

# Vaidya Vilas Nanal

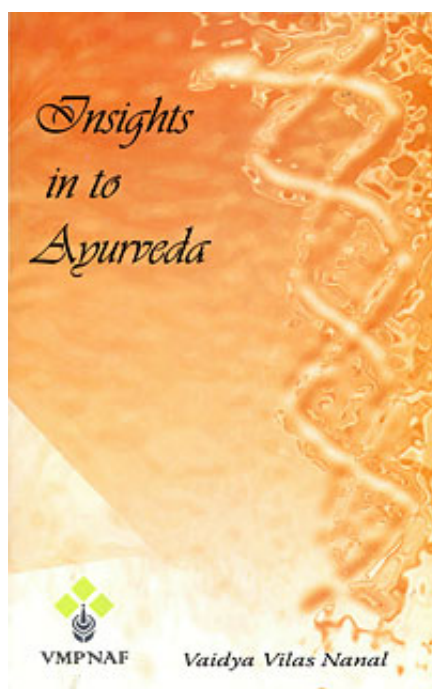
## Insights in to Ayurveda

Extrait du livre

[Insights in to Ayurveda](#)

de [Vaidya Vilas Nanal](#)

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## Foreword

*It is true that there are a lot of books on Ayurveda, giving introduction, information about it in some depth. Very eminent personalities have written about Ayurveda in a very lucid manner. These are very good at whetting the appetite of the reader, but if he wants to learn more about Ayurveda there are not many books available. This book is written with this second level, interested and inquisitive reader in mind.*

*This need was continuously felt by the author during his interaction with the western audience comprising of students and patients. This was the motive to undertake the task of writing the book. The logical and the scientific nature of Ayurvedic knowledge base was to be put before a larger audience to dispel so called the mythical, empirical and traditional structure of it. The dependability, reproducibility and antiquity essential for any science is contained inherently in it, this fact was to be highlighted. We wanted to put forth the logical, mathematical nature of the basic tenets, their complexity, applicability and contemporary nature too. The innate strength of the knowledge which makes it survive against all odds. To dispel the shroud of mystery, esoterism surrounding it was also one of the aims.*

*The author comes from an unbroken tradition of three generations of Ayurvedic physicians, thinkers and teachers of the Nanal tradition. The contents of the book are the outcome of their cumulative experi-*

*ence, thinking, and application of the Ayurvedic knowledge base.*

*I am grateful to various students like Andreas Posur, Dieter Scherer, Marianne Scherer, Janet Webb, Antonio, Daniella, Dawn Huffman and Lolo Khan to name a few who, provided the incentive to write the book with their constant questioning. My wife Supriya and son Vaidya Ashutosh for their critical evaluation helped in continuously improving the text. I am grateful to Principal Mrs. Medha Pandit for going through the text critically from the literary aspect. My sincere thanks are due to my colleague Vaidya Milind Kulkarni, Prof. and HoD Kaya Chikitsa dept. for constructive suggestions about Agni and Ama.*

*My association with Ms. Basilizza Qerimitt of Milan, Luigi De Palma of M.I.R. Edizioni of Montespertoli and Dr Carano of Florence was the beginning of my exposure to west and interaction to the western audience. The first three publications were received well this encouraged me to undertake the task of the second level book on fundamental principles of Ayurveda.*

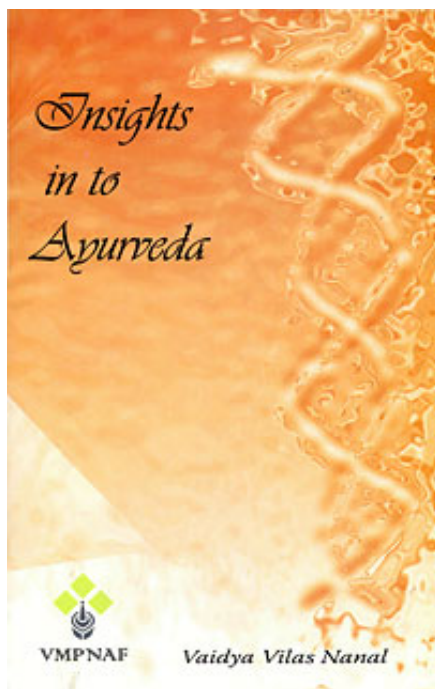
*I have taken some liberties in writing this volume. Since this is a book for the reader who has some background, introduction to Ayurveda, I have not stuck to the transliteration of the Sanskrit terms but spelt them as they are conventionally spelled. I have also not stuck to the Sanskrit terms exclusively at all places I have written the Sanskrit technical term for the first time when and where it occurs, tried to give a single English*

*word nearest in conveying the essence where possible or a group of words where no single word could be used, in the subsequent opportunities I have continued using the English word. This book is mainly intended for readers well versed in English and who have orientation to Ayurveda either theoretical or practical, who are engaged in teaching or practice of Ayurveda. The liberty of not sticking to transliteration norms does not necessarily mean that the content is also compromised. The content is fortified with three generations of dedication and experience of teaching, interpretation innovation and practice. The book is intended as a base for further in depth monographs on each of the chapters, elaborating further the content in mathematical and structured manner each of the concept enumerated in it. This will go a long way in establishing the scientific and logical structure of the Ayurvedic knowledge base for the discerning English reader and it will help allay the doubts about it.*

*i have purposely omitted a important concept “Srotas” from the text as I wish to deal with it at some length in book on Nidaana later.*

*The book is in your hands and I leave you to go through and decide for yourself how far I have been successful in my endeavor.*

*Vaidya Vilas Nanal*



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