

What is Ayurveda? Facts about Ayurveda Medicine

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Abstract

Introduction to Ayurveda

It is the world's oldest organized health care system, originated from India, put into written form thousands of years ago. The basic philosophy of Ayurveda, "translated" into modern language is: "Both matter (=body) and mind are born from non-material, Unified field of consciousness. A healthy man has a balance between mind and body and this balance is reflected in the functioning of the heart. Keywords of Ayurveda are "be happy", "be simple", "take it easy", "and be balanced". If you are unhappy or stressed, that is a consequence of unbalances or unwanted physical materials somewhere in your mind-body system. Ayurveda has about 40 individual areas. The most common are dietary advice, yoga, meditation, and Vedic astrology.

Ama theory of Ayurveda

Inadequate digestion leaves some of the food mass unmelted. This substance is absorbed from the gastrointestinal tract into the bloodstream and into all tissues by the veins of the legs and causing diseases. Ama has two species: large molecules and free radicals. Excessive ama causes eg. Long-lasting unexplained fatigue, lack of "posture", morning mild white secretion on the tongue. Ama problem is handled by normalizing digestion, whereby ama production stops. There are also special cleaning courses like Panchakarma. Indians classify a different kind of Amas a bit differently than western doctors. That is not very relevant for westerners to know. Some Western doctors say 80% of diseases are ama-related. Therefore caused by problems in the gastrointestinal tract. Ama problems are relatively easy to cure. In many cases, it is enough to follow 2 simple rules: 1) Don't drink or eat cold. Cold stops digestion and starts ama accumulation. 2) Don't eat anything hard-to-digest. This is so logical, that no further explanations not needed.

Body type theory

3 mind-body operators or body types or doshas dominate the body's functions. They are Vata, Pitta, and Kapha. Vata governs all, that moves or changes like the nervous system for example. Pitta governs digestion and metabolism. Kapha governs tissue formation. If any of these body types is disturbed, diseases will follow. Usually one of the three is dominant in every human being. Some have up to 2 or 3 abnormally strong. Vata problem makes

either for example as an exaggerated whooper whistle or as full-throbbing thoughts that get out there and here. Pitta problem makes for example aggressive career missile. Kapha's problem makes for example deeply paralyzed overweight. Body type problems are mainly treated by eating foods that lower the particular dosha.

To be precise,

Every dosha can be mostly at least in 4 stages: 1) normal and not disturbed 2) over-dominating, but not disturbed. 3) Over-dominant and disturbed. 4) Not dominant, but still disturbed. (A real Vaidya knows even more stages). For example, if pitta is over-dominant, but not disturbed, a person will be a successful career "missile". However, if his/her pitta gets disturbed while being over-dominant, the consequence is a NON-successful, quarrelsome, over-perfectionist, who claims other people about every disappointment in his life.

The ancient way

Of assessing the levels and disturbances of body type -states are by pulse reading (finger method, Chopra). Body type problems are mostly balanced by eating proper foods that balance that particular dosha. Here tastes of foods become important. For example, an apple is good in lifting up the mood of a sad person, because of the special taste of apple. Moreover, ordinary food salt can be good to balance Vata problems because salt simply tastes salty.

My message

To the whole world is, that Ayurveda consultants should start treating a new patient with AMA ELIMINATION. And all other measures should come after ama has been taken away. WHY? Learn the next chapter.

Learning Ayurveda can be compared to going to school

There are easy basic things and then difficult "high school" things. It is ideal to learn things in a certain order, just like in school. First graders first learn to read and count. The sixth grade is already practicing equations, the mere existence of which would be quite a mystery and a wonder to the first grade. Then high school is facing integration and logarithmic equations. Maharishi Ayurveda is my learning system. It is "tailored" to the needs of Western "hurricanes". In my training, first-graders were told to first remove ama, that is, to eliminate the undigested and into bloodstream, absorbed poisonous food remains out from the body.

Of course, the strongest ones, meaning 20% of beginners.

Can go straight to the upper grades if they have very good digestion. REMOVING ama IS EASY AND THEREFORE FITS EVERYONE. There is no need for an Indian lifestyle to remove ama. In fact, for an Ayurvedic school student, the Indian lifestyle is only about a high school issue. Practice shows that the word India alone expels 30% of potential customers and the word “Indian way of life” drives the other 30%. A word pair is an abomination to a first-rate student, as is a logarithmic abomination to a beginner. Generally speaking, nobody wants to change their lifestyle. Everybody just wants those benefits. This is how Ayurveda becomes simple and easy.

Balance theory of Ayurveda

The balance of man is regulated by several hundreds of mechanisms. For example, if blood pressure drops, the mechanism starts to raise it and vice versa. Vedic techniques restore the functioning of the mechanisms and result in a balance in the whole body. All Ayurvedic treatments normalize the balance mechanisms. For example a beginning yoga practitioner should not go too fast into difficult positions or asanas. The “extremes” in yoga are “not going forward at all” and “going forward with maximum speed”. And a jogger should run with half speed, because the two extremes in running are zero speed and full speed.

Areas of health by Medical Doctor Stuart Rothenberg, USA

- Physical health
- Mental health (The working area of psychiatrists form example)
- Spiritual health (the area of meditation for example)
- Social health (human relationships mostly)
- Environmental health (toxicity in body, living conditions and surroundings etc..)
- The Guidance of Supreme (the way you don't want to scream it to all other people !)

Ayurveda is a wide variety of advisers for many. – a short blog

You've probably heard stories of families where each family member has their own different food intake according to body types, etc. Many people use enormous amounts of nerve energy and time to follow all kinds of special instructions. In my opinion, the instructions should be set in order of priority and ease. Whenever it becomes stressful, it tells the wrong thing about past attempts. The social dimension must also be remembered. Many are so excited that they start telling their friends what specialty food to use. Well, no one dares to invite this person to visit, when the hostess desperately thinks, “What can it offer now when it's a special diet?”

The history of ayurveda by Maharishi

It is a thousands of years old doctrine on organic holistic health care and disease prevention. Nobody knows how long ago this information was created, but 5000 years ago it was recorded on paper (or similar writing instruments) in India. The first and greatest setback for ayurveda came during British colonial rule. British hosts are cruelly and systematically trying to root out all doctrine in India and replace it with their own medical doctrines of colonial hosts.

Knowledge remained

in its best form in some of the families who had lived in isolation. The information was mostly handed down from father to son because colonists prevented any other flow of information. It can be said that even in modern India, the learning and knowledge is very diverse and of varying degrees. Quite a few “clinics” work so poorly that a Western tourist who becomes a client gets out of treatment as sick as when they go there. In recent years, quality certifications have been developed to help the tourist choose the best treatment possible.

Relaxation techniques – especially transcendental meditation – They are a part of Ayurveda

Most relaxation techniques work hardly at all. The degree of relaxation is the same as if you were sitting with your eyes closed. In particular, concentration techniques will, in the long run, only create headaches and vata problems. And imaginative trips to the shores of some serene lake, etc., do not work for me at least. My experience is limited to two Warranty technologies. a) Transcendental Meditation, or TM, is a deep dive that, according to advertisements, develops all aspects of the human being, but in my experience, the effect of TM is very limited to the heart and emotions. (so in my experience).

b) In my experience, the effect of pulse relaxation hits exactly where the TM does not reach, that is, the heart and emotions. In my experience, the two techniques are COMPLEMENTARY and the result is super! And remember, meditation and relaxation is the MOST important aspect of Ayurveda. They need to be learned before they can concentrate properly on, for example, Ayurvedic nutritional guidelines in practice. Meditations have been studied scientifically mainly by inserting brain-electric EEG sensors at different measurement points on the scalp to measure the variation in electricity in different parts of the brain. Most research is on transcendental meditation, during which the voltage differences between the measuring points are synchronized, ie the coherence increases. The voltages to be measured form multi-frequency wave motions. Coherence means that different voltage waves synchronize, that is, phase with each other. Their wavelengths thus also converge.