH
VYANA-HEART	SADHAKA-HEART	BODHAKA-TONGUE
UDANA-CHEST	ALOCHAKA-EYES	TARPAKA-HEAD&SENSEORGAN
SAMANA-DIGESTIVE AREA	BHRAJAKA-SKIN	SHLESAKA-BONEJOINTS

Doshas are responsible

- VATHA:-Respiration, body movements, excretion of waste products from the body, proper transformation of Dathus.
- (ie. Rasa •» Ratha •» Mamsa •» Medhas •» Asthi •» Majja-» Sukla
- and then into Ojus (the ultimate products of the Dathu Transformation process),
- Proper functioning of sensory perceptions.

Doshas are responsible

- PITHA:- Responsible for appetite, body temperature, vision, digestion, taste, lustre, intelligence, vigour and suppleness of the body.

Doshas are responsible

- KAPHA;- Responsible for stability of the body, body suppleness, articulation of joints,patience etc.

THREE AGNIS

- *TATRASYAT KAYADHATWABOOTAAGNISCHA TRYA.*
- KAYAAGNI- IN THE KOSHTAM
- DHATWAGNI- IN THE DHATHUS
- BHOOTAGNI- IN THE DHOSAS

THREE MALAS

- *MALAA MOOTRASAKRITSWEDHAITHITRAYA*
- MOOTRA (URINE)
- SAKRIT (FEACES)
- SWEDHA (SWEAT)

SAPTA DHATUS

- RASA ↔ NURTURES
- **RAKTHA** ↔ **LIFEGIVING**
- MAMSA ↔ ENPLASTS
- MEDHO ↔ UNCHOUSNESS
- ASTHI ↔ RIGID FRAME WORK
- MAJJA ↔ FILLING OF BONES
- SUKRA ↔ REPRODUCTION

MAHAGUNAS

- *SHATVAM RAJASTAMASCHETI TRAYA PROKTHA MAHAGUNA*
- SATHVAM - SAATVIKAMANAS
- RAJAS - RAAJASIKAMANAS
- TAMASAM - THAMASEKAMANAS

PRAKRITHI (CONSTITUTION)

SINGLE

- VATA
- PITHA
- KAPHA

DUAL&MULTIPLE

- VATHAPITHA
- VATHAKAPHA
- PITHAKAPHA
- VATHAPITHAKAPHA

'Vikriti'(Vitiating of Doshas)

- **two types.**
- 1. Increase in the quality and quantity of Doshas.
- 2. Decrease in the quality and quantity of Doshas.

SHADRASAS-SIX TASTE

- **MADHURA (SWEET)**
- **AMLA (SOUR)**
- **LAVANA (SALT)**
- **KATU (PUNGENT)**
- **THIKTA (BITTER)**
- **KASHAYAM (ASTRINGENT)**

RELATIONSHIP OF RASA&DOSHA

TASTE	DOSHAS AGRAVATING	DOSHAS BALANCED
SWEET	KAPHA	VAYU\PITTA
SOUR	PITTA\KAPHA	VAYU
SALT	PITTA\KAPHA	VAYU
PUNGENT	PITTA\VAYU	KAPHA
BITTER	VAYU	PITTA\KAPHA
ASTRINGENT	VAYU	PITTA\KAPHA

RELATIONSHIP OF ORGAN&DOSHA

VAYU	PITHA	KAPHA
COLON	SMALL INTESTINE	STOMACH
BRAIN	LIVER & GALL BLADDER	LUNGS
THIGHS	SPLEEN	PERICARDIUM
BONES	HEART	TRIPLE WARMER
KIDNEY&URINARY BLADDER	UTERUS	TESTIS
PANCREAS	PANCREAS	URINARY BLADDER

SROTAS-FUNCTIONAL PATHWAYS

PRANAVAHA	RESPIRATORY SYSTEM
ANNAVAHA	ALIMENTARY TRACT
UDAKAVAHA	PALATE&PANCREAS
RASAVAHA	HEART&BLOOD VESSEL
RAKTHAVAHA	LIVER&SPLEEN
MAMSAVAHA	LIGAMENTS&SKIN
MEDOVAHA	KIDNEY& COVERINGS OF ORGAN
ASTIVAHA	ADIPOSETISSUE&HIPS
MAJJAVAHA	BONES&JOINTS
SUKRAVAHA	GENITAL ORGANS
SWEDAVAHA	FAT&HAIR FOLLICLES
PURISHAVAHA	RECTUM&COLON
MUTRAVAHA	KIDNEY&URINARY BLADDER
ARTHAVAVAHA	UTERUS



Panchakarma

Panchakarma

- Vamana
- Virechana
- Anuvasana
- Asthapana
- Sirovirechana(NASYAM)

Vamana

- A therapeutic procedure where forceful expulsion of vitiated doshas occurs through mouth following the administration of vamanoushadhi

Vamana



Indications

Indicated in kapha pradhana and kapha predominant samsarga rogas.

Mainly done in diseases like

- skin diseases like atopic dermatitis, psoriasis
- Depression disorders
- Bronchial asthma

Procedure

- Proper snehana-swedana done
- Patient is seated on a chair facing a basin kept on a stool
- Around 6 glasses of milk given initially to facilitate easy bouts of vomiting as well as to prevent the complication of forceful vomiting
- After that medicine administered

- Advice the patient to sit comfortably and concentrate on the forthcoming signs of vamana
- Maximum time interval for the first bout should not exceed 48 min after the medicine is given

- Observe the following signs,
 - Sweating
 - Horripilations
 - Distention
 - Salivation
 - Oppretion in chest

Virechana

A procedure in which prakupitha doshas are expelled through adhomarga by the administration of medicines through oral route

Virechana (Laxative, Purgation Therapy)



Indication

It is a specific therapy for eliminating Pitha dosha, Pitha connected with Kapha dosha, and Kapha dosha situated in Pitha sthaana.

Effect of sodhana

- Budhi prasadam
- Indriya balam
- Dhatu sthiratwam
- Agni deepthi
- Longevity of life

Vasthi

Definition

- **The word vasthi is named so because the vasthi or urinary bladder is used to inject the medicinal materials into the rectum, urethra and vagina**

'vasthna dheeyathe ethi vasthi'

Vasti







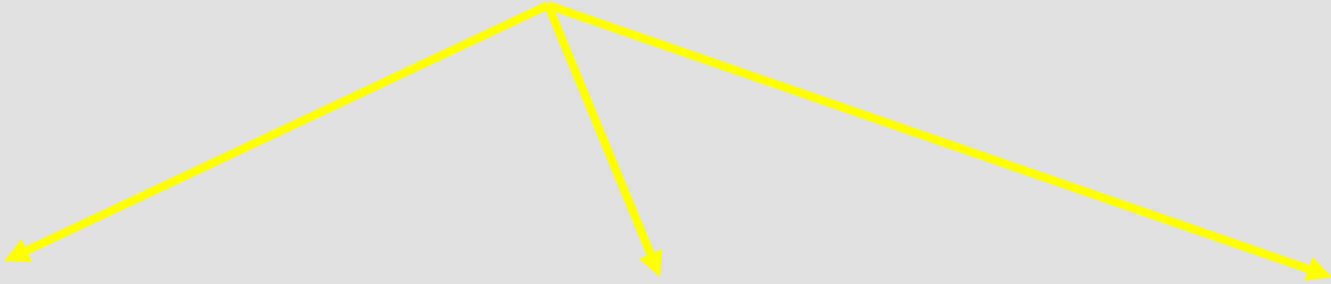


Vasthi

Asthapana

anuvāsana

uthara



Indication

- ➔ **Gulma**
- ➔ **Anaha**
- ➔ **Vata sonita**
- ➔ **Pleeha roga**
- ➔ **Shudhaatisara**
- ➔ **Shoola**
- ➔ **Jeerna jwara**
- ➔ **Pratishyaya**
- ➔ **Shuklarodha**
- ➔ **Moodhavata**
- ➔ **Malagraha**
- ➔ **Vridddhi**
- ➔ **Asmari**
- ➔ **Rajoroga**
- ➔ **Ekanga roga**
- ➔ **Sarvangavata**

Nirooha

Procedure where combinations of medicaments are administered through rectal route.






Anuvasana vasthi

- Administration of sneha through rectal route
- Done separately in a disease, or as a part of yoga, kala and karma vasthi pattern
- The dose is $1/4^{\text{th}}$ of the nirooha vasthi
- It is done after lunch(1-2pm)

Procedure

- After taking food the patient should walk a little, clear his bowel and bladder.
- Advice the patient to lie down in left lateral position with his right leg flexed at knee and hip, left leg straight and left hand below the head
- Warm the sneha and fill it in putaka and fit the nethra
- Introduce the nethra and squeeze the thaila into the rectum

Some important vasthis and their utility

-  **Rajayapana vasthi - Male infertility & Epilepsy**
-  **Eranda mooladi nirooha - IVDP & Lumbar canal stenosis**
-  **Ksheera vasthi - Polycystic ovaries & Secondary amenorrhoea**
-  **Vaitharana vasthi - Compressive neuro- radiculopathies**
-  **Madhuthailika vasthi - Stress induced diseases & Dysautonomias**

Nasya



Importance Of Nasya

- **Produces Rapid effects**
- **The only shodhana for Urdhwanga**
- **Can be used in Unconscious pts also**
- **Very less quantity of Medicine is used**
- **Protected from destruction by Liver & Gastric secretions**

Indications

Sirovirechana

- ↳ Sirasoola Galaganda
- ↳ Krimi
- ↳ Graandhi
- ↳ Kushta
- ↳ Apasmara
- ↳ Peenasa
- ↳ Jadya
- ↳ Syanda
- ↳ Galaroga
- ↳ Sopha

Effects of nasya

Improves health & strength of

- ✓ Twak
- ✓ Skanda
- ✓ Greeva
- ✓ Asya
- ✓ Vakshas
- ✓ Indriyas
- ✓ Kesa

Rakthamoksha

Procedure by which vitiated raktha is removed from the body by various surgical methods

Raktamokshana



Methods to do rakthamoksha

- Siravedha-when the raktha vitiation is in the whole body.
- Prachana-when it is ekadeshastham.Commonly done in atopic dermatitis, eczema, lichen planus, skin lesions in vataraktha etc
- Jalookavacharana-when there is pitha predominance and gradhitha avastha.Done in skin diseases, in certain nethra rogas etc
- Alabu and sringa-in kapha predominant conditions.

EFFECTS OF PANCHKARMA :

This therapy is more potent with long lasting effects. The body is being cleansed at the Cellular level. It maximizes the metabolism & absorption of nutrients & drugs.

Minimizes drug doses & toxicity.

It also minimizes the recurrence of disease.

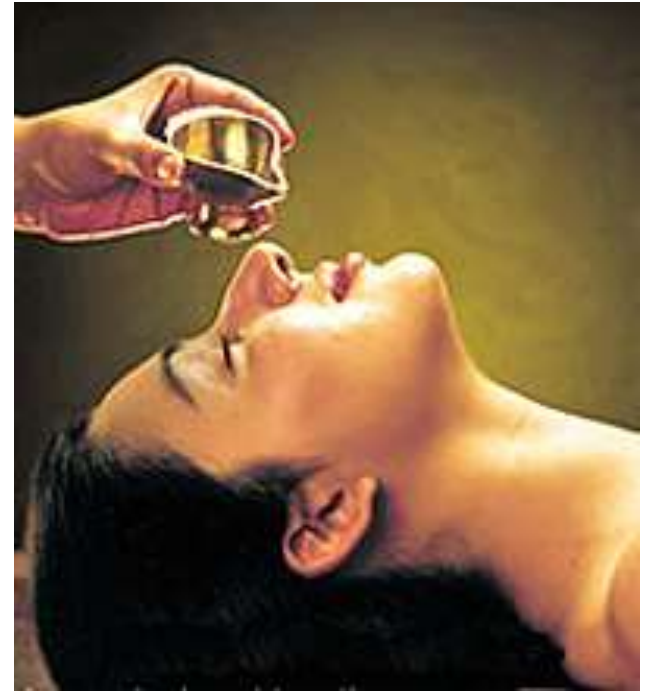
Improves the mechanism of “DHATUPOSHANA” & “DHATUPARINAMKARA” KRAMA.

It gives easy recovery, sustained relief & inhibits the relapse.

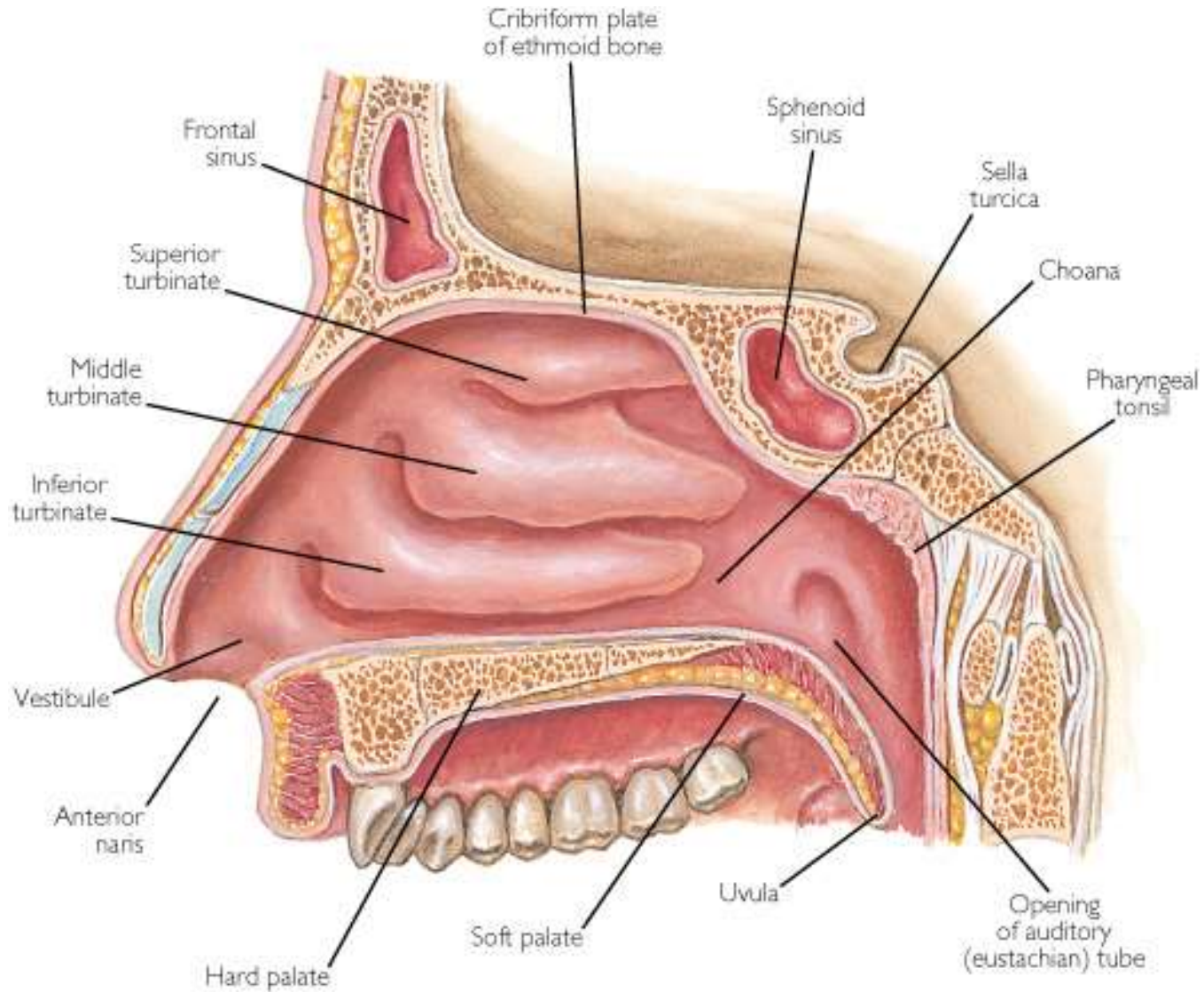


Definition

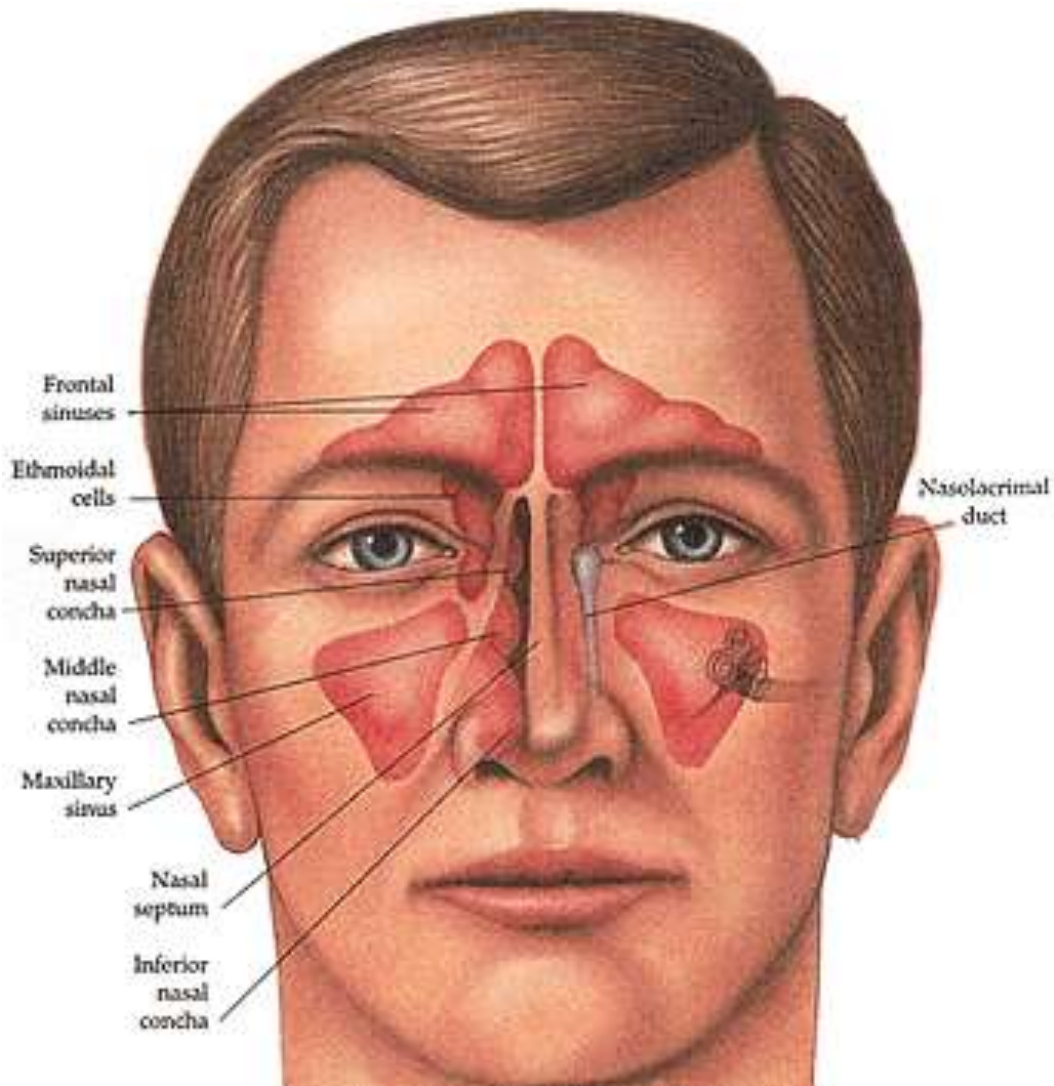
- **‘Nasayam praniyamanam aushadham nasyam’**
- Administration of medicines through nostrils.



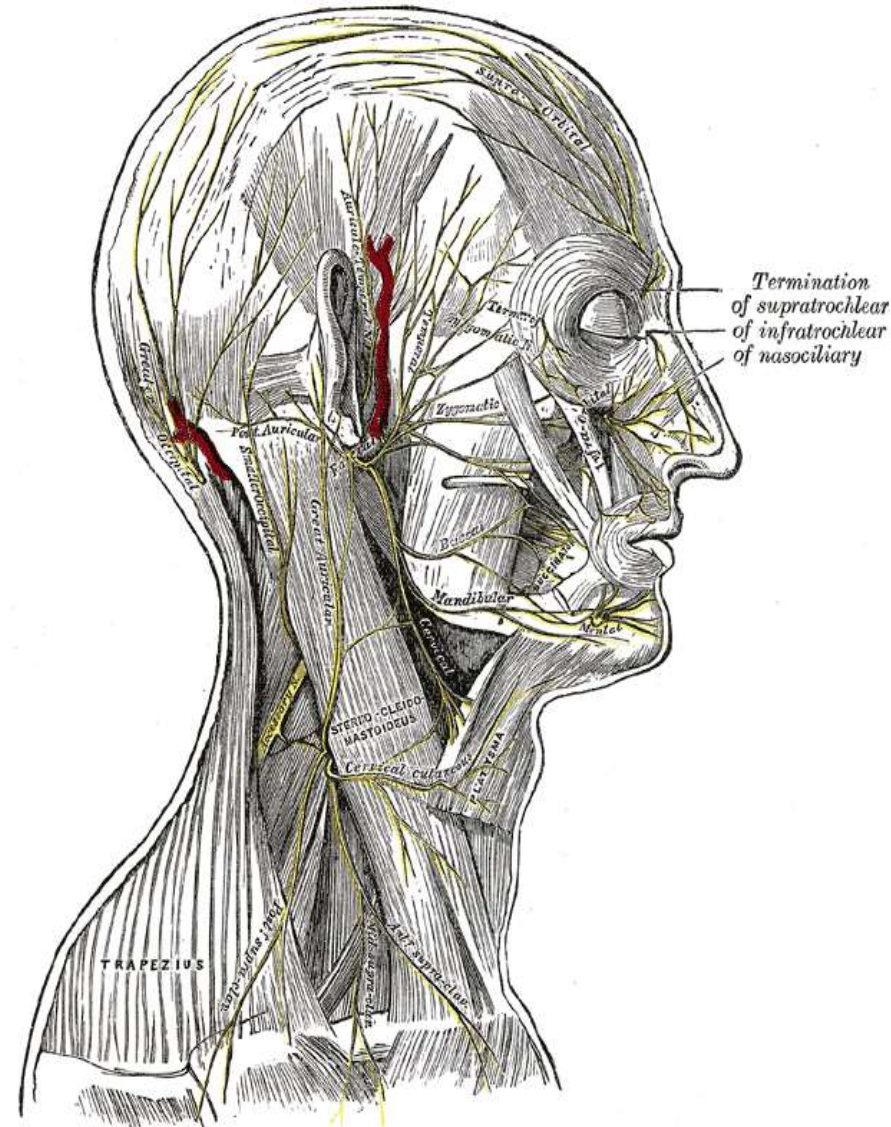
Nasal Cavity



The Sinuses.....



Trimarmiya
Dasavijitadhama
Centre of marmas
Centre of Indriyas
Kaphadhama
Seat of manas



Brimhana Nasya- Indications



- **Suryavarta vatika-sula ardhavabhedaka**
svarakshaya nasa-asyasosa **vaksanga**
apabahuka manyaroga nidranasa
- Dravyas
- Kevalasnehakrita samkritisnehakrita anyakrita

Virechana Nasya- Indications

- Head Ache
- Eye congestions
- Neck pathologies



Samana Nasya-Indications

Skin diseases of face

Hair problems

Ophthalmic conditions....



NASYAM

Snehana

Marsha

Pratimarsha

Churna nasya

Pradhamana

Kalka nasya

Avapidaka

Time of administration

According to dosha predominance

- **Kapha - morning**
- **Pitta - afternoon**
- **Vata - evening**

- In swasthas
- Sheeta kala - Afternoon
- Sharat and vasantha – Morning
- Greeshma – Evening
- Varsha – Cloudless day with
sunshine

Age group eligible for Nasya

7- 80 years

Dose determination of nasya

- When index finger is dipped upto two parwas (joints) in drava dravya and taken out .The amount of dravya falling from it is considered as one bindu.
- Approximately one bindu is 0.5 ml.(for oil)
- Sneha nasya 10/8/6 bindu respectively for uttama, madhyama and avara matra

• Requirements

Nasya oil– Q.S.

oil for abyanga – Q .S.

Oil and choorna for thalam- Q.S.

Cotton pad, gauze, lotus petals to protect eyes while swedana.

For swedana – boiling water,towels or arrangement for nadi swedana(pressure cooker without weight,long heat resistant flexible pipe)

Gokarna

- **Warm water for kabala**
- **Karpooradi or haridradi dhooma varthi / Other suitable drugs can also be used according to the type of Nasya with paper cone**
- **Disposable sterile plastic container for spitting (preferably transparent)**
- **Clean cotton towels, cotton, tissue paper etc for cleansing**

Poorva karma - Preparations

- Patient is advised to wash face and mouth with luke warm water.
- Abyanga is done over shiras,lalata,kapala,greeva& skanda.
- Thalam should be done over bregma with appropriate medicine.
- Eyes are bandaged with a clean gauze piece after placing lotus petals and cotton pad over closed eyelids
- Then Nadi sweda is done (urdhwajathru).
- Dhoomapana can be done for srotoshodana, if necessary.
- Patient is made to lie in supine position with slightly elevated legs and head extended backwards.

Pradhana karma

- The medicine mildly warmed over a water bath.
- The prescribed dose of medicine is taken in the gokarna and poured into either nostril closing the other in a continuous single stream.
- Immediately after instillation of medicine mild massage is done over pani, pada,greeva,skanda.



- Mridu swedana can be done in the above mentioned areas with suitable method (Hasthasweda or vasanaweda).
- Patient is asked to inhale the medicine with moderate force and to spit it through mouth turning head to either side alternatively without rising from the cot.
- Patient is made to lie in the same position for 100 matra kala (3-5 minutes)

Paschat karma

- Dhoomapana is done with appropriate drugs according to the type of Nasya.
- Kavala with warm water is done to attain kantha shudhi.
- The talam should be wiped off and dry powder (used for preparing talam) is gently rubbed over the anterior frontanale.
- It is advisable not to take any type of food 2 hrs prior to and 1 hour after nasya.
- General diet regimen advised in snehapana can be adopted.

Precautions

- While positioning the patient for Nasya, if the head is not sufficiently bent the Nasya dravya will not enter shiras and if the head is more bent dravya may enter mastulunga and cause complications like headache, dizziness etc.
- If the spitting is not done properly, or medicine is swallowed, it will cause kaphotklesha, Agnimandhya and the disease aggravates.

- If patient spits on one side only, then proper spreading of medicine won't take place.
- If the patient talks, sneezes, laughs or gets angry or excessively moves his head while doing Nasya, the Nasya dravya won't reach expected site and instead causes complications like cough, sinusitis Rhinorrhea, head ache.
- Patient must avoid exposure to dust, sun breeze, drinking excessive water, alcohol, Sneha dravya, bathing, excessive walking etc

Nasya- Contraindications

- **Certain poisons**
- **Acute sinusitis**
- **Respiratory tract infections**

- **Medicines for Nasya**

- **Vatavyadhi - Karpasastyadi Kshirabala, Dhanvantara**
- **Sirasula-Kshirabala, Varanadi ksiraghrita**
- **Pinasa – Anutaila, surasadi, tulasikalka**
- **Raktapitta - Durvasvarasa**
- **Vyanga-Kumkumadi taila**

Neurological problems..

Facial Palsy

Hemiplegia

Dementia

Convulsions.....



Spine and Shoulder...

- AS
- Periarthritis shoulder
- Brachial neuralgia.....

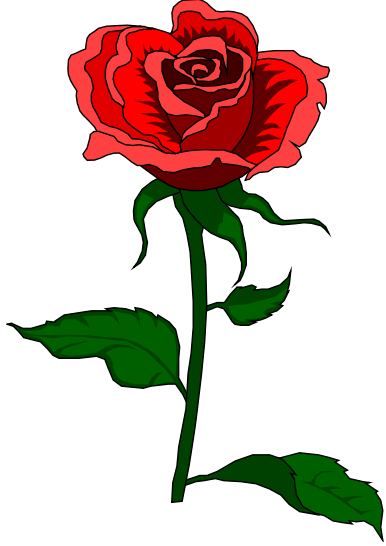


Fig. 90 Spondylosis. Cervical osteophytes and disc space narrowing (Lateral view.)

Benefits.....

- **Strong shoulders, neck, chest**
- **Functional stability of sense organs**
- **Delayed aging**

“सर्वे सन्तु निरामयाः।”



Thank you